

FOREST FARM PEACE GARDEN

England & Wales · Charity number 1123031

Details

Status Registered

Legal form Charitable company

Company number [05846731](#)

Registered 2008-02-29

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

Contact

Address Forest Farm Peace Garden
2nd Floor
Ilford Chambers
11 Chapel Road
Ilford
Essex

Phone 020 8477 1655

Email info@forestfarmpeacegarden.org

Website www.forestfarmpeacegarden.org

Activities

Objects: 1)TO PRESERVE AND PROTECT THE MENTAL AND PHYSICAL HEALTH OF THE WIDER COMMUNITY AND IN PARTICULAR REFUGEES AND ASYLUM SEEKERS AND THEIR FAMILIES THROUGH THE PROVISION OF ORGANIC GARDENING OPPORTUNITIES, CONSERVATION BASED ACTIVITIES, EDUCATION AND ONE TO ONE SUPPORT.2)TO PRESERVE, PROTECT, AND IMPROVE THE PHYSICAL ENVIRONMENT; IN PARTICULAR THROUGH ORGANIC GARDENING, PERMACULTURE, CONSERVATION, AND OTHER ECOLOGICALLY SOUND PRACTICES.3) TO FOSTER A GENUINELY DIVERSE AND INTEGRATED COMMUNITY THROUGH:A) THE ELIMINATION OF DISCRIMINATION ON THE GROUNDS OF RACE, ETHNIC ORIGIN, GENDER, AGE, DISABILITY, SEXUAL ORIENTATION OR RELIGION;B) PROMOTING ACTIVITIES TO FOSTER UNDERSTANDING BETWEEN PEOPLE FROM DIVERSE BACKGROUNDS

Activities: Forest Farm Peace Garden is a therapeutic community garden which works with a broad cross-section of the community to promote health, wellbeing, inclusion, environmental sustainability, and intercultural awareness.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Environment/conservation/heritage
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED IN PRACTICE GREATER LONDON
- Redbridge

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£108,895	£90,241	-	-
2024-06-30	£103,607	£81,907	-	-
2023-06-30	£53,830	£76,247	-	-
2022-06-30	£78,841	£88,092	-	-
2021-06-30	£75,120	£75,351	-	-

Trustees

Name	Role	Appointed
Milica Robson	Chair	2023-08-07
Alan Lieng		2025-02-01
Nigel Mayer		2018-09-17
Sarah Kate Brincat		2025-11-07
Thomas Paul Blackburn		2018-09-17

FOREST FARM PEACE GARDEN

England & Wales - Charity number 1123031

Accounts



FFPG, 2nd Floor (South)
Ilford Chambers, 11 Chapel Road
Ilford, Essex, IG1 2DR

www.forestfarmpeacegarden.org

info@forestfarmpeacegarden.org

FOREST FARM PEACE GARDEN

Company Limited by Guarantee No: 05846731 Registered Charity No: 1123031

ACCOUNTS FOR THE YEAR ENDED 30 JUNE 2025

Fredericks Limited Chartered Accountants 106 Charter Avenue Ilford, Essex,
IG2 7AD

FOREST FARM PEACE GARDEN

Contents of the Financial Statements for the Year Ended 30 June 2025

	Page
Directors' (Trustees') Annual Report	1 - 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Accounts	9 - 12

FOREST FARM PEACE GARDEN

Directors' Report (incorporating the Trustees' Annual Report) for the Year Ended 30 June 2025

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 30 June 2025.

Full name	Forest Farm Peace Garden
Registered charity No.	1103031
Registered company No.	05846731
Registered address	2nd Floor, Ilford Chambers, 11 Chapel Road, Ilford, IG1 2DR

Directors (Trustees)

Thomas Blackburn - Co-Chair (served throughout the year)
Milica Robson - Co-Chair (served throughout the year)
Nigel Meyer (served throughout the year)
Alan Lieng - Treasurer (appointed Feb 2025 and served throughout the year)
Jacqueline Hearn (resigned Jan 2025)
Pam Decho (served throughout the year)
Pieter Rossouw (appointed Feb 2025 and served throughout the year)

Governing Document

The charity is operated under the rules of its memorandum and articles of association dated 14 June 2006 and most recently amended 7 November 2007. It is a company limited by guarantee and therefore has no share capital.

Overall management of the charity is the responsibility of the directors (trustees) who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by volunteers and paid staff.

Public Benefit

In shaping our objectives for the year and planning our activities the trustees have considered the Charity Commission Guidance on public benefit.

Bankers

Co-Operative Bank, PO Box 1011 Balloon Street, Manchester, M60 4EP

Independent Examiner

Fredericks Limited Chartered Accountants
106 Charter Avenue
Ilford,
IG2 7AD

Exemptions

The directors (trustees) have taken advantage of the exemptions available to small companies, including the audit exemption (see statement on balance sheet).

**Directors' Report (incorporating the Trustees' Annual Report) (continued)
for the Year Ended 30 June 2025**

About the charity

Forest Farm Peace Garden is dedicated to promoting health and wellbeing, environmental sustainability and building community through activities in nature at our therapeutic garden. Our main objectives, as set out in the Governing Document, are:

- 1) To preserve and protect the mental and physical health of the wider community and in particular those experiencing mental health support needs and refugees and asylum seekers, through the provision of organic gardening opportunities, conservation based activities, education and one to one support.
- 2) To preserve, protect, and improve the natural environment; in particular through organic gardening, permaculture, conservation, and other ecologically sound practices.
- 3) To foster a genuinely diverse and integrated community through the elimination of discrimination on the grounds of: age, disability, gender reassignment, marriage or civil partnership, pregnancy and maternity, race, religion or belief, sex, sexual orientation by promoting activities to foster understanding between people from diverse backgrounds.

Achievements for the year

The charity continued to provide a high-quality therapeutic intervention to support mental health recovery. We have run twice weekly ecotherapy garden days and a weekly general garden maintenance day throughout this period, as well as a range of engaging workshops and events for the community, such as our open day, which was very well attended.

In January, we received funding for day trips to other nature sites. We were able to bring supported volunteers on special walks to a variety of nature destinations, including to Claybury Forest to do a bluebells walk in April, and a trip to Kew garden in May. We also brought them to autumnal Hainault forest last November.

In March this year we received funding to build a sensory labyrinth for people taking part in our activities, which will be carried out in 2025/26.

In addition, in April this year, City Bridge Foundation renewed their funding with us for an additional 12 months.

We were approved for a second year programme to provide an additional garden therapy day for young women which is running weekly.

We have been running a new healthy growing, cooking, and eating programme funded by the NHS which is open to the community. The project continues until 31st of March 2026.

We saw a marked increase in referrals in May and June, with a record number in June, which has resulted in our first waitlist.

Ecotherapy Programme

Our ecotherapy programme continues to support recovery and improved wellbeing for people experiencing mental ill health, stress, anxiety, isolation and people who are disabled by social or environmental barriers.

During the year, the ecotherapy programme received 49 referrals from a wide range of referral agencies and organisations including GP surgeries, North East London NHS Foundation Trust, social prescribers and local charities. Following these referrals, 21 people joined the programme. Four people completed the full year on the programme, while others stayed for varying lengths of time depending on their own needs and circumstances.

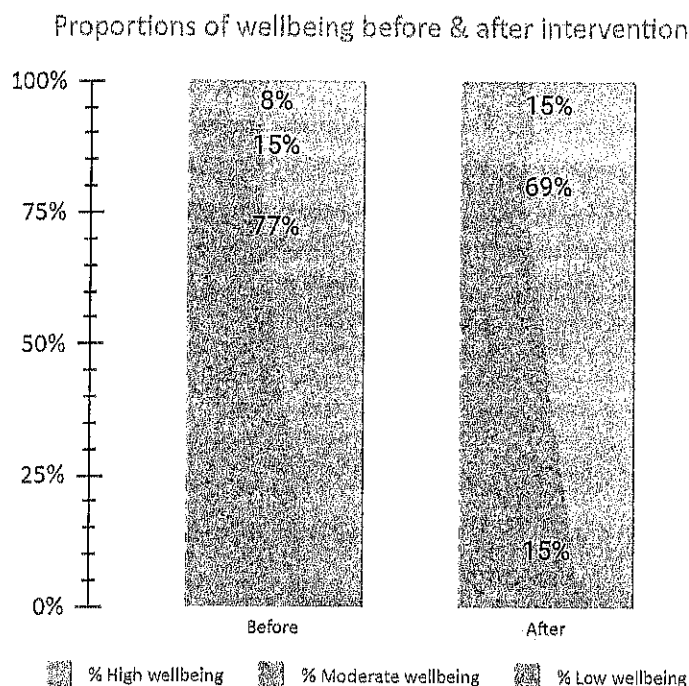
We also welcomed additional participants who took part in therapeutic activities in the garden, including participants from Inclusive Communities and Regrowth Redbridge (ROAMHT).

Our team of 20 buddy volunteers continued to provide vital support across the programme. Buddies are trained in safeguarding adults, mental health awareness and practical gardening skills. They offer social connection, encouragement and hands-on assistance to supported volunteers, helping to create a safe, welcoming and inclusive environment. In April 2025, we trained six new buddies who joined the team and strengthened our capacity to provide one-to-one support during group horticultural activities.

Directors' Report (incorporating the Trustees' Annual Report) (continued) for the Year Ended 30 June 2025

Evaluation

Our 2024 end of year evaluation involved conducting focus groups with ecotherapy participants and buddy volunteers, a health and wellbeing survey, case study interviews and monitoring data. The results from the health and wellbeing survey for ecotherapy participants can be seen in the graph below:



The wellbeing measurement results for 2024 are positive and statistically significant, with the largest improvements seen in people's feelings of usefulness and connection to others.

Some quotes this year from people who have benefited from our ecotherapy programme:

"My ability to socialise more outside. I'm trying to maybe communicate with a lot more people, because at first, I would not want to be where a lot of people are. A crowd looks frightening. Coming to FPPG has really been helpful."

"My mood improved significantly coming to the garden. It feels like an escape from work and other stresses - a bit like Narnia but out in the open! I have been better at managing stressful situations - I try to be kinder to myself and do helpful distractions such as going for a walk or going in the back garden to feel calmer."

"I think I'm trying to get maybe an open mind now, a free mind and once in a while I'm able to because I'm relating with others. I'm able to communicate with them a little. It is making me more open. What enables this is that I'm connecting directly first with nature, then with people I know people too, are part of nature, but I think that's one big thing."

Alongside the improved mental health outcomes observed in participants in our activities, we continue to see a strong progression pathway for those who engage with the programme. Many supported volunteers and participants take on increasing responsibilities and explore new opportunities within the garden. A recent example includes one participant who will be performing with her band at our upcoming open day, demonstrating the confidence and personal growth fostered through involvement with FPPG.

Events and workshops

This year we expanded our range of educational, culinary, creative and wellbeing workshops and talks at our garden sessions or community events, including winter and summer fruit-tree pruning, wild food foraging, journaling in nature workshops, wood working, wreath-making, and a new healthy cooking workshop. As well as providing a fun group activity, these workshops also enable participants to gain confidence and new skills.

**Directors' Report (incorporating the Trustees' Annual Report) (continued)
for the Year Ended 30 June 2025**

The first was our 20th anniversary party. It was great to see so many people there, both old and new. These include the original founders, staff, trustees and volunteers. Thanks to all those who made the effort to attend (often from very far away) and to those that gave their time to help.

Last autumn 2024 we once again held our annual Abundance Day, where we involved the community in our apple harvest, making juice and selling other items we have made with produce from the garden. In May this year we secured funding from the Greater London Authority to have a fully funded Abundance Day in Autumn 2025.

We have been hosting quarterly foraging workshops with our ethnobotanist volunteer Aaron, which we sell tickets to.

Garden and site development

We continued to improve the garden and to maintain our large fruit orchard. We grew a range of vegetable and salad crops in our annual beds and polytunnel.

The garden had great help from our Monday maintenance volunteers to keep the site well cared for and looking good. We worked on ongoing repairs and site improvements throughout the year.

Organisational development

We have planned a trustee strategy day in July 2025 to review actions from the organisational review, check off completed projects and set priorities for the year ahead, both in the garden and in the organisation. The day will be supported by an external facilitator.

Partnerships

We continued to strengthen and broaden our partnerships across the health, social care and community sectors. These relationships play a central role in enabling people to access our ecotherapy programme and in ensuring that FFPG remains a trusted and valued resource in Redbridge.

Our long-standing partnership with North East London NHS Foundation Trust remained a key referral pathway, with social prescribers, community mental health teams and occupational therapy teams regularly directing individuals to our garden. During the year, we developed new links with NHS Occupational Therapy and Older Adults teams, as well as staff working in supported living and assisted living services in the borough.

We also continued to collaborate with a range of community-based organisations, including Colours of Redbridge, the Department for Work and Pensions, Riverside Court, Inclusive Communities and Regrowth Redbridge (ROAMHT), who bring their groups to participate in therapeutic gardening sessions. These partnerships help widen access to nature-based support for people who may not otherwise be able to engage with outdoor activities.

Our partnership with the Children and Adolescent Mental Health Team (CAMHS) remained strong, and their support enabled us to run the young women's Green Shoots programme for a second year. Their agreement to reallocate underspend to extend this programme demonstrates confidence in our work and the positive impact it has on young people.

Collectively, these partnerships ensure that FFPG is well integrated within local referral networks, trusted by frontline professionals and valued by organisations seeking meaningful, nature-based support for their clients. They also strengthen our ability to reach people who face barriers to participation and ensure we are meeting community needs in a responsive and collaborative way.

Communications

We maintained regular posts on our social media Facebook page, which has retained its following. We continue to send out regular e-newsletters to all subscribers. We produced new flyers about our services and activities and attended various outreach events. The Director writes a monthly article for the local free newspaper. We have started actively using our Instagram account again and have a project in the pipeline for our TikTok account.

**Directors' Report (incorporating the Trustees' Annual Report) (continued)
for the Year Ended 30 June 2025**

Funding

Our major funder the City Bridge Foundation renewed our grant for another 12 months in April, totalling £28,900 for core funding over the next year.

We are into our second year of funding from the National Lottery, which totals £150,000 over three years.

Garfield Weston awarded us £10,000 of unrestricted income in December 2024 for one year.

There were also smaller funds received from Greater London Authority (Mayor's Community Fund), Bentley, the National Garden Scheme, and the Co-operative Community Fund.

We would like to thank all those who help us to continue our work with their kind support.

Staff and trustee team

During the year, there were several changes in the Director role. Karen Smallwood resigned as Director in December 2024 due to retirement and the trustees would like to express their thanks for her contribution to the organisation. Rosalin Agnew was appointed as Director in February 2025 and led the charity through the remainder of the financial year.

Following the year end, Rosalin Agnew resigned from the Director role in August 2025 to pursue a doctorate. We are grateful to Rosalin for her work and commitment during this period. In the same month, Pieter Rossouw resigned as a trustee and was appointed as Director.

Jackie Hearn resigned her position as trustee in January 2025. Alan Lieng was appointed Treasurer in February 2025.

Due to the expansion of our programmes, we hired one new sessional staff member during the year to provide additional capacity alongside our existing sessional staff. There were no changes to gardening or ecotherapy staff.

Risk

As with most small charities the risks are to maintain a healthy income and a steady flow of people accessing our activities. At the moment there is no concern in these areas, with the income from a National Lottery grant and new grant with the NHS, the Mayor's Community Fund, and the National Garden Scheme. In addition, we received a record number of referrals in June.

Financial performance

The charity received income of £108,895 (2024: £103,607) of which £99,379 (2024: £97,143) was restricted income grants from charitable trusts and foundations. Expenditure was £90,241 (2024: £81,907). The Director continues to make progress to increase the income through both large and smaller funds, events, and community fundraising. The trustees regard this as a satisfactory financial performance for the year.

The charity's policy on reserves

Forest Farm Peace Garden will hold whenever possible a minimum reserve of three months' and a maximum of six months' running costs in unrestricted funds. This is to serve as a safeguard against any unexpected shortfall or increase in expenditure.

At 30 June 2025, the charity held £7,544 in unrestricted reserves (2024: £275). These amounts are shown in the Statement of Financial Activities.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies. The directors (trustees) declare that they have approved the directors' report above.

Signed on behalf of the charity's directors (trustees):



Signed - Milica Robson

**Independent Examiner's Report to the Trustees of
FOREST FARM PEACE GARDEN
For the Year Ended 30 June 2025**

Independent examiner's report to the trustees of Forest Farm Peace Garden ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th June 2024 on pages eight to twelve.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

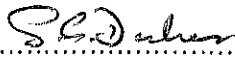
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 

Date 15/2/26

S.G. Duker FCA
Fredericks Limited
106 Charter Avenue
Ilford, Essex
IG2 7AD

FOREST FARM PEACE GARDEN
Statement of Financial Activities
For the Year Ended 30 June 2025

	Notes	Unrestricted funds £	Restricted funds £	30.06.25 Total funds £	30.06.24 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Grant income	2	7,012	99,379	106,391	95,503
Donations and sundry income		2,504	-	2,504	8,104
		-----	-----	-----	-----
Total incoming resources		£9,516	£99,379	£108,895	103,607
		-----	-----	-----	-----
RESOURCES EXPENDED					
Charitable activities					
Direct charitable expenditure	3	(2,247)	(85,584)	(87,831)	(77,913)
Other costs	3	-	(2,410)	(2,410)	(3,994)
		-----	-----	-----	-----
Total resources expended	7	(2,247)	(87,994)	(90,241)	(81,907)
		-----	-----	-----	-----
NET INCOMING RESOURCES		7,269	11,385	18,654	21,700
RECONCILIATION OF FUNDS					
Total funds brought forward		275	37,530	37,805	16,105
Transfer of funds		-	-	-	-
		-----	-----	-----	-----
TOTAL FUNDS CARRIED FORWARD		£ 7,544	£48,915	£56,459	£37,805
		=====	=====	=====	=====

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Balance Sheet at 30 June 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	4	-	-
CURRENT ASSETS			
Debtors	5	-	-
Cash at bank		58,376	39,413
		<u>58,376</u>	<u>39,413</u>
CURRENT LIABILITIES			
Creditors:			
Amounts falling due within one year	6	(1,917)	(1,608)
		<u>£56,459</u>	<u>£37,805</u>
NET CURRENT ASSETS			
		<u>£56,459</u>	<u>£37,805</u>
THE FUNDS OF THE CHARITY			
Unrestricted income funds	7	7,544	275
Restricted income funds	7	48,915	37,530
		<u>£56,459</u>	<u>£37,805</u>
TOTAL FUNDS			
		<u>£56,459</u>	<u>£37,805</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2025.

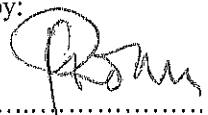
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 June 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees on 02/02/26 and were signed on its behalf by:



 M Robson



 N. Meyer

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2025

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial Statements have been prepared under the Historical Cost Convention.

Statutory information

Forest Farm Peace Garden is a private company and charity limited by guarantee registered in England and Wales. The company's registered number and registered address can be found on the company information page. The presentation currency is £ sterling.

Incoming resources

All material incoming resources have been included on the receivable basis.

Resources expended

Resources expended are included on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity they have been apportioned across the cost categories on a basis consistent with the use of these resources.

Depreciation

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rates applicable are:

Garden equipment 33.3% on cost

2. Grants

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
City Bridge Trust	-	24,225	24,225	35,450
The D'Oyly Carte Charitable Trust	-	-	-	3,500
NCEL	-	-	-	24,244
National Lottery	-	49,428	49,428	25,022
Other	2,062	1,626	3,688	7,287
Garfield Weston	-	10,000	10,000	-
Health Inequalities – Cook & Grow	-	6,090	6,090	-
Mayors Weekend	-	1,995	1,995	-
Health Inequalities	-	6,015	6,015	-
Forensic Psychology	4,950	-	4,950	-
	£7,012	£99,379	£106,391	£95,503

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2025 - continued

3. Resources Expended

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
Direct Charitable Expenditure				
Salaries and wages	2,247	71,178	73,425	65,879
Rent and administration support	-	1,000	1,000	1,000
Materials	-	3,708	3,708	3,609
Insurance	-	801	801	490
Events and publicity	-	393	393	2,684
Other	-	6,765	6,765	3,145
Consultancy	-	1,739	1,739	1,106
	-----	-----	-----	-----
	£2,247	£85,584	£87,831	£77,913
	-----	-----	-----	-----
Other Costs				
Rent and administration support	-	1,000	1,000	1,000
Independent examination	-	900	900	1,150
Payroll costs	-	510	510	1,844
	-----	-----	-----	-----
	-	2,410	2,410	3,994
	-----	-----	-----	-----
Total	£2,247	£87,994	£90,241	£81,907
	=====	=====	=====	=====

4. Fixed Assets

	Garden equipment £
Cost	
At 1 July 2024	3,991
Additions	-
Disposals	-

At 30 June 2025	£3,991
	=====
Depreciation	
At 1 July 2024	3,991
Charge for period	-
Eliminated on disposal	-

At 30 June 2025	£3,991
	=====
Net book value	
At 30 June 2025	£ -
	=====
At 30 June 2024	£ -
	=====

5. Debtors

	2025 £	2024 £
Trade debtors	-	-
	-----	-----
	£ -	£ -
	=====	=====

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2025 – continued

6. Creditors

	2025	2024
	£	£
Trade creditors	-	-
Tax and social security	709	860
Deferred grants	-	-
Other creditors and accruals	1,208	748
	<u>£1,917</u>	<u>£1,608</u>

7. Movement in Funds

	01.07.24	Incoming	Resources	Transfers	30.06.25
	£	resources	expended	£	£
		£	£		
Restricted Funds					
City Bridge Trust	5,286	24,225	(20,415)	-	9,096
The Clothworkers Foundation	4,108	-	(185)	-	3,923
The D'oyly Carte Charitable Trust	35	-	-	-	35
20 th Anniversary Party	427	-	(130)	-	297
Bentley – Advancing Life Chances	423	-	(121)	-	302
Community Infrastructure Levy	199	-	(184)	-	15
Co-Op Community Fund	805	1,197	(1,045)	-	957
Ecotherapy Workshops	686	86	(288)	-	484
Leather Sellers	1,402	-	(1,402)	-	-
National Lottery	10	49,428	(47,185)	-	2,253
NCEL – Green Shoots	23,120	-	(4,382)	-	18,738
Tesco Community Grant	1,029	343	(454)	-	918
Garfield Weston	-	10,000	(6,852)	-	3,148
Health Inequalities – Cook & Grow	-	6,090	(1,007)	-	5,083
Mayors Weekend	-	1,995	-	-	1,995
Health Inequalities	-	6,015	(4,344)	-	1,671
	<u>£37,530</u>	<u>£99,379</u>	<u>£(87,994)</u>	<u>£ -</u>	<u>£48,915</u>
Unrestricted Funds	<u>£275</u>	<u>£9,516</u>	<u>£(2,247)</u>	<u>£ -</u>	<u>£7,544</u>
Total Funds	<u>£37,805</u>	<u>£108,895</u>	<u>£(90,241)</u>	<u>£ -</u>	<u>£56,459</u>

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2025 – continued

8. Analysis of Net Assets by Fund

	Unrestricted funds	Restricted funds	Total funds 2025	Total funds 2024
	£	£	£	£
Fixed assets	-	-	-	-
Net current assets	7,544	48,915	56,459	37,805
	-----	-----	-----	-----
TOTAL FUNDS	£7,544	£48,915	£56,459	£37,805
	=====	=====	=====	=====

9. Staff Costs and Numbers

Staff costs were as follows:

	2025	2024
	£	£
Gross salaries and wages	68,900	63,559
Employer's National Insurance	1,160	-
Pension costs	3,365	2,320
	-----	-----
	£73,425	£65,879
	=====	=====

No employee received emoluments of more than £60,000 (2024: Nil).

The average weekly number of employees during the year was 3 (2024: 3).

10. Trustees Remuneration, Benefits and Expenses

No trustee received, or is due to receive, any remuneration or benefits relating to their role as trustee (2024: nil).

11. Limited Liability

The charity is a company limited by guarantee. The memorandum and articles restrict the liability of the members upon winding up to £1. In the case of winding up none of the accumulated funds are distributable to members but shall be given or transferred to some other charitable institution having similar objects.

12. Related Party Transactions

There were no related party transactions during the year.

FOREST FARM PEACE GARDEN

England & Wales - Charity number 1123031

Accounts

FOREST FARM PEACE GARDEN

Company Limited by Guarantee No: 05846731
Registered Charity No: 1123031

ACCOUNTS FOR THE YEAR ENDED 30 JUNE 2024

Fredericks Limited
Chartered Accountants
106 Charter Avenue
Ilford, Essex
IG2 7AD

FOREST FARM PEACE GARDEN

Contents of the Financial Statements for the Year Ended 30 June 2024

	Page
Directors' (Trustees') Annual Report	1 - 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Accounts	9 - 12

**Directors' Report (incorporating the Trustees' Annual Report)
for the Year Ended 30 June 2024**

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 30 June 2024.

Full name	Forest Farm Peace Garden
Registered charity number	1123031
Registered company number	05846731
Registered address	2 nd Floor, Ilford Chambers 11 Chapel Road Ilford, Essex IG1 2DR

Directors (Trustees)

Aaron Edgeley - Chair
Jacqueline Hearn
Thomas Blackburn
Nigel Meyer
Pam Decho

Governing document

The charity is operated under the rules of its memorandum and articles of association dated 14 June 2006 and most recently amended 7 November 2007. It is a company limited by guarantee and therefore has no share capital.

Overall management of the charity is the responsibility of the directors (trustees) who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by volunteers and paid staff.

Public benefit

In shaping our objectives for the year and planning our activities the trustees have considered the Charity Commission Guidance on public benefit.

Bankers

Co-Operative Bank, PO Box 1011, Balloon Street, Manchester, M60 4EP.

Independent examiner

S.G. Duker FCA
Fredericks Limited
Chartered Accountants
106 Charter Avenue
Ilford, Essex
IG2 7AD

About the charity

Forest Farm Peace Garden is dedicated to promoting health and wellbeing, environmental sustainability and building community through activities in nature at our therapeutic garden. Our main objectives, as set out in the Governing Document, are:

- 1) To preserve and protect the mental and physical health of the wider community and in particular those experiencing mental health support needs and refugees and asylum seekers, through the provision of organic gardening opportunities, conservation based activities, education and one to one support.
- 2) To preserve, protect, and improve the natural environment; in particular through organic gardening, permaculture, conservation, and other ecologically sound practices.
- 3) To foster a genuinely diverse and integrated community through the elimination of discrimination on the grounds of race, ethnic origin, gender, age, disability, sexual orientation or religion by promoting activities to foster understanding between people from diverse backgrounds.

Achievements for the year

The charity continued to provide a quality therapeutic intervention to support mental health recovery. We have run twice weekly ecotherapy garden days and a weekly general garden maintenance day throughout this period, as well as a range of engaging workshops and events for the community.

In addition this year, the charity has received funding from the NHS to provide an additional garden therapy day for young women.

There was also a successful funding application for the National Lottery which will last for three years.

This is the first year since the Covid-19 restrictions that there has been a surplus at the end of the year, which will enable us to start growing our reserves.

Ecotherapy Programme

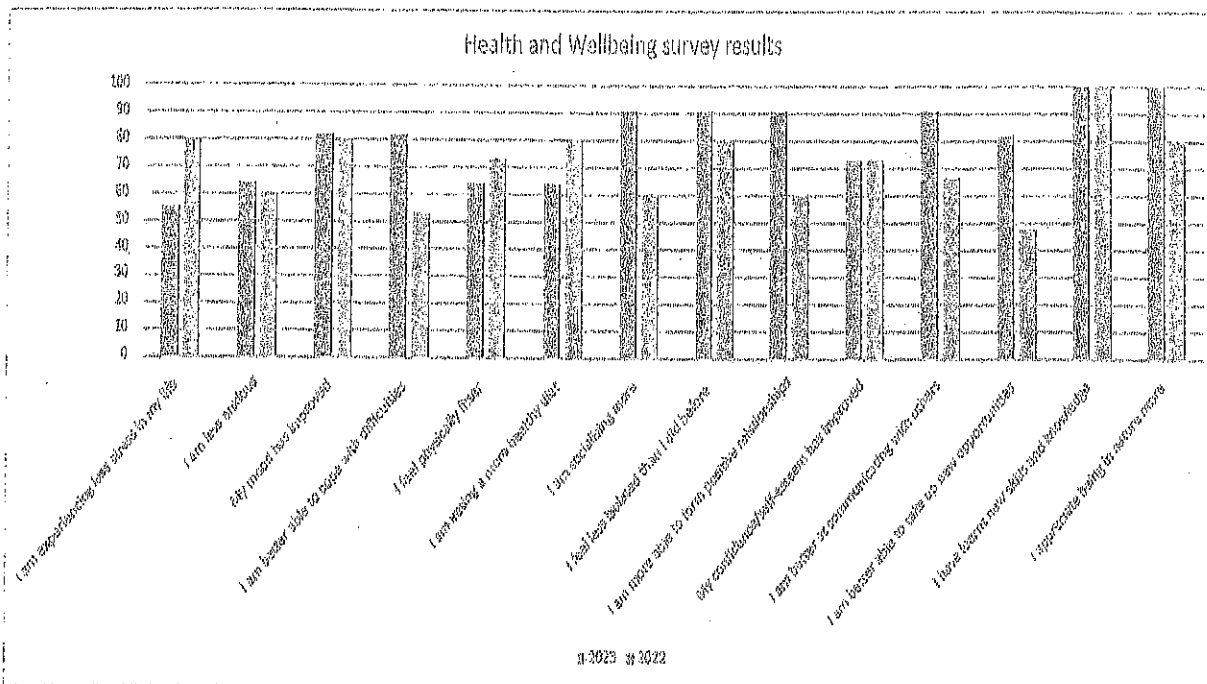
Our ecotherapy programme supports mental health recovery for people experiencing depression, anxiety, isolation and recovery from mental illness or long-term physical illness. Over this reporting period we supported a total of 44 participants on the ecotherapy programme. We received 32 referrals via NHS mental health services, voluntary and social care organisations. A total of 16 new participants joined the programme, and three completed their full one year placement. The remainder are at various stages of their placements.

Our existing team of 32 buddy volunteers continued to be actively involved providing ongoing support in the garden for our ecotherapy programme. We expanded the buddy team during this period, recruiting a further 10 new buddy volunteers.

The last cohort of buddies were all women, with ages ranging from 25 to 50, some with gardening experience and some without. Some of our volunteers in previous cohorts were previous service users who wanted to maintain connection to us and give something back.

Evaluation

Our 2023 end of year evaluation involved conducting focus groups with ecotherapy participants and buddy volunteers, a health and wellbeing survey, case study interviews and monitoring data. The results from the health and wellbeing survey for ecotherapy participants can be seen in the graph below:



Some quotes from people who have benefited from our ecotherapy programme are:

"I've got back into college and mixing with people."

"I look forward to being outdoors and learning in a positive environment"

"It gives me a reason to get up."

When participants leave the programme, they are asked for their thoughts on the experience. One example of a real success story is that of a supported volunteer who, with no previous experience of carpentry, gained an interest in the skill. Once they had completed their year's support programme they volunteered to be a buddy and are now doing a carpentry apprenticeship at a major London theatre.

Events and workshops

This year we continued with our range of educational, culinary, creative and wellbeing workshops or talks at our garden sessions or community events, including winter and summer fruit-tree pruning, Chia jam making, wild food foraging, bee-keeping, wreath-making, and yoga nidra. As well as providing a fun group activity, these workshops also enable participants to gain confidence and new skills. In May our volunteers and buddies went on a group outing to Kew Gardens as part of the free community open week.

We hosted our 20th anniversary party in June attracting over 150 visitors, many of whom were people who have played a part in the running of the garden over the last 20 years. It was great to meet them all and for them to see how the garden has evolved over the years. We provided live music entertainment from local artists, and raised money for the charity through plant sales, stalls, tea and cake and donations. This event was kindly sponsored by the London Borough of Redbridge.

We also held our annual Abundance Day, where we involve the community in our apple harvest, making juice and selling other items we have made with produce from the garden.

Garden and site development

We continued to improve the herbal tea beds and maintain our large fruit orchard and grew a range of vegetable and salad crops in our annual beds and polytunnel. Unfortunately, we experienced some storm damage in the summer, losing two trees.

We were able to secure funding for the replacement of our polytunnel cover that was lost last year so will be looking forward to growing well into the winter.

The garden had great help from our Monday maintenance volunteers to keep the site well cared for and looking good. We worked on ongoing repairs and site improvements throughout the year.

Organisational development

The charity completed their organisational review and filled the new role of Director. The remaining issues raised in the review are currently being addressed by the board and those who contributed are to be updated shortly.

Partnerships

We continued to build upon local partnerships and develop new links with organisations that refer people to our ecotherapy service. As well as our regular referrals from North East London NHS Foundation Trust we engaged with other organisations including Equans - who have provided funding and help in the garden, Social Prescribers, Colours of Redbridge, Department of Work and Pensions, Inclusive Communities and Regrowth Redbridge who both bring their groups to participate in our ecotherapy programme. The Director has built new links in the NHS Occupational Therapy Team and the older adults team. There is also a new partnership with Children and Adult Mental Health Team who are funding the new young women's programme called Green Shoots.

Communications

We maintained regular posts on our social media Facebook page, which has increased to 1719 followers and 1600 page likes. We continue to send out regular monthly e-newsletters to all subscribers. We produced new flyers about our services and activities and attended various outreach events. The Director writes a monthly article for the local free newspaper.

Funding

We commenced the final year of a three-year grant from City Bridge Trust in January 2022 totalling £85,000. We received funding from Neighbourhood Community Infrastructure Levy through Redbridge Council to replace the kitchen equipment. We also received the first payment from the National Lottery which totals £150,000 over three years. There were also smaller funds received from D'Oyly Carte, Leathersellers Company, DH Wills and Bentley. We would like to thank all those who help us to continue our work with their kind support.

Staff and trustee team

Unfortunately one of our gardeners left the charity in January and to cover some of his hours we increased the hours of the remaining gardener. There are no changes to our Ecotherapy Worker or Director. We have also appointed several sessional staff to cover annual leave and sickness.

Risk

As with most small charities the risks are to maintain a healthy income and a steady flow of service users. At the moment there is no concern in these areas, with the income from a National Lottery grant for three years and new contracts with the NHS.

Financial performance

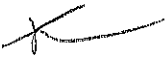
The charity received income of £103,607 (2023: £53,830) of which £95,503 (2023: £50,275) was restricted income grants from charitable trusts and foundations. Expenditure was £81,907 (2023: £76,247). In the absence of a project manager (now Director) for a number of months fundraising efforts slowed. In light of that, and the challenging financial climate, trustees agreed to use the charity reserves to maintain its operations, in anticipation of securing further funding. Within that context, the trustees regard this as a satisfactory financial performance for the year.

The charity's policy on reserves

Forest Farm Peace Garden will hold whenever possible a minimum reserve of three months' and a maximum of six months' running costs in unrestricted funds. This is to serve as a safeguard against any unexpected shortfall or increase in expenditure.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies. The directors (trustees) declare that they have approved the directors' report above.

Signed on behalf of the charity's directors (trustees):-

Signed 
T Blackburn

Date: 5/3/25

Independent examiner's report to the trustees of Forest Farm Peace Garden ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th June 2024 on pages eight to twelve.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

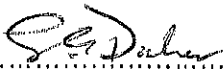
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 

Date 12/3/25

S.G. Duker FCA
Fredericks Limited
106 Charter Avenue
Ilford, Essex
IG2 7AD

FOREST PARK PLACE GARDEN
Statement of Financial Activities
For the Year Ended 30 June 2024

	Notes	Unrestricted funds £	Restricted funds £	30.06.24 Total funds £	30.06.23 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Grant income	2	-	95,503	95,503	50,275
Donations and sundry income		6,464	1,640	8,104	3,555
		-----	-----	-----	-----
Total incoming resources		6,464	97,143	103,607	53,830
		-----	-----	-----	-----
RESOURCES EXPENDED					
Charitable activities					
Direct charitable expenditure	3	(16,595)	(61,318)	(77,913)	(74,010)
Other costs	3	(828)	(3,166)	(3,994)	(2,237)
		-----	-----	-----	-----
Total resources expended	7	(17,423)	(64,484)	(81,907)	(76,247)
		-----	-----	-----	-----
NET (OUTGOING)/INCOMING RESOURCES		(10,959)	32,659	21,700	(22,417)
RECONCILIATION OF FUNDS					
Total funds brought forward		11,460	4,645	16,105	38,522
Transfer of funds		(226)	226	-	-
		-----	-----	-----	-----
TOTAL FUNDS CARRIED FORWARD		£275	£37,530	£37,805	£16,105
		=====	=====	=====	=====

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Balance Sheet at 30 June 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	4	-	-
CURRENT ASSETS			
Debtors	5	-	-
Cash at bank		39,413	19,013
		<u>39,413</u>	<u>19,013</u>
CURRENT LIABILITIES			
Creditors:			
Amounts falling due within one year	6	(1,608)	(2,908)
		<u>(1,608)</u>	<u>(2,908)</u>
NET CURRENT ASSETS		<u>£37,805</u>	<u>£16,105</u>
THE FUNDS OF THE CHARITY			
Unrestricted income funds	7	275	11,460
Restricted income funds	7	37,530	4,645
		<u>37,805</u>	<u>16,105</u>
TOTAL FUNDS		<u>£37,805</u>	<u>£16,105</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2024.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 June 2024 in accordance with Section 476 of the Companies Act 2006.

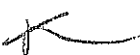
The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

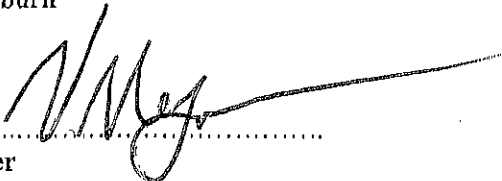
These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees on behalf by:

and were signed on its



.....
T Blackburn


.....
N. Meyer

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial Statements have been prepared under the Historical Cost Convention.

Statutory information

Forest Farm Peace Garden is a private company and charity limited by guarantee registered in England and Wales. The company's registered number and registered address can be found on the company information page. The presentation currency is £ sterling.

Incoming resources

All material incoming resources have been included on the receivable basis.

Resources expended

Resources expended are included on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity they have been apportioned across the cost categories on a basis consistent with the use of these resources.

Depreciation

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rates applicable are:

Garden equipment 33.3% on cost

2. Grants

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Henry Smith Charity	-	-	-	20,150
City Bridge Trust	-	35,450	35,450	28,625
The Clothworkers Foundation	-	-	-	-
The D'Oyly Carte Charitable Trust	-	3,500	3,500	-
Worshipful Company of Gardeners	-	-	-	1,500
NCEL	-	24,244	24,244	-
National Lottery	-	25,022	25,022	-
Other	-	7,287	7,287	-
	£ -	£95,503	£95,503	£50,275

3. Resources Expended

	Unrestricted	Restricted	Total 2024	Total 2023
	£	£	£	£
Direct Charitable Expenditure				
Salaries and wages	13,562	52,317	65,879	51,776
Rent and administration support	10	990	1,000	3,250
Materials	890	2,719	3,609	820
Insurance	107	383	490	798
Events and publicity	843	1,841	2,684	811
Other	1,183	1,962	3,145	11,680
Consultancy	-	1,106	1,106	4,875
	£16,595	£61,318	£77,913	£74,010
Other Costs				
Rent and administration support	10	990	1,000	1,000
Independent examination	-	1,150	1,150	732
Payroll costs	818	1,026	1,844	505
	828	3,166	3,994	2,237
Total	£17,423	£64,484	£81,907	£76,247

4. Fixed Assets

	Garden equipment £
Cost	
At 1 July 2023	3,991
Additions	-
Disposals	-
At 30 June 2024	£3,991
Depreciation	
At 1 July 2023	3,991
Charge for period	-
Eliminated on disposal	-
At 30 June 2024	£3,991
Net book value	
At 30 June 2024	£ -
At 30 June 2023	£ -

5. Debtors

	2024 £	2023 £
Trade debtors	-	-
	£ -	£ -

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2024 – continued

6. Creditors

	2024	2023
	£	£
Trade creditors	-	490
Tax and social security	860	2,070
Deferred grants	-	-
Accruals	748	348
	-----	-----
	£1,608	£2,908
	=====	=====

7. Movement in Funds

	01.07.23	Incoming resources	Resources expended	Transfers	30.06.24
	£	£	£	£	£
Restricted Funds					
Henry Smith	(226)	-	-	226	-
City Bridge Trust	(138)	35,450	(30,026)	-	5,286
The Clothworkers Foundation	5,000	-	(892)	-	4,108
The D'oyly Carte Charitable Trust	9	3,500	(3,474)	-	35
Worshipful Company of Gardeners	-	-	-	-	-
20 th Anniversary Party	-	3,000	(2,573)	-	427
Bentley – Advancing Life Chances	-	500	(77)	-	423
Community Infrastructure Levy	-	478	(279)	-	199
Co-Op Community Fund	-	805	-	-	805
Ecotherapy Workshops	-	1,115	(429)	-	686
Leather Sellers	-	2,000	(598)	-	1,402
National Lottery	-	25,022	(25,012)	-	10
NCEL – Green Shoots	-	24,244	(1,124)	-	23,120
Tesco Community Grant	-	1,029	-	-	1,029
	-----	-----	-----	-----	-----
	£4,645	£97,143	£(64,484)	£226	£37,530
	=====	=====	=====	=====	=====
Unrestricted Funds	£11,460	£6,464	£(17,423)	£(226)	£275
	=====	=====	=====	=====	=====
Total Funds	£16,105	£103,607	£(81,907)	£ -	£37,805
	=====	=====	=====	=====	=====

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2024 – continued

8. Analysis of Net Assets by Fund

	Unrestricted funds	Restricted funds	Total funds 2024	Total funds 2023
	£	£	£	£
Fixed assets	-	-	-	-
Net current assets	275	37,530	37,805	16,105
	<u>275</u>	<u>37,530</u>	<u>37,805</u>	<u>16,105</u>
TOTAL FUNDS	<u>£275</u>	<u>£37,530</u>	<u>£37,805</u>	<u>£16,105</u>

9. Staff Costs and Numbers

Staff costs were as follows:

	2024	2023
	£	£
Gross salaries and wages	63,559	50,085
Employer's National Insurance	-	-
Pension costs	2,320	1,691
	<u>£65,879</u>	<u>£51,776</u>

No employee received emoluments of more than £60,000 (2023: Nil).

The average weekly number of employees during the year was 3 (2023: 3).

10. Trustees Remuneration, Benefits and Expenses

No trustee received, or is due to receive, any remuneration or benefits relating to their role as trustee (2023: nil).

11. Limited Liability

The charity is a company limited by guarantee. The memorandum and articles restrict the liability of the members upon winding up to £1. In the case of winding up none of the accumulated funds are distributable to members but shall be given or transferred to some other charitable institution having similar objects.

12. Related Party Transactions

There were no related party transactions during the year.

FOREST FARM PEACE GARDEN

England & Wales - Charity number 1123031

Accounts

FOREST FARM PEACE GARDEN

Company Limited by Guarantee No: 05846731

Registered Charity No: 1123031

ACCOUNTS FOR THE YEAR ENDED 30 JUNE 2023

Fredericks Limited
Chartered Accountants
106 Charter Avenue
Ilford, Essex
IG2 7AD

FOREST FARM PEACE GARDEN

Contents of the Financial Statements for the Year Ended 30 June 2023

	Page
Directors' (Trustees') Annual Report	1 - 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Accounts	8 - 11
The following page does not form part of the Statutory Accounts	
Detailed Statement of Financial Activities	12

FOREST FARM PEACE GARDEN
Directors' Report (incorporating the Trustees' Annual Report)
for the Year Ended 30 June 2023

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 30 June 2023.

Full name	Forest Farm Peace Garden
Registered charity number	1123031
Registered company number	05846731
Registered address	2 nd Floor, Ilford Chambers 11 Chapel Road Ilford, Essex IG1 2DR

Directors (Trustees)

Aaron Edgeley - Chair

Jacqueline Hearn

Thomas Blackburn

Nigel Meyer

Pam Decho

Majuran Santhakumar – resigned 1 June 2022

Kok-Yau Khong – resigned 2 November 2022

Shabana Fardous – appointed 9th June 2022, resigned 2 November 2022

Governing document

The charity is operated under the rules of its memorandum and articles of association dated 14 June 2006 and most recently amended 7 November 2007. It is a company limited by guarantee and therefore has no share capital.

Overall management of the charity is the responsibility of the directors (trustees) who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by volunteers and paid staff.

Public benefit

In shaping our objectives for the year and planning our activities the trustees have considered the Charity Commission Guidance on public benefit.

Bankers

Co-Operative Bank, PO Box 1011, Balloon Street, Manchester, M60 4EP.

Independent examiner

S.G. Duker FCA

Fredericks Limited

Chartered Accountants

106 Charter Avenue

Ilford, Essex

IG2 7AD

About the charity

Forest Farm Peace Garden is dedicated to promoting health and wellbeing, environmental sustainability and building community through activities in nature at our therapeutic garden. Our main objectives, as set out in the Governing Document, are:

- 1) To preserve and protect the mental and physical health of the wider community and in particular those experiencing mental health support needs and refugees and asylum seekers, through the provision of organic gardening opportunities, conservation based activities, education and one to one support.
- 2) To preserve, protect, and improve the natural environment; in particular through organic gardening, permaculture, conservation, and other ecologically sound practices.
- 3) To foster a genuinely diverse and integrated community through the elimination of discrimination on the grounds of race, ethnic origin, gender, age, disability, sexual orientation or religion by promoting activities to foster understanding between people from diverse backgrounds.

Achievements for the year

Despite the fact that the charity lost its Project Manager in 2022, and a permanent replacement Director position could not be filled until March 2023, the charity continued to provide a quality therapeutic intervention to support mental health recovery as we emerged from the covid-pandemic disruptions. We have run twice weekly ecotherapy garden days and a weekly general garden maintenance day throughout this period, as well as a range of engaging workshops and events for the community.

Ecotherapy Programme

Our ecotherapy programme supports mental health recovery for people experiencing depression, anxiety, isolation and recovery from mental illness or long-term physical illness. Over this reporting period we supported a total of 42 participants on the ecotherapy programme. We received 38 referrals via NHS mental health services, voluntary and social care organisations. A total of 12 new participants joined the programme, and seven completed their full one year placement. A further 9 left the programme or their placement was put on hold due to ill health.

Our existing team of 30 buddy volunteers continued to be actively involved providing ongoing support in the garden for our ecotherapy programme. We expanded the buddy team during this period, recruiting a further 10 new buddy volunteers.

Evaluation

Our 2022 end of year evaluation involved conducting focus groups with ecotherapy participants and buddy volunteers, a health and wellbeing survey, case study interviews and monitoring data. The results from the health and wellbeing survey for ecotherapy participants indicated that:

- o 67% reported that they are experiencing less stress and that their mood had improved
- o 61% said they felt less anxious
- o 55% said they are able to cope better with difficulties or manage in a crisis
- o 89% said they feel less isolated than they did before
- o 67% said they felt physically fitter
- o 89% said they are socialising more and meeting new people
- o 72% said they were more able to form positive relationships
- o 94% said that their confidence and self-esteem has improved
- o 88% reported being better able to communicate with others and work together in a group
- o 61% reported eating a more healthy diet eg fresh fruits, vegetables, salads
- o 67% said they were able to take up new opportunities such as volunteering, employment, training, community activities etc
- o 100% reported learning new skills and knowledge
- o 100% appreciated being in nature more and spending more time outdoors

Some quotes from people who have benefited from our ecotherapy programme are:

"I'm a people person and loved meeting the people here. I really liked helping with the open days and I made friends who I'll be keeping in touch with"

"The Peace Garden made me become more self-aware and trust myself and others more. It was a bit like a stepping stone, helping me to move forward and to pluck up the courage to make changes to my situation"

"I felt less stressed, more peaceful and more capable to deal with life's situations that might once have been difficult."

When participants leave the programme, they are asked for their thoughts on the experience, an example of a real success story is that of someone who started as a supported volunteer, with no previous experience of carpentry gained an interest and skills in this. Once they had completed their year programme they volunteered to be a buddy, they are now doing a carpentry apprenticeship at a major London theatre.

Events and workshops

This year we continued with our range of educational, culinary, creative and wellbeing workshops or talks at our garden sessions or community events, including winter and summer fruit-tree pruning, Chia jam making, wild food foraging, bee-keeping, wreath-making, and yoga nidra. As well as providing a fun group activity, these workshops also enable participants to gain confidence and new skills. In May our volunteers and buddies went on a group outing to Kew Gardens as part of the free community open week.

We were able to host our popular World Music Day summer community event again in June attracting over 120 visitors, many of whom had come to the garden for the first time. We provided live music entertainment from local artists, Reiki healing, a sound bath experience and raised money for the charity through plant sales, stalls, tea and cake and donations.

We also held our annual Abundance Day, where we involve the community in our apple harvest, making juice and selling other items we have made with produce from the garden.

Garden and site development

We continued to improve the herbal tea beds and maintain our large fruit orchard and grew a range of vegetable and salad crops in our annual beds and polytunnel. Unfortunately, we experienced some storm damage in the summer, losing two trees.

We were able to secure funding for the replacement of our polytunnel cover that was lost last year so will be looking forward to growing well into the winter.

The garden had great help from our Monday maintenance volunteers to keep the site well cared for and looking good. We worked on ongoing repairs and site improvements throughout the year.

Organisational development

The charity completed their organisational review and filled the new role of Director. The remaining issues raised in the review are currently being addressed by the board and those who contributed are to be updated shortly.

Partnerships

We continued to build upon local partnerships and develop new links with organisations that refer people to our ecotherapy service. As well as our regular referrals from North East London NHS Foundation Trust we engaged with other organisations including Equans - who have provided funding and help in the garden, Social Prescribers, Colours of Redbridge, Department of Work and Pensions, Inclusive Communities and Regrowth Redbridge who both bring their groups to participate in our ecotherapy programme.

FOREST FARM PEACE GARDEN
Directors' Report (continued)
for the Year Ended 30 June 2023

Communications

We maintained regular posts on our social media Facebook page, which has increased to 1700 followers and 1600 page likes. We continue to send out regular monthly e-newsletters to all subscribers. We produced new flyers about our services and activities and attended various outreach events. The Director writes a monthly article for the local free newspaper.

Funding

We commenced the second year of a three-year grant from City Bridge Trust in January 2022 totalling £85,000. We received funding from Neighbourhood Community Infrastructure Levy through Redbridge Council to replace the polytunnel cover.

Staff and trustee team

There were some changes to the staff team during this year. Daniel Strangleman and Leon Quinlan were changed from sessional gardeners to part time Gardeners and Mirjam Johansson continues in the role of part time Ecotherapy Worker. In March 2023 we appointed Karen Smallwood to the new part time Director role.

Risk

Securing long-term funding and financial sustainability continues to be an ongoing risk facing the charity. Grant applications for longer term funding and smaller short-term funding applications are made throughout the year. We continue to maintain good relationships with past and existing funders and produce progress reports on our outcomes and achievements. We have set the ambition to build upon our unrestricted funding reserves through more community events and fundraisers and developing more corporate activity days.

Financial performance

The charity received income of £53,830 (2022: £78,841) of which £50,275 (2022: £74,200) was restricted income grants from charitable trusts and foundations. Expenditure was £76,247 (2022: £88,092). In the absence of a project manager (now Director) for a number of months fundraising efforts slowed. In light of that, and the challenging financial climate, trustees agreed to use the charity reserves to maintain its operations, in anticipation of securing further funding. Within that context, the trustees regard this as a satisfactory financial performance for the year.

The charity's policy on reserves

Forest Farm Peace Garden will hold whenever possible a minimum reserve of three months' and a maximum of six months' running costs in unrestricted funds. This is to serve as a safeguard against any unexpected shortfall or increase in expenditure.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies. The directors (trustees) declare that they have approved the directors' report above.

Signed on behalf of the charity's directors (trustees):-

Signed 
J. Hearn

Date: 5/3/24

**Independent Examiner's Report to the Trustees of
FOREST FARM PEACE GARDEN
For the Year Ended 30 June 2023**

Independent examiner's report to the trustees of Forest Farm Peace Garden ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th June 2023 on pages eight to twelve.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

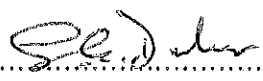
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 

Date 19/3/24

**S.G. Duker FCA
Fredericks Limited
106 Charter Avenue
Ilford, Essex
IG2 7AD**

FOREST FARM PEACE GARDEN
Statement of Financial Activities
For the Year Ended 30 June 2023

	Notes	Unrestricted funds £	Restricted funds £	30.06.23 Total funds £	30.06.22 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Grant income	2	-	50,275	50,275	74,200
Donations and sundry income		3,555	-	3,555	4,641
		-----	-----	-----	-----
Total incoming resources		3,555	50,275	53,830	78,841
		-----	-----	-----	-----
RESOURCES EXPENDED					
Charitable activities					
Direct charitable expenditure	3	(9,530)	(64,480)	(74,010)	(85,922)
Other costs	3	-	(2,237)	(2,237)	(2,170)
		-----	-----	-----	-----
Total resources expended	7	(9,530)	(66,717)	(76,247)	(88,092)
		-----	-----	-----	-----
NET OUTGOING RESOURCES		(5,975)	(16,442)	(22,417)	(9,251)
RECONCILIATION OF FUNDS					
Total funds brought forward		17,435	21,087	38,522	47,773
		-----	-----	-----	-----
TOTAL FUNDS CARRIED FORWARD		£11,460	£4,645	£16,105	£38,522
		=====	=====	=====	=====

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Balance Sheet at 30 June 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	4	-	-
CURRENT ASSETS			
Debtors	5	-	-
Cash at bank		19,013	38,873
		<u>19,013</u>	<u>38,873</u>
CURRENT LIABILITIES			
Creditors:			
Amounts falling due within one year	6	(2,908)	(351)
NET CURRENT ASSETS		<u>£16,105</u>	<u>£38,522</u>
THE FUNDS OF THE CHARITY			
Unrestricted income funds	7	11,460	17,435
Restricted income funds	7	4,645	21,087
TOTAL FUNDS		<u>£16,105</u>	<u>£38,522</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2023.

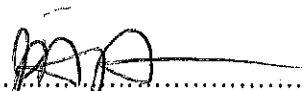
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 June 2023 in accordance with Section 476 of the Companies Act 2006.

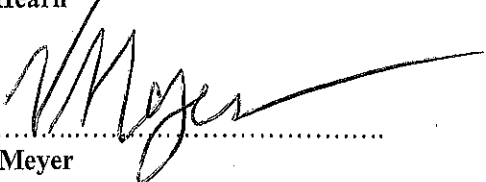
The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees on 5/3/24 and were signed on its behalf by:


 J. Hearn


 N. Meyer

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2023

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial Statements have been prepared under the Historical Cost Convention.

Statutory information

Forest Farm Peace Garden is a private company and charity limited by guarantee registered in England and Wales. The company's registered number and registered address can be found on the company information page. The presentation currency is £ sterling.

Incoming resources

All material incoming resources have been included on the receivable basis.

Resources expended

Resources expended are included on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity they have been apportioned across the cost categories on a basis consistent with the use of these resources.

Depreciation

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rates applicable are:

Garden equipment 33.3% on cost

2. Grants

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Henry Smith Charity	-	20,150	20,150	39,950
City Bridge Trust	-	28,625	28,625	8,750
The Clothworkers Foundation	-	-	-	10,000
The D'Oyly Carte Charitable Trust	-	-	-	3,500
Garfield Weston	-	-	-	12,000
Worshipful Company of Gardeners	-	1,500	1,500	-
	£ -	£50,275	£50,275	£74,200

FOREST FARM PEACE GARDEN+
Notes to the Financial Statements
for the Year Ended 30 June 2023 - continued

3. Resources Expended

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Direct Charitable Expenditure				
Salaries and wages	1,032	50,744	51,776	59,349
Rent and administration support	1,500	1,750	3,250	3,000
Materials	664	156	820	3,336
Insurance	-	798	798	724
Events and publicity	93	718	811	3,317
Other	6,241	5,439	11,680	10,610
Consultancy	-	4,875	4,875	-
Project costs	-	-	-	5,586
	-----	-----	-----	-----
	£9,530	£64,480	£74,010	£85,922
	-----	-----	-----	-----
Other Costs				
Rent and administration support	-	1,000	1,000	1,000
Independent examination	-	732	732	690
Payroll costs	-	505	505	480
	-----	-----	-----	-----
	£ -	£2,237	£2,237	£ 2,170
	-----	-----	-----	-----
Total	£9,530	£66,717	£76,247	£88,092
	=====	=====	=====	=====

4. Fixed Assets

	Garden equipment £
Cost	
At 1 July 2022	3,991
Additions	-
Disposals	-

At 30 June 2023	£3,991
	=====
Depreciation	
At 1 July 2022	3,991
Charge for period	-
Eliminated on disposal	-

At 30 June 2023	£ 3,991
	=====
Net book value	
At 30 June 2023	-
	=====
At 30 June 2022	£ -
	=====

5. Debtors

	2023 £	2022 £
Trade debtors	-	-
	-----	-----
	£ -	£ -
	=====	=====

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2023 – continued

6. Creditors

	2023	2022
	£	£
Trade creditors	490	-
Tax and social security	2,070	-
Deferred grants	-	-
Accruals	348	351
	<u>£2,908</u>	<u>£ 351</u>

7. Movement in Funds

	01.07.22	Incoming resources	Resources expended	Transfers	30.06.23
	£	£	£	£	£
Restricted Funds					
Henry Smith	5,367	20,150	(25,743)	-	(226)
City Bridge Trust	7,220	28,625	(35,983)	-	(138)
The Clothworkers Foundation	5,000	-	-	-	5,000
The D'oyly Carte Charitable Trust	3,500	-	(3,491)	-	9
Worshipful Company of Gardners	-	1,500	(1,500)	-	-
	<u>£21,087</u>	<u>£50,275</u>	<u>£(66,717)</u>	<u>£ -</u>	<u>£4,645</u>
Unrestricted Funds	<u>£17,435</u>	<u>£3,555</u>	<u>£(9,530)</u>	<u>£ -</u>	<u>£11,460</u>
Total Funds	<u>£38,522</u>	<u>£53,830</u>	<u>£(76,247)</u>	<u>£ -</u>	<u>£16,105</u>

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2023 – continued

8. Analysis of Net Assets by Fund

	Unrestricted funds	Restricted funds	Total funds 2023	Total funds 2022
	£	£	£	£
Fixed assets	-	-	-	-
Net current assets	11,460	4,645	16,105	38,522
	-----	-----	-----	-----
TOTAL FUNDS	£11,460	£4,645	£16,105	£38,522
	=====	=====	=====	=====

9. Staff Costs and Numbers

Staff costs were as follows:

	2023	2022
	£	£
Gross salaries and wages	50,085	56,647
Employer's National Insurance	-	171
Pension costs	1,691	2,531
	-----	-----
	£51,776	£59,349
	=====	=====

No employee received emoluments of more than £60,000 (2022: Nil).

The average weekly number of employees during the year was 3 (2022: 3).

10. Trustees Remuneration, Benefits and Expenses

No trustee received, or is due to receive, any remuneration or benefits relating to their role as trustee (2021: nil).

11. Limited Liability

The charity is a company limited by guarantee. The memorandum and articles restrict the liability of the members upon winding up to £1. In the case of winding up none of the accumulated funds are distributable to members but shall be given or transferred to some other charitable institution having similar objects.

12. Related Party Transactions

There were no related party transactions during the year.

FOREST FARM PEACE GARDEN
Detailed Statement of Financial Activities
for the Year Ended 30 June 2023

	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOMING RESOURCES				
Grants	-	50,275	50,275	74,200
Donations	3,555	-	3,555	4,641
	-----	-----	-----	-----
Total incoming resources	£3,555	£50,275	£53,830	£78,841
	-----	-----	-----	-----
RESOURCES EXPENDED				
Salaries and wages costs	1,031	50,745	51,776	59,349
Recruitment & HR	200	2,598	2,798	5,943
Staff training	1,172	1,341	2,513	1,640
Volunteer expenses	29	142	171	585
Volunteer training	7	129	136	109
Equipment & materials	664	156	820	3,336
Rent and administrative support	1,500	1,750	3,250	4,000
Insurance	-	798	798	724
Communications & IT	150	1,540	1,690	1,106
Independent examination	-	732	732	690
Sundry expenditure	292	649	941	213
Events and publicity	93	718	811	3,317
Office supplies	12	39	51	224
Supervision	-	-	-	790
Payroll fees	-	505	505	480
Project Costs	-	-	-	5,586
Consultancy	-	4,875	4,875	-
Development Costs	4,380	-	4,380	-
	-----	-----	-----	-----
Total resources expended	9,530	66,717	76,247	88,092
	-----	-----	-----	-----
NET OUTGOING RESOURCES	(5,975)	(16,442)	(22,417)	(9,251)
Total funds brought forward	17,435	21,087	38,522	47,773
	-----	-----	-----	-----
TOTAL FUNDS CARRIED FORWARD	£11,460	£ 4,645	£16,105	£38,522
	=====	=====	=====	=====

The notes form part of these financial statements

FOREST FARM PEACE GARDEN

England & Wales - Charity number 1123031

Accounts

FOREST FARM PEACE GARDEN

Company Limited by Guarantee No: 05846731

Registered Charity No: 1123031

ACCOUNTS FOR THE YEAR ENDED 30 JUNE 2022

Fredericks Limited
Chartered Accountants
106 Charter Avenue
Ilford, Essex
IG2 7AD

FOREST FARM PEACE GARDEN

Contents of the Financial Statements for the Year Ended 30 June 2022

	Page
Directors' (Trustees') Annual Report	1 - 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Accounts	8 - 12
The following page does not form part of the Statutory Accounts	
Detailed Statement of Financial Activities	13

FOREST FARM PEACE GARDEN
Directors' Report (incorporating the Trustees' Annual Report)
for the Year Ended 30 June 2022

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 30 June 2021.

Full name	Forest Farm Peace Garden
Registered charity number	1123031
Registered company number	05846731
Registered address - Former	98-100 Ilford Lane, Ilford, Essex IG1 2LD
Current	2 nd Floor, Ilford Chambers 11 Chapel Road Ilford, Essex IG1 2DR

Directors (Trustees)

Aaron Edgeley - Chair
Jacqueline Hearn
Thomas Blackburn
Nigel Meyer
Pam Decho
Majuran Santhakumar
Kok-Yau Khong appointed 10th May 2021
Shabana Fardous – appointed 9th June 2022

Governing document

The charity is operated under the rules of its memorandum and articles of association dated 14 June 2006 and most recently amended 7 November 2007. It is a company limited by guarantee and therefore has no share capital.

Overall management of the charity is the responsibility of the directors (trustees) who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by volunteers and paid staff.

Public benefit

In shaping our objectives for the year and planning our activities the trustees have considered the Charity Commission Guidance on public benefit.

Bankers

CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4TA.

Independent examiner

S.G. Duker FCA
Fredericks Limited
Chartered Accountants
106 Charter Avenue
Ilford, Essex
IG2 7AD

Exemptions

The directors (trustees) have taken advantage of the exemptions available to small companies, including the audit exemption (see statement on balance sheet).

About the charity

Forest Farm Peace Garden is dedicated to promoting health and wellbeing, environmental sustainability and building community through activities in nature at our therapeutic garden. Our main objectives, as set out in the Governing Document, are:

- 1) To preserve and protect the mental and physical health of the wider community and in particular those experiencing mental health support needs and refugees and asylum seekers, through the provision of organic gardening opportunities, conservation based activities, education and one to one support.
- 2) To preserve, protect, and improve the natural environment; in particular through organic gardening, permaculture, conservation, and other ecologically sound practices.
- 3) To foster a genuinely diverse and integrated community through the elimination of discrimination on the grounds of race, ethnic origin, gender, age, disability, sexual orientation or religion by promoting activities to foster understanding between people from diverse backgrounds.

Achievements for the year

The charity continued to provide a quality therapeutic intervention to support mental health recovery as we emerged from the covid-pandemic disruptions. We have run twice weekly ecotherapy garden days and a weekly general garden maintenance day throughout this period, as well as a range of engaging workshops and events for the community.

Ecotherapy Programme

Our ecotherapy programme supports mental health recovery for people experiencing depression, anxiety, isolation and recovery from mental illness or long-term physical illness. Over this reporting period we supported a total of 45 participants on the ecotherapy programme. We received 61 referrals via NHS mental health services, voluntary and social care organisations. A total of 25 new participants joined the programme, and eight completed their full one year placement. A further five left the programme or their placement was put on hold due to ill health. A further six left the programme due to finding employment, moving away or being unable to commit. From our 2021 end of year monitoring around 28% of referrals came from North East London Foundation Trust (NELFT-NHS), 30% from voluntary mental health organisations, 20% from primary care (GPs or social prescribing), 13% from other borough health services and 8% from independent care organisations or private practice.

Our existing team of 17 buddy volunteers continued to be actively involved providing ongoing support in the garden for our ecotherapy programme. We expanded the buddy team during this period, recruiting a further 18 new buddy volunteers. We ran buddy training in July 2021 for 8 people, 2 of whom were former supported volunteers that had completed their ecotherapy placement. And further training in May 2022 for 10 new buddies, 3 of whom were former supported volunteers.

Evaluation

Our 2021 end of year evaluation involved conducting focus groups with ecotherapy participants and buddy volunteers, a health and wellbeing survey, case study interviews and monitoring data. The results from the health and wellbeing survey for ecotherapy participants indicated that:

- o 80% reported that they are experiencing less stress and that their mood had improved
- o 60% said they felt less anxious
- o 53% said they are able to cope better with difficulties or manage in a crisis
- o 80% said they feel less isolated than they did before
- o 73% said they felt physically fitter
- o 60% said they are socialising more and meeting new people
- o 60% said they were more able to form positive relationships
- o 73% said that their confidence and self-esteem has improved
- o 66% reported being better able to communicate with others and work together in a group
- o 80% reported eating a more healthy diet eg fresh fruits, vegetables, salads
- o 47% said they were able to take up new opportunities such as volunteering, employment, training, community activities etc
- o 100% reported learning new skills and knowledge
- o 80% appreciated being in nature more and spending more time outdoors

Some quotes from people who have benefited from our ecotherapy programme are:

FOREST FARM PEACE GARDEN
Directors' Report (continued)
for the Year Ended 30 June 2022

"I can take more things under stress and do things without feeling agitated or pressured. It feels like ironing out my problems and not getting too panicked about them."

"I've noticed absolutely huge changes, I really ache to come."

"I like the fact that it's a shared space so whatever is being done you can get involved and it makes it all very welcoming and the desire to be here greater."

"It's good to keep the limbs and body moving to keep developing our skills as our bodies were made to keep moving."

"I feel it is a safe space and I sleep better."

"I am inspired to try new things by watching others."

"It feels like you're home - I notice it whenever I come in the gates."

Events and workshops

This year we ran a range of educational, culinary, creative and wellbeing workshops or talks at our garden sessions or community events, including botanic-dye making, forest gardening, winter and summer fruit-tree pruning, seeds needs, tool-care, Indian cooking, food fermentation, wild food foraging, bee-keeping, medicinal herbs, children's recycled crafts, pond ecology, weaving and wreath-making, introduction to permaculture, yoga nidra and mindfulness in nature. We ran three successful and well attended weekend community activity days in autumn 2021 with a guest speaker talk and project activities to develop an area of our garden. This included a pond ecology talk and landscaping around the wildlife ponds, forest garden talk, botanic-dye workshop and maintenance and planting in the forest garden. We ran some further spring open days to work on our garden beds. In May our volunteers and buddies went on a group outing to Kew Gardens as part of the free community open week.

We were able to host our popular World Music Day summer community event again in June attracting over 250 visitors, many of whom had come to the garden for the first time. We provided live music entertainment from local artists, a range of interactive activities and raised money for the charity through plant sales, stalls, tea and cake and donations.

Garden and site development

We continued to improve the herbal tea beds and maintain our large fruit orchard and grew a range of vegetable and salad crops in our annual beds and polytunnel. Unfortunately, we experienced some bad storm damage in February to our top polytunnel so had less covered space for growing this year. We continued to offer individual food growing strips for people to learn about growing a range of different vegetables and tending their own plot. A new group from Links Support for adults with a learning disability took on a new project on three food growing strips on a disused area of the site. The garden had great help from our Monday maintenance volunteers to keep the site well cared for and looking good. We worked on ongoing repairs and site improvements throughout the year.

With funding from the Clothworkers Foundation we employed a carpenter to install the new pond walkway and decking. This was all made from UK-sourced timber and volunteers helped out with installing the bridge foundations and other carpentry work. Our staff and volunteer team also worked hard at laying a gravel pathway and beach area around the pond.

We harvested some honey from our one bee-hive in late summer but lost the bee colony over the winter. Our local beekeeper, Graeme, has since populated our hives with two new colonies in June so we hope to be able to harvest more honey later this year.

Organisational development

The charity commenced an organisational strengths review with a consultant from the Foundation for Social Improvement in June to look at our strengths, strategic vision and areas for improvements going forward.

Partnerships

We continued to build upon local partnerships and develop new links with organisations that refer people to our ecotherapy service. As well as our regular referrals from NELFT we engaged with other organisations including GamCare, Single Homeless Project, Social Prescribing, RAMFEL, Salvation Army, Imagine Independence, Richmond Fellowship, Maximus UK, Victim Support, Coping Through Football, Hestia Charity, GamCare and independent care organisations. We held an open day for referring organisations in May and held several visits to the garden for partners and referrers, as well as giving presentations in the borough.

FOREST FARM PEACE GARDEN
Directors' Report (continued)
for the Year Ended 30 June 2022

We established a new partnership with Links Support based in Hainault who provide day care services for adults with autism. A group of staff and service users have been coming to the garden weekly since May to work on their own food growing area on a disused part of our site. We welcomed back a new group of refugees and asylum seekers from NELFT Refugee Psychology Service who are taking part in our ecotherapy sessions each week. Inclusive Communities, a local charity that enables adults with a learning disability to be active in the community, continued to attend the garden twice a week.

The one year Certificate in Community Orchard training run by The Orchard Project at our garden came to an end and several of our volunteers and staff graduated from the course. We were pleased to welcome back Permablitz London in the autumn who ran another community volunteer day after a long break due to the pandemic. We also received a visit from the Social and Therapeutic Horticulture charity Thrive, who wrote up a case study about our project, as well as receiving student visitors from the Thrive diploma course.

We took part in the Hainault and Fairlop Community Hub Belonging Project in partnership with Redbridge Council. We audio-recorded some oral histories of people's stories from the garden for a showcase launch event in June.

Communications

We maintained regular posts on our social media Facebook page, which has around 1660 followers and 1571 page likes and sent monthly e-newsletters to over 1000 subscribers. We also undertook a filming project with some film studies students to make a new documentary about what we do. We produced a new flier about our service and activities and attended various outreach events.

Funding

We commenced a new three-year grant from City Bridge Trust in January 2022 totalling £85,000. We commenced the final year of a three-year grant from Henry Smith Charity in February 2022. We received a new grant of £3,500 from D'Oyly Carte Charitable Trust in April 2022. We completed grant funding from the Assura Foundation of £5000, Postcode Local Trust of £20,000 and The Community Fund: Awards For All of £10,000. We completed a one year grant from Garfield Weston of £12,000 towards salary costs. We commenced a new capital costs grant from the Clothworkers Foundation to fund the pond walkway and accessible pathways project. We received a monthly income from the Redbridge Local Lottery generating £648 over the year through ticket sales. We raised £1,252 from our summer event and received another £2,111 in donations, £130 from sales of our honey and £500 for an insurance claim.

Staff and trustee team

There were some changes to the staff team during this year. Daniel Strangleman and Leon Quinlan were appointed as Sessional Gardeners in July 2021, Hari Byles (Head Gardener) left in February 2022 and Kate Allardyce (Project Manager) left at the end of June 2022. Mirjam Johansson continued in the role of Ecotherapy Worker. In June 2022 we appointed a new treasurer to the trustee board, Shabana Fardous.

Risk

Securing long-term funding and financial sustainability is an ongoing risk facing the charity. Grant applications for longer term funding and smaller short-term funding applications are made throughout the year. We continue to maintain good relationships with past and existing funders and produce progress reports on our outcomes and achievements. We have set the ambition to build upon our unrestricted funding reserves through more community events and fundraisers and developing more corporate activity days.

Financial performance

The charity received income of £78,840 (2021: £75,120) of which £74,200 (2021: £71,000) was restricted income grants from charitable trusts and foundations. Expenditure was £88,092 (2021: £75,351) of which £85,922 (2021: £73,231) was direct charitable expenditure. The trustees regard this as a satisfactory financial performance for the year.

The charity's policy on reserves

Forest Farm Peace Garden will hold whenever possible a minimum reserve of three months' and a maximum of six months' running costs in unrestricted funds. This is to serve as a safeguard against any unexpected shortfall or increase in expenditure.

FOREST FARM PEACE GARDEN
Directors' Report (continued)
for the Year Ended 30 June 2022

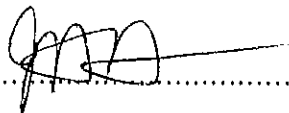
Public benefit

In shaping our objectives for the year and planning our activities the trustees have considered the Charity Commission guidance on public benefit.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies. The directors (trustees) declare that they have approved the directors' report above.

Signed on behalf of the charity's directors (trustees):-

Signed



J. Hearn

Date:

13/2/2023

**Independent Examiner's Report to the Trustees of
FOREST FARM PEACE GARDEN
For the Year Ended 30 June 2022**

Independent examiner's report to the trustees of Forest Farm Peace Garden ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th June 2022 on pages eight to twelve.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 

Date 22 / 2 / 23

**S.G. Duker FCA
Fredericks Limited
106 Charter Avenue
Ilford, Essex
IG2 7AD**

FOREST FARM PEACE GARDEN
Statement of Financial Activities
For the Year Ended 30 June 2022

	Notes	Unrestricted funds £	Restricted funds £	30.06.22 Total funds £	30.06.21 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Grant income	2	-	74,200	74,200	71,000
Donations and sundry income		4,641	-	4,641	4,120
		-----	-----	-----	-----
Total incoming resources		4,641	74,200	78,841	75,120
		-----	-----	-----	-----
RESOURCES EXPENDED					
Charitable activities					
Direct charitable expenditure	3	(4,307)	(81,615)	(85,922)	(73,231)
Other costs	3	-	(2,170)	(2,170)	(2,120)
		-----	-----	-----	-----
Total resources expended	7	(4,307)	(83,785)	(88,092)	75,351
		-----	-----	-----	-----
NET INCOMING/(OUTGOING) RESOURCES					
		334	(9,585)	(9,251)	(231)
RECONCILIATION OF FUNDS					
Total funds brought forward		17,101	30,672	47,773	48,004
		-----	-----	-----	-----
TOTAL FUNDS CARRIED FORWARD		<u>£17,435</u>	<u>£21,087</u>	<u>£38,522</u>	<u>£47,773</u>

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Balance Sheet at 30 June 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	4	-	-
CURRENT ASSETS			
Debtors	5	-	-
Cash at bank		38,873	60,125
		<u>38,873</u>	<u>60,125</u>
CURRENT LIABILITIES			
Creditors:			
Amounts falling due within one year	6	(351)	(12,352)
		<u>£38,522</u>	<u>£47,773</u>
NET CURRENT ASSETS			
THE FUNDS OF THE CHARITY			
Unrestricted income funds	7	17,435	17,101
Restricted income funds	7	21,087	30,672
		<u>£38,522</u>	<u>£47,773</u>
TOTAL FUNDS			

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2022.

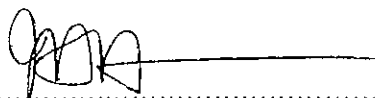
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 June 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees on 13/2/23 and were signed on its behalf by:



J. Hearn



N. Meyer

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2022

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial Statements have been prepared under the Historical Cost Convention.

Statutory information

Forest Farm Peace Garden is a private company and charity limited by guarantee registered in England and Wales. The company's registered number and registered address can be found on the company information page. The presentation currency is £ sterling.

Incoming resources

All material incoming resources have been included on the receivable basis.

Resources expended

Resources expended are included on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity they have been apportioned across the cost categories on a basis consistent with the use of these resources.

Depreciation

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rates applicable are:

Garden equipment 33.3% on cost

2. Grants

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
Henry Smith Charity	-	39,950	39,950	31,000
Assura Foundation	-	-	-	5,000
Awards for All	-	-	-	10,000
Edward Gosling Foundation	-	-	-	5,000
Postcode Local Trust 2020	-	-	-	20,000
City Bridge Trust	-	8,750	8,750	-
The Clothworkers Foundation	-	10,000	10,000	-
The D'Oyly Carte Charitable Trust	-	3,500	3,500	-
Garfield Weston	-	12,000	12,000	-
	-----	-----	-----	-----
	£ -	£74,200	£74,200	£71,000
	=====	=====	=====	=====

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2022 - continued

3. Resources Expended

	Unrestricted	Restricted	Total 2022	Total 2021
	£	£	£	£
Direct Charitable Expenditure				
Salaries and wages	-	59,349	59,349	58,473
Rent and administration support	-	3,000	3,000	3,000
Materials	-	3,336	3,336	3,291
Insurance	-	724	724	722
Events and publicity	-	3,317	3,317	492
Other	4,307	6,303	10,610	5,228
Consultancy	-	-	-	2,025
Project costs	-	5,586	5,586	-
	<u>£4,307</u>	<u>£81,615</u>	<u>£85,922</u>	<u>£73,231</u>
Other Costs				
Rent and administration support	-	1,000	1,000	1,000
Independent examination	-	690	690	660
Payroll costs	-	480	480	460
	<u>£ -</u>	<u>£ 2,170</u>	<u>£ 2,170</u>	<u>£ 2,120</u>
Total	<u><u>£4,307</u></u>	<u><u>£83,785</u></u>	<u><u>£88,092</u></u>	<u><u>£75,351</u></u>

4. Fixed Assets

Cost	Garden equipment £
At 1 July 2021	3,991
Additions	-
Disposals	-
At 30 June 2022	<u>£3,991</u>
Depreciation	
At 1 July 2021	3,991
Charge for period	-
Eliminated on disposal	-
At 30 June 2022	<u>£3,991</u>
Net book value	
At 30 June 2022	<u>-</u>
At 30 June 2021	<u>-</u>

5. Debtors

	2022 £	2021 £
Trade debtors	-	-
	<u>£ -</u>	<u>£ -</u>

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2022 – continued

6. Creditors

	2022	2021
	£	£
Trade creditors	-	-
Tax and social security	-	-
Deferred grants	-	12,000
Accruals	351	352
	<u>£ 351</u>	<u>£12,352</u>

7. Movement in Funds

	01.07.21	Incoming resources	Resources expended	Transfers	30.06.22
	£	£	£	£	£
Restricted Funds					
Henry Smith	11,693	39,950	(46,276)	-	5,367
Assura Foundation	2,314	-	(2,314)	-	-
Awards For All	7,975	-	(7,975)	-	-
Edward Gosling Foundation	-	-	(8,690)	-	-
Postcode Local Trust 2020	8,690	-	-	-	-
City Bridge Trust	-	8,750	(1,530)	-	7,220
The Clothworkers Foundation	-	10,000	(5,000)	-	5,000
The D'oyly Carte Charitable Trust	-	3,500	-	-	3,500
Garfield Weston	-	12,000	(12,000)	-	-
	<u>£30,672</u>	<u>£74,200</u>	<u>£(83,785)</u>	<u>£ -</u>	<u>£21,087</u>
Unrestricted Funds	<u>£ 17,101</u>	<u>£ 4,641</u>	<u>£ (4,307)</u>	<u>£ -</u>	<u>£17,435</u>
Total Funds	<u>£47,773</u>	<u>£78,841</u>	<u>£(88,092)</u>	<u>£ -</u>	<u>£38,522</u>

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2022 – continued

8. Analysis of Net Assets by Fund

	Unrestricted funds	Restricted funds	Total funds 2022	Total funds 2021
	£	£	£	£
Fixed assets	-	-	-	-
Net current assets	17,435	21,087	38,522	47,773
TOTAL FUNDS	<u>£17,435</u>	<u>£21,087</u>	<u>£38,522</u>	<u>£47,773</u>

9. Staff Costs and Numbers

Staff costs were as follows:

	2022	2021
	£	£
Gross salaries and wages	56,647	55,704
Employer's National Insurance	171	-
Pension costs	2,531	2,768
	<u>£59,349</u>	<u>£58,472</u>

No employee received emoluments of more than £60,000 (2021: Nil).

The average weekly number of employees during the year was 3 (2021: 3).

10. Trustees Remuneration, Benefits and Expenses

No trustee received, or is due to receive, any remuneration or benefits relating to their role as trustee (2021: nil).

11. Limited Liability

The charity is a company limited by guarantee. The memorandum and articles restrict the liability of the members upon winding up to £1. In the case of winding up none of the accumulated funds are distributable to members but shall be given or transferred to some other charitable institution having similar objects.

12. Related Party Transactions

There were no related party transactions during the year.

FOREST FARM PEACE GARDEN
Detailed Statement of Financial Activities
for the Year Ended 30 June 2022

	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOMING RESOURCES				
Grants	-	74,200	74,200	71,000
Donations	4,641	-	4,641	4,120
	-----	-----	-----	-----
Total incoming resources	£4,641	£74,200	£78,841	£75,120
	-----	-----	-----	-----
RESOURCES EXPENDED				
Salaries and wages costs	-	59,349	59,349	58,472
Recruitment & HR	3,576	2,367	5,943	491
Staff training	660	980	1,640	894
Volunteer expenses	-	585	585	757
Volunteer training	-	109	109	90
Equipment & materials	-	3,336	3,336	3,690
Rent and administrative support	-	4,000	4,000	4,000
Insurance	-	724	724	722
Communications & IT	-	1,106	1,106	1,126
Independent examination	-	690	690	660
Sundry expenditure	71	142	213	91
Events and publicity	-	3,317	3,317	491
Office supplies	-	224	224	364
Supervision	-	790	790	860
Payroll fees	-	480	480	460
Other running costs	-	-	-	158
Project Costs	-	5,586	5,586	-
Consultancy	-	-	-	2,025
	-----	-----	-----	-----
Total resources expended	4,307	83,785	88,092	75,351
	-----	-----	-----	-----
NET INCOMING/(OUTGOING) RESOURCES	334	(9,585)	(9,251)	(231)
Total funds brought forward	17,101	30,672	47,773	48,004
	-----	-----	-----	-----
TOTAL FUNDS CARRIED FORWARD	£17,435	£21,087	£38,522	£47,773
	=====	=====	=====	=====

The notes form part of these financial statements

FOREST FARM PEACE GARDEN

England & Wales - Charity number 1123031

Accounts

FOREST FARM PEACE GARDEN

Company Limited by Guarantee No: 05846731

Registered Charity No: 1123031

ACCOUNTS FOR THE YEAR ENDED 30 JUNE 2021

Fredericks Limited
Chartered Accountants
106 Charter Avenue
Ilford, Essex
IG2 7AD

FOREST FARM PEACE GARDEN

Contents of the Financial Statements for the Year Ended 30 June 2021

	Page
Directors' (Trustees') Annual Report	1 - 5
Independent Examiner's Report	6
Statement of Financial Activities	7
Balance Sheet	8
Notes to the Accounts	8 - 12
The following page does not form part of the Statutory Accounts	
Detailed Statement of Financial Activities	13

FOREST FARM PEACE GARDEN
Directors' Report (incorporating the Trustees' Annual Report)
for the Year Ended 30 June 2021

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 30 June 2021.

Full name Forest Farm Peace Garden

Registered charity number 1123031

Registered company number 05846731

Registered address 98-100 Ilford Lane,
Ilford, Essex
IG1 2LD

Directors (Trustees)

Aaron Edgeley - Chair

Jacqueline Hearn

Thomas Blackburn

Nigel Meyer

Pam Decho

Misba Beg (appointed 20th June 2020 – resigned 25th January 2021)

Jasmin Glenn (appointed 20th June 2020 – resigned 10th May 2021)

Rajneeta Nand (appointed 20th June 2020 – resigned 28th September 2020)

Majuran Santhakumar (appointed 25th January 2021)

Kok-Yau Khong (appointed 10th May 2021)

Governing document

The charity is operated under the rules of its memorandum and articles of association dated 14 June 2006 and most recently amended 7 November 2007. It is a company limited by guarantee and therefore has no share capital.

Overall management of the charity is the responsibility of the directors (trustees) who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by volunteers and paid staff.

Public benefit

In shaping our objectives for the year and planning our activities the trustees have considered the Charity Commission Guidance on public benefit.

Bankers

CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4TA

Independent examiner

S.G. Duker FCA

Fredericks Limited

Chartered Accountants

106 Charter Avenue

Ilford, Essex

IG2 7AD

Exemptions

The directors (trustees) have taken advantage of the exemptions available to small companies, including the audit exemption (see statement on balance sheet).

About the charity

Forest Farm Peace Garden is dedicated to promoting health and wellbeing, environmental sustainability and building community through activities in nature at our therapeutic garden. Our main objectives, as set out in the Governing Document, are:

- 1) To preserve and protect the mental and physical health of the wider community and in particular those experiencing mental health support needs and refugees and asylum seekers, through the provision of organic gardening opportunities, conservation based activities, education and one to one support.
- 2) To preserve, protect, and improve the natural environment; in particular through organic gardening, permaculture, conservation, and other ecologically sound practices.
- 3) To foster a genuinely diverse and integrated community through the elimination of discrimination on the grounds of race, ethnic origin, gender, age, disability, sexual orientation or religion by promoting activities to foster understanding between people from diverse backgrounds.

Achievements for the year

The charity has continued to be able to provide a quality therapeutic intervention to support mental health recovery, despite the restrictions due to the covid-pandemic. We have focused efforts on continuing to develop our large garden and facilities and to provide support to those experiencing mental health needs during this time.

Ecotherapy Programme

Our ecotherapy programme supports mental health recovery for people experiencing depression, anxiety, isolation and recovery from mental illness or long-term physical illness. Over the year we supported a total of 33 participants on the ecotherapy programme. All ecotherapy participants were given an extension to their one year placement to account for the lockdown closure periods. Over this reporting period we received 31 referrals via NHS mental health services, voluntary and social care organisations. A total of 15 new participants joined the programme and a further four attended an induction but did not start. Five participants completed their full ecotherapy placement and no participants left during their placement. Three placements were put on hold due to ill health. Around 60% of referrals came from North East London Foundation Trust (NELFT-NHS), 27% from voluntary mental health organisations, 6% from GPs and 6% from independent care organisations.

Our buddy volunteers continued to provide excellent ongoing support to ecotherapy volunteers during garden sessions. This year we were not able to run our annual training for new buddy volunteers and this was postponed to late summer 2021. However, we had an existing team of 18 buddy volunteers who continued to stay involved.

Management during Covid-19

Due to the lockdowns the ecotherapy garden sessions were closed until August 2020, after which we provided twice-weekly garden sessions for a reduced number of people until December. We were then closed again until mid-April 2021 due to the second lockdown. During the periods of closure we were able to provide remote support via regular phone calls, weekly online meet ups, themed talks and workshops and home-based activities. Staff were able to continue maintaining the garden spaces during the closure with the extra help of some of our buddy volunteers and friends of the garden. We were also able to distribute fortnightly salad and veg bags to volunteers as well as donate surplus food bags to the local Redbridge mutual aid group until mid summer 2020.

Since 14th April we were able to run ecotherapy garden sessions again for our referred volunteers who were able to benefit from spending time in nature, being active outdoors, meeting other people and taking part in a range of activities in the garden.

Events and workshops

Sadly, we were not able to run our usual annual community events or open workshops to the public, due to the pandemic situation. We did run regular educational workshops for participants as part of the ecotherapy programme, either online during closure periods or in the garden. Workshops topics included: mindfulness in nature provided by one of our buddy volunteers; winter and summer pruning workshops; pond ecology and pond design workshops; making herbal cough-syrups and herbal-oil blends; cooking workshops; seed sovereignty workshop; garden planning; wreath-making and other crafts. A local permaculture teacher provided a one day permaculture introduction workshop.

Garden and site development

During the winter break staff and volunteers worked on clearing the overgrown disused food growing strips on the former site managed by Audacious Veg to get the site ready for a pilot project in spring 2021. Ecotherapy volunteers were offered the opportunity to manage their own food growing strip and learn how to grow a few different crops. Six volunteers plus a group from Inclusive Communities took up a growing strip and enjoyed growing a range of vegetables between them.

FOREST FARM PEACE GARDEN
Directors' Report (continued)
for the Year Ended 30 June 2021

Some co-design workshops were held with our volunteer team to design the area around the wildlife ponds. The first session looked at what plants we wanted to grow and the second session the features around the pond. We came up with a new design, featuring a beach area, new decking and walkway with viewing hatches, gravel pathways, landscape features and various new planting areas. A new grant from the Clothworkers Foundation was secured to fund the new walkway and decking, which will commence later in the year. In the spring we purchased an array of aquatic plants to increase biodiversity and held a pond ecology workshop with a local ecologist.

We also cleared some more disused areas of the site for individual plots. We continued to maintain the annual vegetable beds, herbal tea beds, forest garden areas, raised beds and perennial beds. A large amount of maintenance of our orchard areas took place, including numbering and cataloguing of all the fruit trees.

Before reopening after the lockdowns we conducted a thorough site clean up and removal of accumulated rubbish as well as a large litter pick of the allotments site.

Organisational development

In the winter we held two online visioning and strategy sessions with the board of trustees and staff team. We developed a strategy action plan covering the broad themes of:

- Health – increasing access to nature-based activities for health and wellbeing, through a combination of targeted and universal provision
- Garden – improving the garden, biodiversity, infrastructure, accessibility and facilities
- Relationships – building upon networks and collaborations
- Funding – to increase our overall income and diversify income streams

We were able to make a start on progressing some of our ambitions, although some aspects were put on hold during the coronavirus pandemic.

We were awarded the Social Farms and Gardens Care Farming Code of Practice Quality Mark in October 2020. This involved meeting assessment criteria across the three themes: we run a responsible service; we care about the people we work with; and our garden is a safe place to be.

A Disability Access Audit of the allotment and garden site was undertaken by Goss Consultancy, involving a day long walk and talk through our site with staff members. We have been implementing an action plan of recommendations for improving various aspects of access to our site and services. In the spring we contracted the services of Croner HR consultancy, to support HR matters and reviewing and updating of HR documentation and policies. An external Health and Safety audit was also undertaken of the garden site and an action plan of recommendations has been implemented covering policies, procedures, documentation, site safety and equipment.

Partnerships

We continued to build upon local partnerships and develop new links with organisations that refer people to our ecotherapy service. Statutory NHS mental health services via NELFT were the primary referrers plus various Voluntary Sector services, including Single Homeless Project, Redbridge CVS Social Prescribing, RAMFEL, Salvation Army Malachi Place homeless shelter, Imagine Independence, Richmond Fellowship, Maximus UK, Victim Support, Hestia Charity, GamCare and independent social care supported living organisations.

The Orchard Project delivered a large part of their one-year training course – the Certificate in Community Orchard – at our garden site and several of our volunteers, buddies and staff took part. Modules taking place at FFPG included tree ID, plant science, grafting, tree planting, summer and winter pruning, biodiversity and pest and disease management, resilient orchards and community group work.

We invited various guests to contribute to our talks and workshops programme. Cecilia Cruz delivered a cooking and salsa making workshop combined with a talk about traditional Mexican agriculture practices; Helen Schulze from the London Freedom Seed Bank delivered a talk about seed sovereignty; Rakesh Rootman, a local permaculture teacher, delivered an introduction to permaculture day; Rasheeqa Ahmad, a local medical herbalist, delivered a herbal-remedy making workshop; and Michael Holland, a local ecologist, delivered an online and on-site talk about pond biodiversity.

Inclusive Communities, a local charity that enables adults with a learning disability to be active in the community, continued to attend the garden weekly with a small group. A local beekeeper via Essex Beekeepers Association, Graeme Ellis, provided beekeeping support to tend to our one bee-colony. We continued to maintain links with Redbridge Food Bank in 2020 to donate some surplus fruit from our orchard and salad food bags.

Communications and outreach

We maintained regular posts on our social media Facebook page which has around 1650 followers. The regular e-newsletter to over 1000 subscribers was sent less frequently during the pandemic and then monthly e-news resumed. A monthly blog content was maintained featuring 'plant of the month' plus other project activities. We celebrated Mental Health Awareness Week in May with publishing a virtual community medicine-cabinet packed full of our volunteer and staff team's shared tips on what we each do to look after our wellbeing.

A draft communications strategy was drafted to review and update who, what and how we communicate in order to engage a wide range of people who may benefit, learn from or support what we do. Our network list was updated following a mapping of local and partner organisations and our relationship or potential collaborations with partners.

Evaluation

Our end of year evaluation in 2020 involved conducting focus groups with ecotherapy participants and buddy volunteers, a health and wellbeing survey, case study interviews and monitoring data. The results from the health and wellbeing survey for ecotherapy participants indicated that:

- o 80% reported that they are experiencing less stress and that their mood had improved
- o 87% said they felt less anxious
- o 66% said they are able to cope better with difficulties or manage in a crisis
- o 80% said they feel less isolated than they did before
- o 60% said they are socialising more and meeting new people
- o 60% said they were more able to form positive relationships
- o 86% said that their confidence and self-esteem has improved
- o 67% reported being better able to communicate with others and work together in a group
- o 93% said they felt physically fitter
- o 80% reported eating a more healthy diet eg fresh fruits, vegetables, salads
- o 60% said they were able to take up new opportunities such as volunteering, employment, training, community activities etc
- o 87% reported learning new skills and knowledge
- o 93% appreciated being in nature more and spending more time outdoors

Some quotes from people who have benefited from our ecotherapy programme are below:

"People being friendly, kind and supportive each week has been a really positive and stabilizing influence in my life."

"It is good for the mind and thinking nice thoughts, instead of negative thoughts."

"I received lots of help during lockdown when my veg bag was delivered, seeing the staff regularly when I was isolated really helped."

"Now I can speak with people on the bus and in the shops. Before I couldn't leave my house."

"I've had lots of different therapies, one to one and in groups, but it has never been as good as coming here, nothing has helped me more than this place."

"I feel more stable, and confident with the decisions I am making outside."

"I have learnt to look at and appreciate plants and trees more and know their names. I am able to show my grandson the plants and can tell him the names."

FOREST FARM PEACE GARDEN

Directors' Report (continued)

for the Year Ended 30 June 2021

Funding

At the end of December 2020 we came to the end of a three-year grant from The Community Fund: Reaching Communities that funded approximately 50% of our core costs. The second year of our three-year grant from the Henry Smith Charity commenced in February 2021. We also completed a small grant from the London Borough of Redbridge: Redbridge Social Action Fund for emergency response funding for the covid pandemic. We were successful in securing new grant funding for our ecotherapy programme and core activities from the Assura Foundation (£5,000), Postcode Local Trust (£20,000), Edward Gosling Foundation (£5,000) and The Community Fund: Awards For All (£10,000). We also secured a grant from Garfield Weston (£12,000) which is deferred to the next financial year. We were successful with an additional capital grant from the Clothworkers Foundation for specific site development projects, that will commence in the next financial year, to install accessible pathways and the walkway and decking around the wildlife pond. In December 2020 we registered with the newly launched Redbridge Local Lottery as an additional funding stream, which generated £290 this financial year through ticket sales. We also completed the Co-op Local Community Fund appeal raising a total of £4107.15. We were not able to raise any additional funds from our community events this year due to the events being cancelled. We received a further £1,351 in donations, including an anonymous £1,000 donation to support our Equalities and Diversity work, plus a further £160 from sales of our honey.

Staff and trustee team

The staff team remained the same throughout this reporting period: Kate Allardyce (Project Manager), Mirjam Johansson (Ecotherapy Worker) and Hari Byles (Head Gardener). In December 2020 we appointed a new treasurer to the trustee board, Majuran Santhakumar, who replaced Misba Beg (former treasurer) who resigned from the board of trustees at the end of 2020. A new trustee Kok-Yau Khong joined the board in May 2021. Rajneeta Adams also left the board of trustees in September 2020 and Jazmin Glen in April 2021 due to other commitments.

Risk

Securing long-term funding and financial sustainability is an ongoing risk facing the charity. Grant applications for longer term funding and smaller short-term funding applications are made throughout the year. We continue to maintain good relationships with past and existing funders and produce progress reports on our outcomes and achievements. We have set the ambition to build upon our unrestricted funding reserves through more community events and fundraisers and developing more corporate activity days.

Financial performance

The charity received income of £75,120 (2020: £70,162) of which £71,000 (2020: £66,792) was restricted income grants from charitable trusts and foundations. Expenditure was £75,351 (2020: £67,491) of which £73,231 (2020: £65,406) was direct charitable expenditure. The trustees regard this as a satisfactory financial performance for the year.

The charity's policy on reserves

Forest Farm Peace Garden will hold whenever possible a minimum reserve of three months' and a maximum of six months' running costs in unrestricted funds. This is to serve as a safeguard against any unexpected shortfall or increase in expenditure.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies. The directors (trustees) declare that they have approved the directors' report above.

Signed on behalf of the charity's directors (trustees):-

Signed

Date: 24/01/2022

M. Santhakumar - Treasurer

**Independent Examiner's Report to the Trustees of
FOREST FARM PEACE GARDEN
For the Year Ended 30 June 2021**

Independent examiner's report to the trustees of Forest Farm Peace Garden ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th June 2021 on pages eight to twelve.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 

Date 23/2/22

**S.G. Duker FCA
Fredericks Limited
106 Charter Avenue
Ilford, Essex
IG2 7AD**

FOREST FARM PEACE GARDEN
Statement of Financial Activities
For the Year Ended 30 June 2021

	Notes	Unrestricted funds £	Restricted funds £	30.06.21 Total funds £	30.06.20 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Grant income	2	-	71,000	71,000	66,792
Donations and sundry income		4,120	-	4,120	3,370
		-----	-----	-----	-----
Total incoming resources		4,120	71,000	75,120	70,162
		-----	-----	-----	-----
RESOURCES EXPENDED					
Charitable activities					
Direct charitable expenditure	3	431	72,800	73,231	65,406
Other costs	3	-	2,120	2,120	2,085
		-----	-----	-----	-----
Total resources expended	7	431	74,920	75,351	67,491
		-----	-----	-----	-----
NET INCOMING RESOURCES		3,689	(3,920)	(231)	2,671
RECONCILIATION OF FUNDS					
Total funds brought forward		13,412	34,592	48,004	45,333
		-----	-----	-----	-----
TOTAL FUNDS CARRIED FORWARD		£17,101	£30,672	£47,773	£48,004
		=====	=====	=====	=====

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Balance Sheet at 30 June 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	4	-	-
CURRENT ASSETS			
Debtors	5	-	1,000
Cash at bank		60,125	47,354
		<u>60,125</u>	<u>48,354</u>
CURRENT LIABILITIES			
Creditors:			
Amounts falling due within one year	6	12,352	350
		<u>12,352</u>	<u>350</u>
NET CURRENT ASSETS		<u>£47,773</u>	<u>£48,004</u>
THE FUNDS OF THE CHARITY			
Unrestricted income funds	7	17,101	13,412
Restricted income funds	7	30,672	34,592
		<u>47,773</u>	<u>48,004</u>
TOTAL FUNDS		<u>£47,773</u>	<u>£48,004</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2021.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 June 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

The financial statements were approved by the Board of Trustees on 24/01/2022 and were signed on its behalf by:



M. Santhakumar - Treasurer

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2021

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial Statements have been prepared under the Historical Cost Convention.

Statutory information

Forest Farm Peace Garden is a private company and charity limited by guarantee registered in England and Wales. The company's registered number and registered address can be found on the company information page. The presentation currency is £ sterling.

Incoming resources

All material incoming resources have been included on the receivable basis.

Resources expended

Resources expended are included on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity they have been apportioned across the cost categories on a basis consistent with the use of these resources.

Depreciation

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rates applicable are:

Garden equipment 33.3% on cost

2. Grants

	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Reaching Communities	-	-	-	54,592
Henry Smith Charity	-	31,000	31,000	11,200
Redbridge Social Action fund	-	-	-	1,000
Assura Foundation	-	5,000	5,000	-
Awards for All	-	10,000	10,000	-
Edward Gosling Foundation	-	5,000	5,000	-
Postcode Local Trust 2020	-	20,000	20,000	-
	£ -	£71,000	£71,000	£66,792

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2021 - continued

3. Resources Expended

	Unrestricted	Restricted	Total 2021	Total 2020
	£	£	£	£
Direct Charitable Expenditure				
Salaries and wages	-	58,473	58,473	53,330
Rent and administration support	-	3,000	3,000	3,000
Materials	-	3,291	3,291	3,945
Insurance	-	722	722	708
Events and publicity	-	492	492	459
Other	431	4,797	5,228	3,964
Consultancy	-	2,025	2,025	-
	<u>£ 431</u>	<u>£72,800</u>	<u>£73,231</u>	<u>£65,406</u>
Other Costs				
Rent and administration support	-	1,000	1,000	1,000
Independent examination	-	660	660	630
Payroll costs	-	460	460	455
	<u>£ 431</u>	<u>£2,120</u>	<u>£2,120</u>	<u>£ 2,085</u>
Total	<u><u>£ 431</u></u>	<u><u>£74,920</u></u>	<u><u>£75,351</u></u>	<u><u>£67,491</u></u>

4. Fixed Assets

Cost	Garden equipment £
At 1 July 2020	3,990
Additions	-
Disposals	-
At 30 June 2021	<u><u>£3,990</u></u>
Depreciation	
At 1 July 2020	3,990
Charge for period	-
Eliminated on disposal	-
At 30 June 2021	<u><u>£3,990</u></u>
Net book value	
At 30 June 2021	<u><u>£ -</u></u>
At 30 June 2020	<u><u>£ -</u></u>

5. Debtors

	2021 £	2020 £
Trade debtors	-	1,000
	<u><u>£ -</u></u>	<u><u>£1,000</u></u>

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2021 – continued

6. Creditors

	2021	2020
	£	£
Trade creditors	-	-
Tax and social security	-	-
Deferred grants	12,000	-
Accruals	352	350
	<u>£12,352</u>	<u>£ 350</u>

7. Movement in Funds

	01.07.20	Incoming	Resources	Transfers	30.06.21
	£	resources	expended	£	£
		£	£		
Restricted Funds					
Reaching Communities	29,707	-	(29,707)	-	-
Henry Smith	4,435	31,000	(23,742)	-	11,693
Redbridge Social Action Fund	450	-	(450)	-	-
Assura Foundation	-	5,000	(2,686)	-	2,314
Awards For All	-	10,000	(2,025)	-	7,975
Edward Gosling Foundation	-	5,000	(5,000)	-	-
Postcode Local Trust 2020	-	20,000	(11,310)	-	8,690
	<u>£34,592</u>	<u>£71,000</u>	<u>£(74,920)</u>	<u>£ -</u>	<u>£30,672</u>
Unrestricted Funds	<u>£ 13,412</u>	<u>£4,120</u>	<u>£ (431)</u>	<u>£ -</u>	<u>£17,101</u>
Total Funds	<u>£48,004</u>	<u>£75,120</u>	<u>£(75,351)</u>	<u>£ -</u>	<u>£47,773</u>

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2021 – continued

8. Analysis of Net Assets by Fund

	Unrestricted funds	Restricted funds	Total funds 2021	Total funds 2020
	£	£	£	£
Fixed assets	-	-	-	-
Net current assets	17,101	30,672	47,773	48,004
	<u>17,101</u>	<u>30,672</u>	<u>47,773</u>	<u>48,004</u>
TOTAL FUNDS	<u>£17,101</u>	<u>£30,672</u>	<u>£47,773</u>	<u>£48,004</u>

9. Staff Costs and Numbers

Staff costs were as follows:

	2021 £	2020 £
Gross salaries and wages	55,704	50,438
Employer's National Insurance	-	423
Pension costs	2,768	2,469
	<u>£58,472</u>	<u>£53,330</u>

No employee received emoluments of more than £60,000 (2020: Nil).

The average weekly number of employees during the year was 3 (2020: 3).

10. Trustees Remuneration, Benefits and Expenses

No trustee received, or is due to receive, any remuneration or benefits relating to their role as trustee (2020: nil).

11. Limited Liability

The charity is a company limited by guarantee. The memorandum and articles restrict the liability of the members upon winding up to £1. In the case of winding up none of the accumulated funds are distributable to members but shall be given or transferred to some other charitable institution having similar objects.

12. Related Party Transactions

There were no related party transactions during the year.

FOREST FARM PEACE GARDEN
Detailed Statement of Financial Activities
for the Year Ended 30 June 2021

	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOMING RESOURCES				
Grants	-	71,000	71,000	66,792
Donations	4,120	-	4,120	3,370
	-----	-----	-----	-----
Total incoming resources	4,120	71,000	75,120	70,162
	-----	-----	-----	-----
RESOURCES EXPENDED				
Salaries and wages costs	-	58,472	58,472	53,330
Recruitment & HR	-	491	491	169
Staff training	340	554	894	30
Volunteer expenses	-	757	757	453
Volunteer training	-	90	90	340
Equipment & materials	-	3,690	3,690	3,945
Rent and administrative support	-	4,000	4,000	4,000
Insurance	-	722	722	708
Communications & IT	-	1,126	1,126	1,107
Independent examination	-	660	660	630
Sundry expenditure	91	-	91	133
Events and publicity	-	491	491	459
Office supplies	-	364	364	378
Supervision	-	860	860	987
Payroll fees	-	460	460	455
Other running costs	-	158	158	207
Trustee training	-	-	-	160
Consultancy	-	2,025	2,025	-
	-----	-----	-----	-----
Total resources expended	431	74,920	75,351	67,491
	-----	-----	-----	-----
NET INCOMING RESOURCES	3,689	(3,920)	(231)	2,671
Total funds brought forward	13,412	34,592	48,004	45,333
	-----	-----	-----	-----
TOTAL FUNDS CARRIED FORWARD	£17,101	£30,672	£47,773	£48,004
	=====	=====	=====	=====

The notes form part of these financial statements