

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

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**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

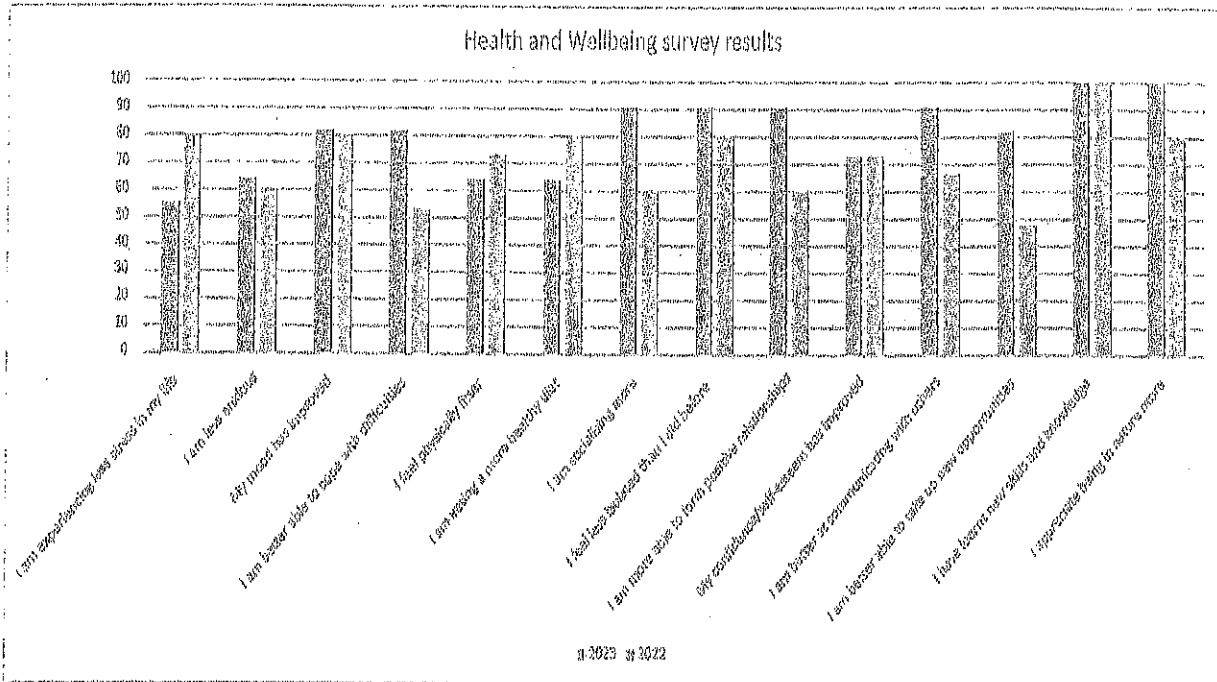
Our ecotherapy programme supports mental health recovery for people experiencing depression, anxiety, isolation and recovery from mental illness or long-term physical illness. Over this reporting period we supported a total of 44 participants on the ecotherapy programme. We received 32 referrals via 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

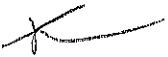
The charity received income of £103,607 (2023: £53,830) of which £95,503 (2023: £50,275) was restricted income grants from charitable trusts and foundations. Expenditure was £81,907 (2023: £76,247). In the absence of a project manager (now Director) for a number of months fundraising efforts slowed. 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.

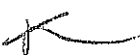
The trustees acknowledge their responsibilities for

- 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.

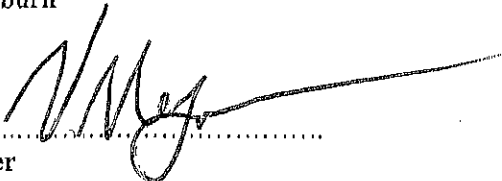
These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

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.