

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

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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').

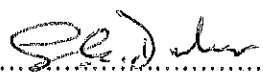
Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act').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

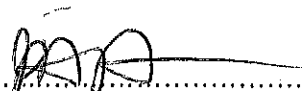
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 June 2023 in accordance with Section 476 of the Companies Act 2006.

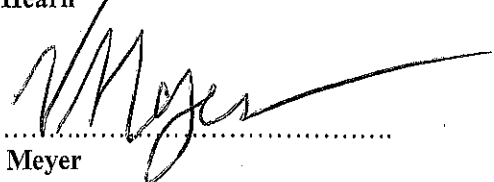
The trustees acknowledge their responsibilities for

- (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

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	Total
	£	£	2023	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	-
	<u>£</u>	<u>£50,275</u>	<u>£50,275</u>	<u>£74,200</u>

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