



Trustees Report for the Charity commission

We are pleased to report that Mangreen Trust has survived the current stages of the Pandemic. We continue to help the local communities as well as the school children in Malawi through the Dedza charity. Our Dementia work continues with coffee mornings at Mangreen for the carers as well as those that have Dementia. One of our trustees continues to hold zoom group meetings.

We have been holding space for Clowning and Yoga Retreats which have had a good take up. This year has seen families get together sadly on occasions to celebrate the life of a loved one, and on other occasions to celebrate mile stones in their families. I am pleased to say Mangreen Trust has been able to help with this.

Our work with the local Spiritual Mangreen community has restarted with monthly meetings and coffee mornings. In these trying times we offer free Fruit and Veg to those that need it, distributed through our honesty farm shop.

Our swimming pool has become, through word of mouth, a good place for families with disabled children to come to relax and help their children. It is good to see families spending quality time together. One of the reasons for this is that we have a disabled hoist and steps that walk gradually down into the pool area.

With our partnership with the Green Room Therapy, we have been working with the NHS to provide spiritual based well being and mental health classes. We have now started to work with 'Keeping Abreast', also in partnership with the Green Room Therapy. 'Keeping Abreast' is a breast cancer charity that provides positive experiences for those with breast cancer. We provide site-based therapy.

We are happy to provide space for The University of East Anglia for mentoring students to become counsellors in the future.

Mangreen Trust has seen a big increase in costs which we are trying to take on board. The Trustees are confident that The Trust will be able to weather this turbulence in the world.

Orchard Rooms & Sanctuary users in 2022.

Norfolk Moth Survey group.

Angela Sellens-Drake-Reflexology and Complementary Health workshops/clinics.

Dedza Charity

Duffields Mills - Annual General Meeting.

The Green Room Therapy

NHS senior management team

Blend project

Keeping Abreast

Relate Norfolk and Suffolk. Training.

Norfolk County Council Children's Services. Training days including Sensory Support group, disabled children, and other strategy groups.

Private celebrations for local people

Values Training Services.

NCC Adoption and family finding unit.

Various Celebrations of Life.

Little Stars "baby swimming start of life"

Mancroft Advice Project (MAP).

Norfolk and Norwich Scope Association/NANSA.

Simon Delph : Leading to change group.

Childways massage training.

The Mankind Project.

Norfolk Carers Support.

NCC : SEND and ANDP groups.

NCC : Norfolk Youth Offending Team.

Mancraft Group, Men's help and Support group

University of East Anglia, counsellor training

Mangreen Trust workshops

MANGREEN TRUST

DIRECTOR'S REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

COMPANY INFORMATION

DIRECTORS

Mr Timothy Eagle

Mrs Angela Mary Sellens Drake

Mrs Susan Ann Eagle

Mrs Sarah Caroline Coleman

Mrs Patricia Holton

COMPANY NUMBER

2178410

REGISTERED OFFICE

Mangreen Hall North

Swardeston

Norwich

Norfolk

NR14 8DD

CONTENTS

Directors Report	4
Accountants Report	5
Statement of Financial Activities	6-10
Balance Sheet	7
Notes to the Financial Statements	8-10
Detailed Profit and Loss Account	10-11

DIRECTORS REPORT FOR THE YEAR ENDED 31ST DECEMBER 2022

The directors present their report and financial statements for the year ended 31st December 2022.

PRINCIPAL ACTIVITY

The principal activity is the promotion of healing and good health

DIRECTORS

The directors who served during the year are as stated below

Mr Timothy Eagle

Mrs Angela Mary Sellens Drake

Mrs Susan Ann Eagle

Mrs Sarah Caroline Coleman

Mrs Barbara Trevanion

The directors are also trustees of Mangreen Trust

DIRECTORS' RESPONSIBILITIES

Company law requires the directors to prepare financial statements for each financial year which give a true and fair of the state of the affairs of the company and of the income and expenditure for that year. In preparing these the directors are required to:

- . select suitable accounting policies and apply them consistently
- . make judgements and estimates that are reasonable and prudent
- . Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report is prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Board on

and signed on its behalf by:

Accountants Report to

The Trustees of Mangreen Trust

I have prepared, without audit, the accounts for the year ended 31st December 2022 as set out on pages 6 to 10, and I report that they are in accordance with the records, information and explanations given to me.

The notes on pages 8 to 10 form part of and are integral to these accounts.

TAG Accountancy
Vanquish House
Wellesley Road
Tharston
NR15 2PD

STATEMENTS OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31st December 2022

INCOMING RESOURCES	2022	2021
Donations and Bequests		
Activities to further the charity's objectives		
Earning from services supplied	36,961	11,495
Membership fees	36,647	43,353
COVID-19 Gov Grants	0	36,029
Other incoming resources	371	625
TOTAL INCOMING RESOURCES	73,979	91,502
RESOURCES EXPENDED		
Charitable expenditure		
Cost of activities in furtherance of charity's objectives	500	500
Management and administration of charity	61,624	53,185
Total resources expended	62,124	53,685
NET INCOMING (OUTGOING) RESOURCES	11,855	37,817
Fund balances brought forward	1,249,289	1,211,472
FUND BALANCES CARRIED FORWARD	1,261,144	1,249,289

The financial statements on pages 6 to 7 were approved by the Trustees on and were signed on their behalf by

BALANCE SHEET AT 31st December 2022

		2022		2021
	£	£	£	£
FIXED ASSETS				
Tangible Assets		1,069,558		1,078,103
CURRENT ASSETS				
Stock	800		800	
Trade Debtors	760		9,314	
Owed by Subsidiary	176,313		131,708	
Prepayments and accrued income				
Cash at Building Society and cash in hand	18,651		35,308	
		196,524		177,130
CREDITORS (due within one year)				
Trade Creditors				
Advance Payments	4357		6,368	
Loans Outstanding				
Accruals and Provisions	580		578	
		4,937		6,946
NET CURRENT ASSETS (LIABILITIES)		191,587		170,184
NET ASSETS		1,261,146		1,249,291
CAPITAL AND RESERVES				
Capital Reserve				
Revaluation Reserve	1,000,000		1,000,000	
Revenue Reserve at 1 st January 2022	249,291		211,474	
Income and Expenditure Account Surplus (Deficit) for the year to 31st December 2022	11,855		37,817	
		1,261,146		1,249,291

The Trustees of Mangreen Trust hereby certify that the Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st December 2022. The Trustees have not required the Company to obtain an audit of its financial statements for the year ended 31st December 2022 in accordance with Section 476 of the Companies Act 2006. The Trustees acknowledge their responsibility for:

- (I) ensuring that Mangreen Trust keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (II) preparing financial statements which give a true and fair view of the state of affairs of Mangreen Trust 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 Mangreen Trust.

Signed _____

NOTES ON THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31st December 2022

1 ACCOUNTING POLICIES

1.1 Accounting convention

The financial statements have been prepared in accordance with the historical cost convention with the exception of the freehold property, the value of which is stated in Note 2 below.

1.2 Taxation

The Trust has no liability to corporation tax due to its charitable status.

1.3 Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Freehold building	Nil
Building improvements etc.	15% reducing balance
Plant and office equipment	15% reducing balance
House contents	15% reducing balance
GMLC and candle chapel	15% reducing balance
The new orchard room	7.5% reducing balance

2. FIXED ASSETS

In February 2014, Messrs Irelands (chartered surveyors and valuers) prepared an informal valuation of the current market value of the freehold property which was donated to The Trust in 1987, at no cost on formation of the Trust, under Deeds of Gift together with subsequent building costs of the Global Meditation Light Centre and the rebuilt Orchard Room. In their opinion the market value was £1,000,000 (one million pounds) for the building and grounds. The directors consider the valuation given by Messrs Irelands of £1,000,000 to be a fair value.

2 FIXED ASSETS (Continued)

Freehold Property	£
Mangreen Hall – Land and Buildings as acquired on formation	
Of the Trust at no cost	
Valuation as at 31st December 2022	1,000,000

Other Tangible Fixed Assets

	New Office Fixtures & Grounds	Plant, Office and shop Equipment	House Contents	GMLC & Candle Chapel	New Orchard Room	Total
COST	£	£	£	£	£	£
As at 1 st January 2022	164,545	12,904	13,590	21,878	116,617	329,534
Addition in year						
Disposals in year						
As at 31st December 2022	164,545	12,904	13,590	21,878	116,617	329,534
ACCUMULATED DEPRECIATION						
As at 1 st January 2022	118,693	12,027	13,590	19,427	87,695	251,431
Charge for year	6,878	132		368	2,169	9,546
As at 31st December 2022	125,571	12,159	13,590	19,795	89,864	260,977
NET BOOK VALUE						
31st December 2022	38,974	745	0	2,083	26,753	69,558
1 st January 2022	45,852	877	0	2,451	28,922	78,103
Total Fixed Assets at 31st December 2022						1,069,558

3. (a) EMPLOYEES

The average number of staff employed and financed by The Trust during the year to 31st December 2020 was (1) full time and (1) part time, (the year to 31st December 2019 was (1) full time and (1) part time)

	2022	2021
	£	£
Employment Costs Wages, Salaries and Social Security Trust's Pension Costs	35,025	41,600
Total Employment Costs	35,025	41,600

3. (b) TRUSTEES/DIRECTORS

The remuneration paid to trustees and directors was £22,500 (2021:£31,152)

4. RELATED PARTIES

The Trust wholly owns a subsidiary, Mangreen Country House Retreats Ltd and £nil (2022:nil was received from sales (VAT exclusive) and £nil (2022:£nil) paid in purchases during the year.

5. COMMITMENTS

Commitments to long term leases at 31 December 2022 were nil (2021:nil).

THE MANGREEN TRUST LTD – DETAILED PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31st December 2022

	2022	2021
Income		
Swim Income	36,646.88	43,352.67
Coffee Shop	0.00	0.00
Weddings	0.00	0.00
Conferences	0.00	0.00
Donations	35.00	0.00
Other Income	336.47	0.00
COVID-19 Government Grants	0.00	36,029.49
Wellness	0.00	445.04
Room Hire	36,960.64	11,495.45
Garden Shop Income	0.00	179.40
Income	73,978.99	91,502.05
Cost of Sales		
Garden Shop Purchases	0.00	0.00
Wellness Expenses	500.00	500.00
Swimming Pool Expenses	0.00	0.00
Conference Expenses	00.00	00.00
Cost of Sales	500.00	500.00
Administrative Expenses		
Staff Salaries	35,024.95	41,599.70
Heat and Light	11,109.07	0.00
Repairs and Renewals	0.00	0.00
Printing and Stationery	13.80	0.00
Telecomms and Post	0.00	0.00
General Expenses	260.10	0.00
Oil	0.00	0.00
Advertising & promotion	2322.11	0.00
Professional Fees	3348.00	561.00
Bank Charges	0.00	0.00
Depreciation Charge	9546.00	11024.03
Loan Interest	0	0.00
Expenses	61,624.03	53,184.73
Total Costs	62,124.03	53,684.73
Operating Profit	11,854.96	37,817.33

Accountants Report to

The Trustees of Mangreen Trust

I have prepared, without audit, the accounts for the year ended 31st December 2022 as set out on

pages 6 to 10, and I report that they are in accordance with the records, information and explanations

given to me.

The notes on pages 8 to 10 form part of and are integral to these accounts.

TAG Accountancy

Vanquish House

Wellesley Road

Tharston

NR15 2PD