



Five A Day Market Garden

Annual Report April 2024 – March 2025

Charity Number: 1202446

Trustees Annual Report for the year ended March 2025

Annual Report

The trustees of Five a Day Garden are pleased to submit their annual report on the activities of the Charity, together with the financial statement for the period from 1st April 2024 to 31st March 2025.

Chairs comments

Firstly, I would like to thank all our funders and donors for their vital support, as well as Englefield Estate for letting us use their land. In addition, I would like to thank our volunteers both current and past, for their hard work, who continue to be the key to the success of Five A Day Garden, along with my fellow trustees and management team, who remain continually supportive and committed as we look forward to another year and another set of new challenges.

Review of the year

Since our last report, we have continued to provide opportunities for groups to visit the garden for therapeutic, educational and general wellbeing purposes and have provided access to natural, healthy produce grown on site.

The main groups attending the garden are the over 65's called Thyme Together which meets every Thursday; local reception and year 1 children from urban schools and uniform groups e.g. Guides, Brownies, Rainbows. By maintaining the garden to a high standard, we ensure that these groups have a safe and calm space to enjoy.

Charity Objectives

The Objects of Five A Day Garden remain unchanged and are to improve the wellbeing of everyone in the local community by managing the garden to provide horticultural education, therapy and access to healthy, natural grown produce.

We have maintained these Objects throughout the year and our aim is to continue to do so in the years to come.

Activity during the year

As mentioned in my last report we engaged a Service Development Manager in January 2024, who very quickly was able to make a positive impact on our activities, particularly with the school and uniform groups and our Thyme Together group.

Our work with schools and uniform groups continued in the year 2024-25 and remains one of our key focus areas. When I came to look at the statistics I was amazed and extremely pleased to see that we have welcomed over 1,134 school children and over 366 members of

uniform groups to Five a Day. The increase in the numbers attending uniform sessions is thanks to the efforts of the Service Development Manager.

Our Thyme Together group for the over 65's has fluctuated in numbers, due to the nature of the people who attend, and one of our main aims now is to expand this facility in the future so that more people can benefit. We know that what we do is unique in the area and that we have unmet demand and following on from a publicity campaign to advertise the group more widely are now attracting new members. We are now planning on running a second group from July 2025 and are in the process of sourcing funds to finance this.

Key to being able to offer this second group was the employment of a new horticultural therapist, who joined us in May 2024, and who has been able to make a significant difference in being able to develop the facilities that we offer. To use Katie's own words: *"Everyone comes to Thyme Together with a different experience of gardening, but they are all there because they like being in the garden. It's my job to ensure that the attendees have an interesting session and are supported when needed", said Katie Andrews, session leader. "We have a lovely garden space, with lots of seating and higher raised beds, and we grow a wide variety of flowers, fruits and vegetables and of course plenty of herbs including thyme."*

An example of the positive feedback from one of these attendees is also below:

"We enjoy being out in the open air and working on the garden, but it's also a way to get out and about and meet other people", said Caroline from Theale. She has been attending Thyme Together since September 2024.

We have continued selling our produce very locally and have become something of a destination shop for some regular customers. Sales of our produce, along with our wreath making workshops using our own willow, amounted to over £7,000, which is the same as last year. This income allows us to pay our regular expenses and also contribute towards the visiting groups, as well as providing fresh seasonal produce to the local community.

We ran our annual wreath making events prior to Christmas 2024, which are very popular and are a major fundraising opportunity for us and is one that we will continue to run and hopefully build upon.

We have also introduced two new workshops, Painting with Paper and making willow plant supports which brought in extra income of over £200.

We have done various activities to help try and spread the word about who we are and what we do:

- a) The website is now being regularly updated by our secretary.
- b) Our Facebook page is updated on a weekly basis with our produce, workshops and events
- c) We have maintained good relations with the local community and in particular, the Englefield Estate, from whom we lease our land. We participate in the Englefield annual flower show each July and have been awarded prizes for our produce of which we are very proud. Participation at this event helps us to maintain our profile within the local community.
- d) We ran our own Open Day on the same day as the Englefield annual flower show and this attracted many new visitors into the garden.

The trustees confirm that when setting the objectives and planning the activities of Five A Day Garden, they have considered and complied with the Charity Commission guidance on Public Benefit.

Volunteers

The trustees would like to thank all the volunteers who make Five a Day Garden the fun and yet place of calm that it is.

Numbers of regular unpaid volunteers have remained stable at around forty two. They maintain all aspects of the garden and help with the visiting groups and fundraising activities as necessary, such as the garden open days and wreath making workshops. In the year 24-25, the total number of volunteer attendances was 1061 with an average time spent by each volunteer being 3 hours. This provided an incredible total of 3183 hours of gardening. As well as providing fantastic input into the garden, the volunteers also find that their own wellbeing is enhanced by being part of the Five a Day team.

An example of the feedback that we've had is shown below:

'I am very happy to be with everyone at Five a Day. It is a pure pleasure. I look forward to my Tuesday mornings - they give me a real lift' said Mu who joined in January 2025.

Sue from Newbury said 'I have been coming to Five a Day every Tuesday since Covid. I live on my own and have some mobility issues, so it helps me in two ways: it keeps me moving plus I meet up with a lovely group of volunteers. It really lifts me, even though I return home for a rest! I love it.'

As well as the regular volunteers, we have many corporate groups visiting the garden. In 24-25, we welcomed over 184 volunteers from 10 different organisations, many of whom visited more than once. All of the groups have commented on how much they enjoy volunteering with us by benefiting from being away from their desks in our lovely garden.

We now have a volunteer on the management committee to provide perspective from the volunteers' point of view. She has proved a great addition to the management team and has provided much valuable feedback.

Risk management

The Management Team has conducted its own review of the major risks to which the charity is exposed, and systems have been established to mitigate those risks. We have an extensive list of policies covering all aspects of our activity to ensure that they still meet the needs of the charity and comply with external regulations and requirements. Each policy is reviewed annually by the management team and distributed as necessary.

We have continued to monitor and review all of our policies throughout the year and will continue to do so.

Plans for Future periods

Looking forward to the rest of 2025 and 2026, we have built a budget which anticipates growth and incorporates ideas for new workshops that we would like to implement and monitor.

Five A Day Garden aims to continue the activities outlined above in the forthcoming years subject to satisfactory funding arrangements.

Our plans for 2025/26 include:

- Continue expanding and exploring new group opportunities, such as our connections to local schools and care homes
- Increasing the number of current groups
- Continuing to increase volunteer numbers
- Recruiting more trustees
- Maintaining and increasing our presence in the local community
- Seeking more diverse funding opportunities for current and future projects to reduce our reliance on a core number of funders
- Expanding our use of social media e.g. Instagram
- Recruit individuals to share and spread out some of the Garden Manager role to reduce our dependence on one individual
- Offer credit card payment facilities to pay for sessions and workshops

Financial Review

The Charity has a number of sources of funding:

- Grants and donations from funding bodies such as local charities and charitable trusts
- Private donations including Match Funding
- Donations from local businesses
- Fundraising activities, such as our workshops

We were particularly fortunate this year to receive a grant from the National Garden Scheme to expand the Thyme Together Garden. This was followed by a visit from the Berkshire County organiser who kindly said that “the work that you and all the volunteers are doing is very inspiring and absolutely in the spirit of what we want to support with the National Garden Scheme Community Gardens grant”.

The results for the year and the company’s financial position at the end of the year are shown in the attached financial statements

During the year Five A Day Garden had income of £34,572 (2023/4: £35,210), of which £18,658 was restricted, and expenditure of £29,033 (2023/4: £25,478).

There was an operating surplus of £5,539 (2023/4: operating surplus of £9,732)

Reserves policy

The trustees consider the level of unrestricted reserves, £11,267 appropriate for the Charity at this time, considering our ongoing financial commitments and the potential liabilities in the event that the charity ceased.

The charity holds no significant assets.

Reference and Administrative Details	
Charity Number	1202446
Registered Office	The Street, Englefield, Theale, RG7 5EL
Bankers	The Co-Operative Bank PO Box250, Skelmersdale, WN8 6WT
Independent Examiner	Rachel Belshaw (MA ACA CTA) Hill Top Accounting Ltd, Hill Cottage, Church Lane, Upton Nervet, Reading, RG7 4HQ

Trustees	
During the period ending 31 st March 2025 the following were Trustees for the charity	
Name	Date of Appointment
Glenys Higgins (Chair & Management Team)	23 March 2023
Sarah Brooke	09 May 2023
Lizbeth Cooper	03 May 2023
Wendy Cadman (Management Team)	23 March 2023
Yvonne Redgrave	23 March 2023
Additional Management Team members	Position
Jo Harrison	Volunteer representative
Jenny Carter	Finance and governance officer
Ali Luke	Service development manager

Date of Approval: 21st August 2025

Signed by Glenys Higgins, Trustee, Chair and Garden Manager:

Glen Higgins



Receipts and payments accounts

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For the period
from

01 April 2024

To

31 March 2025

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	5,284	17,265	-	22,549	21,945
Donations	2,032	-	-	2,032	5,480
Charitable activities	1,394	-	-	1,394	700
Sales of garden produce	3,955	-	-	3,955	7,085
Workshops	3,125	-	-	3,125	-
Paid visits	100	1,393	-	1,493	-
Interest	24	-	-	24	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	15,914	18,658	-	34,572	35,210
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	15,914	18,658	-	34,572	35,210
A3 Payments					
Materials for projects	1,764	-	-	1,764	976
Sessional tutors	13,258	-	-	13,258	16,209
Advertising & Marketing	12	-	-	12	157
Audit & Accountancy fees	473	-	-	473	209
Bank fees	3	-	-	3	-
DBS Checks	155	-	-	155	145
Garden supplies	1,231	-	-	1,231	1,605
General Expenses	458	-	-	458	1,087
Insurance	884	-	-	884	756
Motor Vehicle Expenses	-	-	-	-	87
Refreshments	448	-	-	448	338
Rent	431	-	-	431	426
Repairs & Maintenance	109	-	-	109	1,039
Consultants	8,550	-	-	8,550	1,520
Telephone & Internet	474	-	-	474	354
Training	-	-	-	-	-
Volunteer expnses	160	-	-	160	246
Washroom Facilities	305	-	-	305	95
Workshops	318	-	-	318	229
	-	-	-	-	-
Sub total	29,033	-	-	29,033	25,478
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	29,033	-	-	29,033	25,478
Net of receipts/(payments)	- 13,119	18,658	-	5,539	9,732
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	24,386	4,045	-	28,431	18,699
Cash funds this year end	11,267	22,703	-	33,970	28,431

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Community Direct Plus account	2,321	22,703	-
	Community Direct Plus account	8,936	-	-
	Petty Cash	10	-	-
	Total cash funds	11,267	22,703	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	



Section A

Independent Examiner's Report

Report to the trustees

Five a Day Garden

On accounts for the year
ended

31 March 2025

Charity no
(if any)

1202446

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2025.

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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:

Rachel Belshaw

Date:

12/09/2025

Name:

Rachel Belshaw

Relevant professional
qualification(s) or body
(if any):

ICAEW

Address:

Hill Top Accounting Ltd, Hill Cottage

Church Lane, Upton Nervet

Reading, RG7 4HQ