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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

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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.

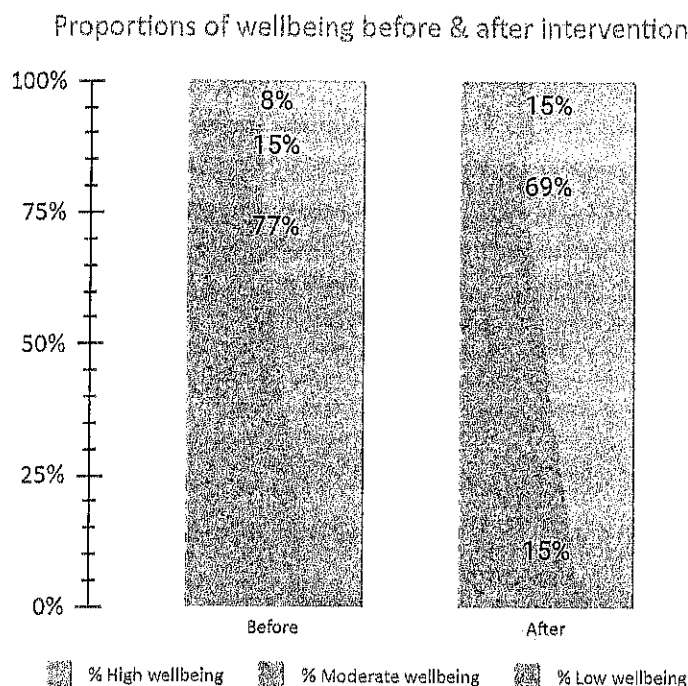
We also welcomed additional participants who took part in therapeutic activities in the garden, including participants from Inclusive Communities and Regrowth Redbridge (ROAMHT).

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.

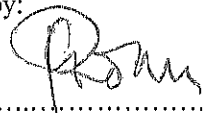
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 June 2025 in accordance with Section 476 of the Companies Act 2006.

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.