

Annual review 2019-20

This and the children's photos: Lewis Outing



enjoy nature

get inspired

make a difference

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Message from the Chair

It is a real pleasure to present to you St Nicks annual report for 2019-20, and what a year it has been – from the many successes, records and good news stories that you can read about throughout the following pages, to the challenges that the increasing risks and restrictions that the global Coronavirus pandemic is imposing on all our daily lives and St Nicks day to day operations.

In looking back across the year, I would like to highlight just a few notable achievements.

Our management and support of York's green spaces has reached out to nearly 20 locations across the city, helping local groups to improve their own green spaces, whilst we continue to manage St Nicks' own Local Nature Reserve, where we've achieved a milestone – 1,041 different species of flora and fauna now recorded. That's quite an achievement for an ex-landfill site!

Our Recycling Team have been equally busy too, diverting 379 tonnes of recycling from landfill – all collected by our electric vehicles and pedal powered load-bearing tricycles, whilst at the same time being placed in the top three in a national award for excellence in recycling and waste management.

Our engagement with York's community has seen around 800 children engaged in educational activities, a record 27 stalls at various events across the city and an amazing 7,700 hours of support provided by our 243 volunteers. A huge thank you to everyone who has helped us in so many ways!

Finally, our Ecotherapy programme, recognised as one of the top three mental health service providers in York, continues to grow, this year providing over 3,000 hours of delivery and a 40% increase in one-to-one mentoring sessions.

None of this would be possible without the support of our various partner organisations and funders, to whom I would like to offer my grateful thanks – and also to St Nicks amazing staff team, who are always prepared to go the extra mile, remaining cheerful and positive.

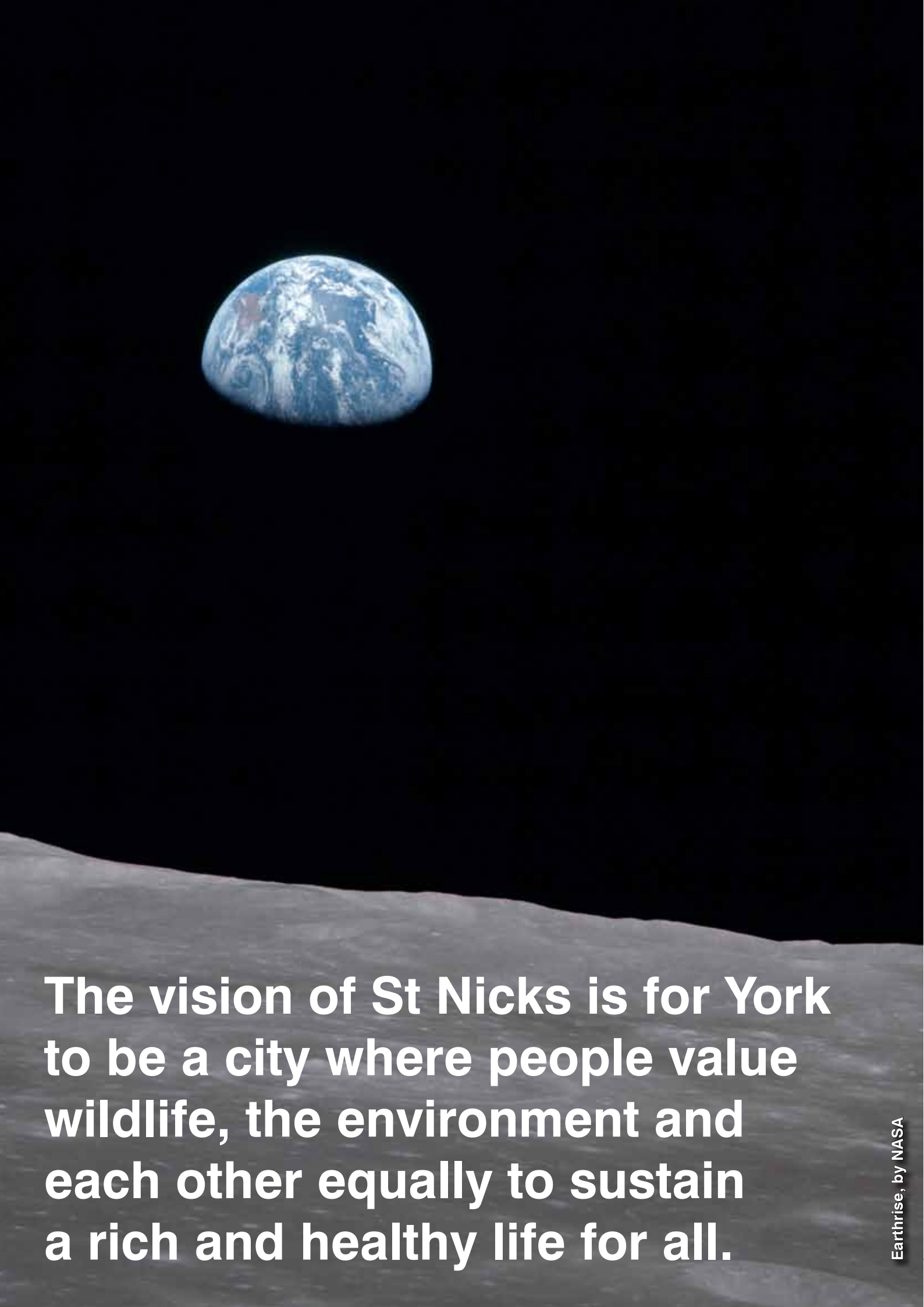
However, the Covid pandemic together with the recent lockdown announcement by the UK Government is having an increasing impact on all our lives. This has resulted in the temporary closure of the Environment Centre from mid-March, the curtailment or adjustment of many of our services and the staff team having to work remotely, which they successfully achieved within a week. We are closely monitoring the situation and will be providing further announcements via our website and social media channels as developments occur.

Whatever the year ahead may bring, key for me is St Nicks' steadfast focus and commitment towards promoting positive, sustainable lifestyles for the people of York. Thank you again to everyone who has been involved with St Nicks over the past year, I hope we can welcome you again soon, be it either in person or online.

Trevor Barlow
Chair of Trustees

March 2020





The vision of St Nicks is for York to be a city where people value wildlife, the environment and each other equally to sustain a rich and healthy life for all.

Earthrise, by NASA

Objectives & activities



Zero carbon



Zero waste



Land use
and wildlife



Health
and happiness

Due to humanity's overreliance on fossil fuels, the way we move about, what we eat, how we heat our homes and what we buy inadvertently affect our air, water and food quality, as well as access to quality green spaces. The health and wellbeing of people in York, and around the planet, very much depend on the health of the natural world. As the rates of climate change and environmental degradation continue to rise, so does the need for both collective and individual action to mitigate this climate emergency.

St Nicks aims to help counteract environmentally damaging activities and to promote positive sustainable lifestyles in York and surrounding areas, bridging the gap between environmental awareness and action. We work to create lasting positive change in actions and attitudes of individuals, as well as organisations, to enable them to move towards a sustainable future. We achieve this through:

- Improving St Nicks Local Nature Reserve, enriching its wildlife value and enhancing its educational and recreational value for all visitors.
- Developing the Environment Centre as a source of information, advice and inspiration for green living.
- Developing projects and services which help achieve sustainable communities.

Not "just an old landfill site", our main activities include the conservation and development of habitats on St Nicks' 24-acre nature reserve and off-site green spaces, a zero emissions kerbside recycling collection service and waste minimisation advice, Ecotherapy connecting people with nature, environmental education and development of the Environment Centre as a source of inspiration for sustainable living. We support our membership network in addition to a wide range of local businesses, community organisations and members of the public.

Strategic impacts

To achieve our vision, St Nicks has chosen to focus on four strategic impacts to have both on site and in York. These impacts are linked to the One Planet Living principles, developed by [Bioregional](#), where we have most experience. Further improvements in all these areas can help us all meet current needs, without compromising the ability to do so in the future.

- 1) **Zero Carbon:** Reduce the amount of carbon produced
- 2) **Zero Waste:** Reduce the amount of waste generated
- 3) **Land use & Wildlife:** Increase access to wild spaces and biodiversity
- 4) **Health & Wellbeing:** Increase the number of people leading happy and healthy lives

This report highlights our main achievements towards these strategic impacts during the past financial year.

Organisational values

Sustainability: conducting all activities in a way that is beneficial or at least neutral to the environment

Inclusivity: providing a safe and friendly environment for all staff, volunteers and audiences

Enthusiasm for our vision: fostering it in all our volunteers, staff and trustees

Expertise: retaining and developing the skills of staff, trustees, volunteers and the wider community

Education: enabling people to make informed choices as part of a sustainable lifestyle

Partnerships: working with other organisations and individuals to achieve shared goals, take opportunities and increase capacity



Connecting green spaces

St Nicks ecological monitoring

Our dedicated Wildwatch team have continued to collect weekly wildlife records of the numerous species found across the nature reserve. Thanks to the brilliant Wildwatchers, our current species list now stands at 1,041 found at St Nicks!

Among this year's particularly exciting finds is the slug *Arion owenii*, which was the first record of this species in the York area. Wildwatch volunteer Cliff Wilton has summarised this bumper year for flying insects:

2019 saw a butterfly bonanza on the reserve, with 19 different species found, and some of them in big numbers. At least ten species were found on all Wildwatch walks from late spring into the summer, and sometimes up to fourteen. Star of the show was Painted Lady, seen on numerous occasions and often in good numbers – only to be expected in the UK's best Painted Lady year since 2009. The last butterfly seen was a Speckled Wood in late October.

It was also a good year for moths, with a total of 38 species of day-flying moth seen. Another highlight was the total of eleven species of Shieldbug found, the best day being eight seen on one Wildwatch walk in September. Hoverflies numbered 33 species, with good numbers of the large and striking *Volucella zonaria* or 'Hornet hoverfly' – a recent Yorkshire colonist. One final pleasing statistic was the total of 94 new species of insect and other invertebrate added to the St Nicks list during the year – almost certainly the best year ever for our spotters.



We're currently undertaking Plant Monitoring surveys to record all the different species found in different areas across the reserve. These areas will be revisited each year to monitor any changes to the site's biodiversity. With the incredible work of our volunteers, we only expect these to be positive changes.

Woodland Improvements

Thanks to the Betty's Trees for Life fund, we spent another autumn/winter season managing and improving our 14 acres of woodland - now 25 years old. Over the last few years, we've been improving the structure within the woodland, creating new habitat niches that allow more species to benefit from the woodland. This has meant coppicing some of the taller trees, thinning out some of the canopy and developing the understory. We planted and transplanted over 250 understory trees and shrubs such as hawthorn, wild cherry, field maple and holly. We also sowed, planted and transplanted shade tolerant wildflowers such as wild garlic, cowslips, betony and snowdrops. These will provide an important nectar source for invertebrates and pollinators that rely on woodland habitat, such as speckled wood butterflies and mason bees.

We also developed 600 metres of species rich hedgerow around the nature reserve, creating a natural boundary and green corridor to aid navigation, nesting and foraging opportunities for invertebrates, birds, bats and small mammals. Over 300 trees were planted into the hedge, using various species such as blackthorn, dogwood, hazel, hawthorn and dog rose.

Better Becks

Last summer the nature reserve witnessed unusual amounts of machinery as we were busy trying to learn the difference between window samples, trial pits and bore holes. While there was some short-term disruption for both wildlife and people, this work was part of important ground investigation surveys to determine the feasibility of restoring Osbaldwick Beck to a more natural state. Currently the beck flows on-site underground through a culvert, which contributes to flooding problems and has very little wildlife value. A new open channel through St Nicks will create new wetland habitat and will help protect over 260 homes from future flooding. When combined with proposed work to naturalise the beck through Hull Road Park, this will also create a near fully open and natural water course from the source in Holtby to where it joins Tang Hall Beck at St Nicks – which will be of great benefit for the water voles and other native wildlife on the beck. The restoration is due to start in 2021 as part of York's Five-Year Flood Plan.

A good year for flying insects and work on green corridors



1,041 updated species total at St Nicks, in just 24 acres

Wildwatch volunteers identified **94** new invertebrate species at St Nicks this year

300 new trees planted into the 600-metre species-rich hedgerow along the edge of the reserve

19 number of other green sites we worked on or surveyed

Found white-clawed crayfish **1.5km** further downstream of previous records on the upper Foss – important discovery

243 types of wildlife found at Heworth Holme during a 24-hour, family-friendly BioBlitz event



A young adult white-clawed crayfish found in the Foss



St Nicks' Green Corridors Work 2019-20

- 1 Millfield Wood: woodland management training for Easingwold Green Spaces Community Group
- 2 River Foss: walkover and riparian mammal surveys with the River Foss Society
- 3 Tang Hall Beck: Heworth Holme management, Himalayan balsam control and tree planting
- 4 Osbaldwick Beck: ecological surveys and Himalayan balsam control
- 5 Osbaldwick Beck upstream: walkover survey and landowner engagement
- 6 River Foss: white-clawed crayfish surveying
- 7 Millennium Fields: grassland management and development of woodland copse
- 8 Scarcroft Community Orchard and greening up of Micklegate Ward



Heworth Holme BioBlitz: small mammal survey



Grassland surveying at Millennium Fields

Over the last year we have continued to develop our off-site activities, focusing on some of the important green corridors that cut through our city. There are many wonderful wildlife sites across York with groups doing fantastic work conserving their local patch, but we have started to see a much needed shift towards more landscape wide thinking. Existing wildlife sites need protecting, growing in size and vitally they need to be connected to other sites to increase their impact on wider biodiversity value. As Professor Sir John Lawton expertly summed up in his 2010 Making Space for Nature report, “these nature conservation sites need to be bigger, better and more joined up”. With so much going on and so much potential for more, we really needed some help to develop this work. Thankfully we have been joined by Becki in the role of Green Corridors Development Volunteer. Becki, who also works part-time as an Environment and Communities Officer at City of York Council, has been working with us to help support our ongoing green corridors projects and crucially investigating the potential for new projects across the city.

Our initial focus was on the connecting sites which allow wildlife to travel back and forth to St Nicks, including Foss Islands Cycle Path, Tang Hall Beck and Osbaldwick Beck. However, in recent years our work has broadened, such as being more involved on the River Foss and through our recent Meadow Keepers project helping to support and improve grassland areas across the city. Our involvement with the amazing groups managing these sites started conversations about their own green corridors, such as Fulford Ings and Micklegate Stray area, and what could be done on a bigger scale to improve biodiversity across the whole York landscape.

Foss and becks river monitoring

As part of the Dales to Vale Rivers Network we are continuing our ecological monitoring work on the River Foss catchment in partnership with the River Foss Society. We continue to train local people to survey the River Foss and its tributaries - Tang Hall and Osbaldwick Becks. Designed to monitor a variety of river health indicators, the volunteers surveyed the water bodies for mammals such as water voles and otters, for freshwater invertebrates and major changes to riverside habitats. One of the highlights was recording large and healthy populations of white-clawed crayfish on the upper Foss, extending the known distribution 1.5 km downstream of previous records. All of this survey work is vital to inform ongoing management, habitat improvements and potential creation of new habitat.

Heworth Holme and other habitat works

While the bigger projects are happening on Osbaldwick Beck, we cannot forget Tang Hall Beck. We continue to support volunteers in restoring the wet grassland habitat at Heworth Holme, develop the woodland at Wolfe Avenue with understory planting, improving the bankside vegetation at Hemplands through native planting, as well as managing Himalayan Balsam across both becks.



A water scorpion from Heworth Holme

We have been working at Heworth Holme for three years to improve its habitat for wildlife after many years of neglect. The site's transformation has become more noticeable so to get an idea of what lives there, we held a BioBlitz event. This is a continuous period of ecological surveying to try to record all the living species within a defined area. On a cool and wet early June evening, armed with clipboards and ID guides, we started the 24-hour countdown. We were pleased to be joined by members of the public as well as local experts in finding signs of 243 types of wildlife, including otters, bats, frogs, owls, foxes, mice, beetles and water scorpions as well as trees, grasses and other plants, and birds including tawny owls and potential breeding blackcaps.

Grassland Quality Survey

Working with Ptyxis Ecology and the Stockholm Environment Institute York, we have been developing a citizen science accessible Grassland Quality Survey Pack to look at the structure and botanical value of grasslands. The pack provides both a current biodiversity health check and a baseline to compare against in the coming years. Comprehensive testing in 2019 led to improvements to the pack and survey, making it applicable for a wider range of grassland habitats. Due to Covid-19, the launch has been postponed until 2021. We are in discussions with the North and East Yorkshire Data Centre about them holding survey data for this region to ensure it is well governed and can be used to inform future conservation.



Draft cover of the Grassland Quality Survey pack

What can you do?

First, what are green corridors?

The UK's nature is in trouble. Wildlife species have been disappearing and there has been a general decline in numbers due to habitat loss, intensive agriculture and climate change, amongst other causes. The aim of green, or wildlife, corridors is to bridge gaps between continuous habitats caused by human activities or structures such as roads. By connecting fragments of green space in cities to the countryside, these corridors enable access and reduce the isolation of wildlife populations so that plants and animals can flourish everywhere. Improving biodiversity by creating such corridors, also provides numerous benefits for humans. Green spaces increase urban ventilation and reduce the urban heat island effect, help provide flood resilience and, importantly, have lots of positive effects on our mental and physical health. Read more in our blog at stnicks.org.uk/?p=14737



Green Corridors Volunteer Becki

Top 5 wilding tips

Ease up on grass mowing

Plantlife charity's national survey has shown that pollinating insects and wildflowers thrive best in lawns mown only once in every 4 weeks or long grass cut just once a year.

Variety is the spice of life

If you can, grow a wide range of plants including annuals, perennials and shrubs and trees, to provide food and shelter to a great variety of wildlife from birds to bees.

Choose and grow organic

Avoiding chemicals in our food and gardens is good for our health as well as for wildlife

Avoid using peat

Peat extraction destroys precious wetland habitats. There are good alternatives to peat-based compost, including making your own.

Find more more tips on our 'Making space for nature' blog: stnicks.org.uk/?p=15481

Support or volunteer to help maintain the corridors

Making a donation to conservation organisations like St Nicks can help make a big difference in what they can achieve. This year we started offering gift certificates, such as the one below, so that you can mark a special occasion with an act of kindness. We raised several hundred pounds, which will help us plant more trees and wildflowers both at St Nicks and other sites in York.

Time is just as precious as money and we always welcome volunteers keen to help with our work. Read more about our opportunities and volunteers' feedback on pp.14-15.

Link up!

According to the Wildlife Trusts, UK gardens cover more land than all the nature reserves combined. This gives us all a huge opportunity to help nature in our homes by extending existing green corridors—even just a well-planted window box can provide an important stop off point for pollinators struggling to find food in the city. Private and community gardens as well as allotments can offer even more. Making them more welcoming to wildlife will give you lots of pleasure from watching it and knowing that you're helping UK's nature to recover.



Connect to nature for your wellbeing

Numerous studies now show how important it is for us to spend time outdoors, both for our mental and physical wellbeing. Our Ecotherapy programme makes extensive use of this fact but anyone can experience those benefits without being part of it. Nature is, or certainly should be, accessible to everyone from all walks of life in one form or another, and is always there as a constant even though it is continually changing. Even if you go on the exact same walk every day there will always be something new to notice. You don't even need to leave your house to feel the benefit from nature – just look out of your window or grow plants in your house. We can rely on nature to support us and we can gain the benefits from it every day if we only remember to take some time out of our day to connect with it.



Wellbeing through nature tips

Sit Spot routine

Choose a comfortable place to sit outside for 10 minutes once a day or week. Use all of your senses to gently focus attention on your surroundings. Listen to the birds, observe the patterns or feel the textures of grass and petals. Close your eyes if you wish.

Create a Nature Journal

Use a sketch book to record what you notice and how you feel on your nature trips. Write or draw about the sights, sounds, smells or even the tastes. Make collages using petals, leaves or seeds, or add photos.

Mindful walking

During a nature walk, slow down and notice the sensation of your feet touching the ground, lifting off and swinging forward. Take your time. Now shift your attention towards what you sense from the natural surroundings. Walk for about 5 minutes and acknowledge any experience that arises.

Find more in the Ecotherapy category of stnicks.org.uk/blog



“Ecotherapy at St Nicks saved my life. Certainly, the course of my life.”



3,061 hours spent by participants on 7 types of nature-based group activities

Out of the total of 102 enquiries, **40** new participants enrolled this year.

320 hours of one-to-one booked in mentoring sessions, alongside additional ad hoc informal mentoring

“I’ve learned and experienced that nature is such a rebuilding setting for better wellbeing. When I’m at St Nicks I feel like great big green arms are wrapped around me, but I’m now ready to explore other green sites closer to home.”



Ecotherapy: wellbeing through nature



Over the second year of our 5-year Ecotherapy Programme, funded by the National Lottery Community Fund, we have consistently raised the mental and physical wellbeing of beneficiaries experiencing mental ill health. We have achieved this by supporting participants through a variety of nature-based groups alongside bespoke one-to-one mentoring.

We’re immensely proud to have retained our place amongst the top three mental health service providers for people living in and around York, based on numbers of people engaging. We’ve gained recognition as a quality provider of a support programme unlike any other in the city and participant feedback has been overwhelmingly positive.

Thanks to an independent evaluation by Converge Evaluation and Research Team (CERT), we can confidently report that participating in Ecotherapy activities has led to statistically significant increases in wellbeing for every participant. Analysis showed improved mental health, physical health and social interactions, increased motivation and healthier lifestyle choices, alongside a decrease in stress and anxiety.

Due to the targeted marketing to local allied mental health services, coupled with a significant growth in ‘word of mouth’ recommendations, this year we had 102 new enquiries resulting in 40 new participants engaging for at least three months.

This year we have seen a 25% increase in participants’ engagement in group activities, totalling 3,061 hours of delivery, and a 40% increase in the total number of one-to-one mentoring sessions with 320 hours delivered. Additionally, ad hoc mentoring takes place regularly across the week. This approach has been overwhelmingly successful in reaching participants as and when they need support without having to wait for an appointment. Their feedback, alongside that from session leaders and the wider support teams, has been phenomenally positive and acknowledges the impact this level of support has on reducing dependency on primary and clinical services.

“Coming to Ecotherapy changed everything for me. I always feel lifted, like I’ve achieved something, after coming to St Nicks. This has been a real turning point in my recovery.”

“Mentoring with Kathy has helped me see that when I’m attending Bearing Fruit, I spend my time socialising and that I’m really a part of the St Nicks family. This realisation has had a major positive impact on my relationships outside of St Nicks.”

Over the summer months we were excited to host our first two Ecotherapy interns from York St John University. They were instrumental in the production of a Green Spaces Directory which included up to date, community based, volunteering opportunities at various green sites across York. Offering a pathway into the community supports a sustained recovery for those ready to move on from our supported service onto mental health friendly community-based venues.

Through community link partnership working with York St John University Converge and the Tees, Esk and Wear Valleys (TEWV) Foundation NHS Trust’s Discovery Hub, we have continued to run two additional groups to meet the growing demand of people wishing to join the Ecotherapy programme.

The benefits of our programme at Peppermill Court (NHS inpatient psychiatric hospital) were recognised when the initial funding ended in the spring of 2019 and other sources were found to enable us to continue. We’re now working with Foss Park Hospital which is replacing Peppermill Court in 2020.

Another exciting new partnership has been developing with York Art Gallery. We ran highly successful Ecotherapy groups there during the April-June 2019 exhibition Ruskin, Turner and the Storm Cloud. The exhibition promoted the work of the artists, specifically around the relationship between nature and mental wellbeing. This was a unique opportunity for our participants to explore a new venue, including the gardens, as well as reflect and learn from the work of Ruskin and Turner.



Volunteering: helping each other

It's been another incredible year of volunteering at St Nicks; a huge thank you goes to our amazing volunteer team for all of the time and effort they dedicate to us. Thanks to the help of 243 volunteers contributing 7,700 hours (equivalent of four additional full time staff members), we have been able to continue managing and improving our beautiful nature reserve, as well as other green spaces across the city. We've continued to record the exciting wildlife that we find around the site, demonstrating the continually improving biodiversity and identification skills. Our volunteers also help us with data entry, administrative tasks, running events or education sessions, developing connections with other green spaces and more. They give us such a huge amount and we are very grateful for their time and dedication helping us. We couldn't ask for a better team!

Our volunteer programme is very inclusive and we're proud to host volunteers of all ages, backgrounds and abilities. From young children joining drop-in sessions to plant wildflowers or move grass clippings, to sprightly pensioners maintaining our paths, there's something to do for everyone. One of the biggest volunteering groups is our Student Action Volunteering team. Students from the city's universities are always a mighty force, helping us with great enthusiasm. This year we had even more students and not just volunteering but also using St Nicks as part of their research projects or dissertations.

We're still working with our friends from the Blueberry Academy, who specialise in supporting adults with learning difficulties, and have been really pleased to see learners joining our regular volunteer teams as well as working in their own groups. It's also been great to have businesses joining in with work on the nature reserve including Aviva, DEFRA, HSE, Nestle, Your Consortium, Network Rail and Sea Salt. A lot of companies now grant their staff a day or two of volunteering, which is very helpful to us and makes for a fun, rewarding team-building day.

Through the regional Action Towards Inclusion project, funded by The National Lottery Community Fund and European Social Fund, we're also working with unemployed people to help them grow in confidence and feel job ready. We appreciate how hard this can be for some people and thanks to the project we are able to support our participants into further training. This year we've supported participants in species identification and habitat management training as well as in job searches, with two participants finding paid work.

GoodGym (runners who combine getting fit with doing good) have been regular visitors at St Nicks, really living up to their name and doing fantastic work on the various sites we manage across the city. They've battled with nettles to remove invasive Himalayan balsam, raked up and moved grass cuttings, created nursery beds by torch light, chopped wood to keep us warm in the winter and even created a water-proof wood store to keep it in. With over 40 dedicated runners helping out at times, they're like a tidal wave of positive action, getting tasks done quickly with a never-ending supply of energy.

Getting outside and active in nature has proven mental health benefits. Volunteering with us is a great way to immerse yourself in the great outdoors and enjoy our natural habitats whilst keeping fit and healthy – both the people and the charity benefit. Here's what one of our volunteers has to say about her experiences with us:

"Volunteering at St Nicks has been fantastic. I have learned some valuable practical conservation skills in the management of the reserve by improving the habitat for wildlife. The best part has got to be meeting and working alongside a wide range of people who take great pride in improving the reserve." Mel



GoodGym volunteer, by GoodGym

"Volunteering at St Nicks has been fantastic."



243 volunteers of all ages and abilities gave their time and skills to us

They gave **7,700 hours** to the nature reserve and our projects

4 extra full-time staff would be needed to achieve the same amount of work



"I like volunteering at St Nicks for the fresh air, exercise, working with a friendly group of people and the opportunity to put something back into a special local amenity which has given me pleasure for many years."

Keith



Working towards zero waste



Zero waste

Zero carbon

St Nicks Recycling Team are proud of providing a low carbon emissions service to households, businesses and events in York city centre. Using electric vehicles and load-bearing tricycles, the service is powered by 100% renewable energy and muscle. As everything is sorted by hand, the team ensures high quality materials are sent to be turned back into new items.

Altogether the total combined weight of recycling materials diverted from landfill was over 397 tonnes. Over the course of the year the team load and unload an average of 80 tonnes per person – it's no wonder our recycling team are able to stay fit! Our business waste collections have continued to grow in popularity so we now collect business waste every working day from different areas of the city. Partly due to recycling at eight external events, including York Pride and CAMRA Beer Festival, we saw the biggest increase in our business recycling volumes, collecting over 117 tonnes, a whopping 27 tonnes more than the previous year. Our residential recycling also saw an increase in volumes of recycling; a rise of over 25 tonnes compared to last year.

The 397 tonnes diverted from landfill this year doesn't even include the 550,000 individual plastic packaging items, such as pens, toothbrushes and crisp packets, sent off for recycling by TerraCycle. Our work with the company has brought in over £2,000 for St Nicks over the course of the year and we helped set up several drop off locations around the city, including at our business waste customers' premises. The collections help make people aware of how much waste they generate and bring new people to discover St Nicks.

The complex nature of the scheme, funded by packaging manufacturers, highlights the need for a major rethink of resource use and drive towards a zero waste, circular economy. This is something we've long advocated and there is certainly appetite amongst the public to see it happen – our Zero Waste York Facebook group continues to grow. As of April 2020 we had over 2,000 members who chat and support each other in our collective efforts to minimise waste.



Our Star Crew

Out of 300 nominations for 14 different awards, our Recycling Team placed in the top three of the 2019 Awards for Excellence in Recycling and Waste Management for Collection Crew of the Year. As the only community-run, and most likely the smallest recycling crew in the country, this is a major achievement. It certainly warranted sending two team members, Sam and Eithne, to the awards celebration in London. Although the top award went to a different team in the end, we know that our crew is the best.

York Pride – our pride

St Nicks strives to be inclusive and to champion equality in all our work so we were delighted when the York Pride committee got in touch. They asked for help minimising their non-recycled waste and the amount of litter left after the annual LGBT+ community festival on the Knavesmire. Despite the rainy weather, York Pride 2019 turned out to be the biggest event we had ever collected from. Our team set up several appropriately labelled recycling stations around the Knavesmire. The day was very different to our normal event recycling collections for which we tend to drop off containers beforehand and only go back to collect at the end. This time the team spent the day walking the site picking up litter, collecting recycling that had ended up in general waste (although generally not advisable without appropriate PPE) and dancing! The team also got to chat to lots of people about recycling, to see what was working well and what we could tweak for future events. We got lots of positive feedback from stall-holders, the event organisers and local councillors. It was great to hear that the volumes of general waste and litter were the lowest they'd ever been. This approach to minimise an event's waste proved really popular and we subsequently collected from more events last summer than we have before. This included school sports days, summer fairs, local fundraisers and races. The team are always keen to help reduce the environmental impact of public events so get in touch if you'd like their assistance.

Team of the Year



2,000+ Zero Waste York Facebook group members share tips for zero waste living

Our team sent off **550,000** items to TerraCycle to be up/re-cycled

80t the average amount handled by each recycling team member – all finalists of the 'Crew of the Year' award

286t of recyclables collected from 2,500 city centre households

Business recycling tonnage was **117t**, 25 tonnes more than the previous year

397t total of hand-sorted materials collected in a low carbon fashion and sent off for recycling

Not being in high vis for once, recyclers Sam and Eithne may be hard to spot in the awards photo





How do you tackle waste?

As landfill sites around the country close up, like Harewood Whin in York, we urgently need to rethink waste. Just like nothing is wasted in nature, a circular economy could keep materials cycling between their users and makers so that they don't need to be chucked away. A lot needs to be done, both nationally and locally, to achieve such a system and we need to be demanding it. In the meantime, we can also strive for zero waste at home and work.

Reduce

The easiest way to work out where you need to start is to carry out a waste audit, i.e. have a rummage through your bin. This will highlight the sneaky items of waste you generate without even noticing. Once you have carried out a waste audit you can pick one item a week, or a month, to try and find a zero waste alternative. This might be finding items in refillable packaging, swapping from single use disposables to reusables, or even cutting the use of some things altogether.

Reuse

Charity shops are still going strong for a reason. When you can, try and buy second hand. This works especially well for clothing, books, jigsaws and board games. There are also a number of online resources to enable people to swap or give away items for free. We run a "free stuff Friday" thread on our Zero Waste York Facebook group, where people have given away everything from baby items to furniture. Olilo, Depop and Gumtree are also great ways to find or get rid of second hand items.

Recycle (more)

Recycling saves virgin materials being used as well as the associated resource costs. The key to successful recycling is sorting and rinsing your materials as per your local instructions. There are, however, plenty of materials that require a bit more effort to recycle properly because they may not be economical to collect from your kerbside, such as food and beverage cartons. If that's the case, you will find a directory of bring banks for those at www.ace-uk.co.uk while TerraCycle runs many schemes for materials that wouldn't typically be recycled locally. This includes pens, toothbrushes, crisp and biscuit wrappers. Check the terracycle.co.uk directory to find your local drop off sites, or see our list of what St Nicks can collect in York at stnicks.org.uk



5 waste-busting tips

Avoid impulse purchases

Especially around holidays it might be tempting to buy a few extra things "just in case". How often do they end up in the back of a cupboard until you find them months later and throw them away unused?

Plan meals in advance

Make a shopping list and make sure your meal plan will use up all the produce you buy. That way you won't have any waste food. You'll also know what you've got in the cupboard so won't be buying items you don't need.

Choose reusables if you can

Keep your reusable bottle, coffee cup or bags with you when going out.

Say no!

Can you resist that freebie or bulk buy offer? You won't save money buying something you don't actually need.

Make do and mend

If there are no Repair Cafe events, find online courses and videos to learn how to mend broken items to make them last longer. When buying high value items such as washing machines or mobile phones, check how easy it is to find and replace components.



5 climate actions

Work out your carbon footprint

Energy use, transport and diet are likely to be the biggest factors. Pick one thing to start reducing and carry on.

Talk about climate change

Learn the facts and talk with your political representatives, as well as those close to you.

Support and connect

Find people and organisations working on the issues to address them as a community.

Make space for nature

You'll feel better for it, too.

Don't give up!

Acting on climate at home

One step and planet at a time

Climate change is but a symptom of how unsustainable humanity's impact on the Earth has become. We can all play our role in addressing it, be it directly or indirectly. Although most people would deny it, we do pay more attention to those around us than to scientists or other authorities. While that is a major problem in itself, it also means that we have a lot more power to change things than we often think. What you choose to do will affect your family, friends and colleagues so you can make a positive difference in a myriad of ways. You'll find plenty of benefits along the way too, be it getting healthier through active travel instead of driving, saving money or meeting new friends. Whatever you choose to do will count and the time is now.



Have a Housewarming Party!

Around a fifth of UK carbon emissions comes from heating poorly insulated homes. If you are DIY-minded and your home needs wrapping up, you could try hosting a "Housewarming Party". We facilitated one at our Outreach Officer's house in April 2019, under the expert guidance of Andy Walker of SURE Insulation. The concept is simple: rather than learning about insulation in a classroom, you invite like-minded people to learn together at a practical workshop in your house. It may be a bit nerve-wracking to start with but it's a great way to get help with making your house warmer and learn new skills. This party insulated under a suspended timber floor, an often forgotten source of great discomfort and heat loss due to draughts. Read more and see pictures of the finished floor at: <https://stnicks.org.uk/?p=14947>



Planning for the future



York Open Eco Homes: a retrofitted Victorian end terrace complete with a wildlife-friendly garden

100% renewable energy used to power the Centre and electric vehicles delivering a low carbon service

6,200+ miles covered by the recycling team on load-bearing trikes and electric vehicles, generating little air pollution

70+ people took part in York Open Eco Homes events

"In the week prior to the [Open Eco Homes] event we had decided to buy [and retrofit] a new house in York... Following the visits, we scrapped our plan...and are now actively looking for a building plot. Thank you for organising the event; **you've helped us reach what we believe to be the right decision.**"

Julia



Acting on climate



Zero carbon

The Environment Centre building was designed to be carbon neutral through sustainable design features, including renewable energy generation that should have provided for overall energy consumption. In 2000 it was a pioneer of its kind and has served us well as a base for a huge variety of projects and events aiming to engage York residents with environmental issues. Although our renewable installations have not quite met demand, reducing carbon emissions has always been on our agenda and we buy in 100% renewable energy to supplement our needs.

Increasingly running short on space due to the volume of activities, especially our Ecotherapy groups, we've spent this year consulting the Centre users – staff, volunteers, group participants and visitors – on the future of the building and the planned extension. Thanks to the funds raised through the Big Give campaign last year we were able to employ Native Architects to help us with the process and start drawing up plans. We chose the company for its expertise in using natural materials to create highly energy efficient and beautiful buildings. We were about to enter the next stage of the planning process when the pandemic hit. We hope to finalise the plans in 2020 and start raising the funds needed to make the Centre a great showcase of green building once again, as well as an even better place to work and visit.

In the meantime we've been working towards zero carbon in many other ways. As far as we know, we provide the only low carbon emission recycling collection service in the country. Starting with load-bearing tricycles in 2001 we now also have two electric vehicles, which covered around 6,200 miles this year. In our management of the nature reserve and other green spaces we've long favoured manual tools. Grasslands are usually cut with scythes, hedges laid with billhooks and trees coppiced with saws.



It's been heartening to see the rise of climate change awareness within the city as well as around the country this year, sparked by the school strikes and Extinction Rebellion. We may not condone all of the actions and would rather see school children learning about sustainable living instead of marching but their legitimate concerns about the future urgently need addressing. Climate emergency has been declared in many places, with City of York Council commendably aiming to become carbon neutral by 2030 while the UK aims for 2050, but not enough action has followed. This is why we've shown support at several of the strikes and provided a speaker at the Citizens Climate Assembly as well as the annual meeting of One Planet York, although we primarily focus on providing solutions and inspiring adoption of more sustainable lifestyles.

Around a third of all the UK's energy is used in homes, mostly on space heating, contributing almost 20% of all carbon emissions. To help raise awareness and inspire change, we held our fifth York Open Eco Homes. The event enables visitors from York and beyond to see living demonstrations of energy saving and other green living measures in several local homes. We were particularly pleased to see big interest in the guided cycle ride going round all the houses in a low impact and friendly way. We even had a small baby along, which may not have gained much from the explanation of the highly-efficient Passivhaus building principles but it's good to start learning young.

In conjunction with York Community Energy we facilitated a DIY Insulation or "Housewarming Party", whose participants learnt how to insulate a suspended timber floor. We also hosted a Draught-proofing Workshop as a smaller but very important step towards improved energy efficiency, home comfort and potential carbon savings.

We also took several City of York Council officers and others to visit the Climate Innovation District by Citu in Leeds – a highly inspiring example of integrating sustainability into housing. Our aim is to inspire as many people around York as possible to think about buildings, both new and existing, as an important way to reach zero carbon.



“The best school trip I’ve ever been on!”



Céilidh Dance, by L. Outing



Eco-Crafter Pam and volunteer Imogen with her beautiful contribution to the community felt banner.



Autumn Fayre - a family-friendly woodland trail with willow crafts, by L. Outing

Other community engagement

We engaged around 800 preschool and primary school children in environmental education activities through school assemblies and site visits. The highlight of the year was hosting more than seventy year 6 pupils from Carr Junior School in one day. The children got stuck in learning about climate change and waste issues in between planting wildflowers and immersing themselves in nature. One of the pupils even called it: “The best school trip I’ve ever been on!”

Through the year we also created many other opportunities for families to connect to nature - from planting wildflowers and meeting a bunny rabbit during our Easter Egg Hunt to learning about wildlife on a popular series of walks, as well as through our Nature Explorers and Adventurers sessions. More than 300 people attended our annual Autumn Fayre celebrating the nature reserve with apple juicing, nature crafts, local group stalls, cake and music. It marked the start of our community felt project, which will create two new beautiful wall hangings in the Centre, depicting all the best things about St Nicks. The Eco-Crafters Club members have been helping alongside their usual upcycled craft activities and fostering a friendly, supportive group atmosphere enabling anyone to join in regardless of their abilities.

We love engaging with people through our events, talks and guided tours. This year we also held a record number of 27 stalls speaking to new audiences at venues and events across the city but we’re particularly grateful to those attending our fundraising events. Our Summer Concert is always a treat for music lovers. This time we’d like to thank pianist Matthew Palmer and cellists Sarah Sigsworth, Catherine Strachan and Frances Jones, The Stonegate Singers choir directed by Jon Hughes, and Brinley Price for donating their skills to provide a wonderful evening at the Unitarian Chapel.

Throughout the year we were also busy increasing our online, social media presence to connect to wider audiences, beyond the city limits. As the Covid-19 pandemic hit towards the end of the financial year, these efforts paid off through increased levels of positive response to our content. A special thank you goes to Lewis Outing for taking many of our wonderful photos of the year.

Thank yous

In 2019-20 we gratefully received individual donations as well as grants or financial support from the following bodies:

Funders

- Betty’s Trees for Life Fund
- The Brelms Trust
- National Lottery Community Fund (Big Lottery Fund)
- European Social Fund
- Patsy Wood Trust
- Tees, Esk and Wear Valleys NHS Foundation Trust in partnership with Your Consortium
- Garfield Weston Foundation
- The Nineveh Charitable Trust
- Neighbourly
- Purey Cust Trust
- Micklegate, Fishergate and Heworth Wards
- Postcode Local Trust
- Growing Green Spaces
- Naturesave Trust
- Tesco Bags of Help

Businesses donating funds or other support

- TalkTalk
- York Museums Trust
- Waitrose & Partners
- Illingworths Insurance & Financial Services
- Persimmon Homes Building Futures
- York Gin
- York Beer and Cider Festival
- Food Circle York
- Melton’s Restaurant
- The Bishy Weigh
- Choc Affair
- White Rose Tango

Our work is only made possible thanks to the support we receive from our funders alongside the generosity of our fantastic volunteers, members and supporters. Thank you all!

Financial activities 2019-20

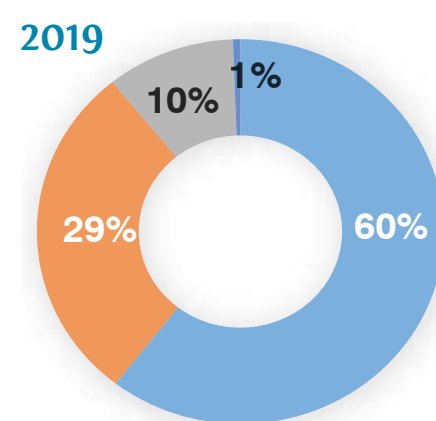
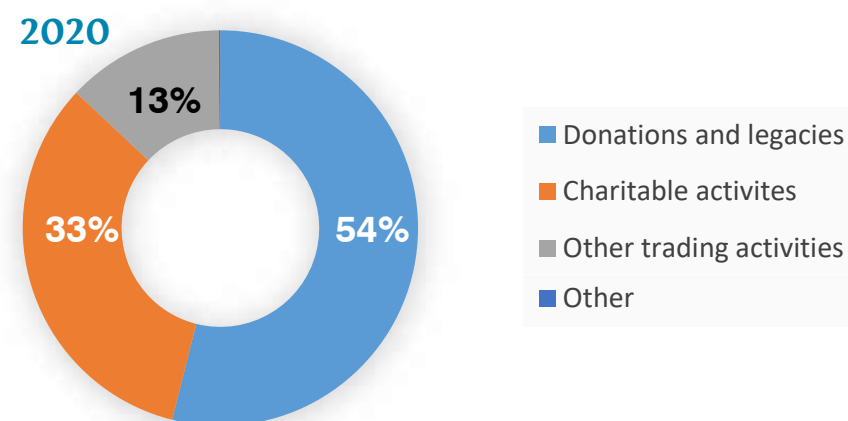
St Nicks changed its legal status to that of a Charitable Incorporated Organisation (CIO) on 1st April 2014 with a new registration number of 1153739. The charity existed prior to that, for a period of 17 years, registered with the Charity Commission under no. 1068909. Although not available on the Charity Commission website, prior year Trustee Report and Accounts are available for inspection should interested parties wish to do so by contacting us directly.

In 2019-20 St Nicks generated income of £337,536 against £366,310 in the previous year. Total expenditure for the year amounted to £336,865 (2018/19: £366,045), a decrease of £29,180 compared with the previous year. The net result of the charity for the year is small surplus of £671 (2018/19: £265).

As anticipated, the charity has maintained income above the 2017/18 level for the third year in a row. It is unknown at this stage, how the Coronavirus Pandemic will affect the charity's finances in 2020/21. However, we will work hard to ensure as financially stable position as possible for St Nicks in the coming year.

Statement of Financial Activities for the year ended: 31 March 2020

	Unrestricted funds	Restricted funds	Total 2020	Total 2019
	£	£	£	£
Income and endowments from:				
Donations and legacies	37,430	144,595	182,025	221,589
Charitable activities	14,012	97,627	111,639	105,032
Other trading activities	40,091	3,259	43,350	37,530
Investments	52	-	52	20
Other	470	-	470	2,139
Total income	92,055	245,481	337,536	366,310
Expenditure on:				
Raising funds	1,194	-	1,194	816
Charitable activities	92,644	243,027	335,671	365,229
Total expenditure	93,838	243,027	336,865	366,045
Net income/(expenditure)	(1,783)	2,454	671	265
Gross transfers between funds	-	-	-	-
Net movement in funds	(1,783)	2,454	671	265
Total funds brought forward	91,179	304,620	395,799	388,991
Total funds carried forward	89,396	307,074	396,470	389,256



Who we were during 2019-20

Trustees

Trevor Barlow (Chair)
 Adrian Lovett (Vice)
 Stuart Leslie (Treasurer)
 Judith Rigg (Secretary)
 Lars Kramm
 Jane Thurlow
 Rosamund Portus
 Nick Coad
 Sarah Middleton

Patrons

Anneliese Emmans Dean, local poet and performer promoting sustainability through creativity and learning through laughter, rhythm and rhyme

Kate Pickett, Professor of Epidemiology at the University of York and co-author of *The Spirit Level: Why Equality is Better for Everyone*

Chief Officer

Tom Waring

Other staff

Mark Claridge, Caretaker
 Graeme Dawson, Fundraising & Support Coordinator
 Jonathan Dent, Natural Habitats Manager
 Maria Gill, Volunteer Coordinator & Green Spaces Assistant
 David Hammond, Recycling Officer
 Charlotte Hanson, Recycling Officer
 Marc Hodgson, Recycling Officer
 Ivana Jakubková, Outreach Officer
 Hannah Kenter, Ecotherapy Assistant
 Eithne Phillips, Recycling Officer
 David Shepherd, Finance & Admin Officer
 Esther Smith, Projects Assistant
 Kathy Sturgess, Ecotherapy Project Manager
 Sam Taylor, Recycling & Waste Minimisation Manager
 Stuart Watling, Recycling Officer

Related parties

St Nicks works closely with a number of organisations including: City of York Council, Environment Agency, Yorkshire Dales Rivers Trust and the Dales to Vale Rivers Network, River Foss Society, North and East Yorkshire Ecological Data Centre, Stockholm Environment Institute/OPAL, Sustrans Greener Greenways, Yorkshire Mammal Group, Buglife, Converge and the Discovery Hub at York St John University, Blueberry Academy, York CVS, York Mind and TerraCycle.

The Trustees would like to take this opportunity to thank all those who work so hard to make St Nicks a success - the staff, volunteers and the many supporters and members of local communities who give their time and energy so freely, as well as to the many funding bodies who make it possible. Thank you!



Friends of St Nicholas Fields

(Charity Registration Number 1153739)

Trustees Annual Report & Financial Statements for the year ended

31st March 2020

outsourc

Charity accounts preparation & independent examination
service

Structure, governance and management

Type of governing document

Constitution

How the charity is constituted

Charitable Incorporated Organisation (CIO)

Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees

Appointed at the AGM or at any other time by members or the Charity trustees. Trustees are selected through external advertisement, application and interview process, as needed; appointments are formalised by members at the AGM.

Reference and administration details

Charity's full name

Friends of St Nicholas Fields

Other names the charity is known by

St Nicks

Charity's principal address

St Nicks Environment Centre
Rawdon Avenue, York YO10 3ST

Names of the trustees who manage the charity

Trustees & their background

Office (if any)

Trevor Barlow

Chair

IT Consultant

Adrian Lovett

Vice Chair

Retired NHS Manager

Stuart Leslie

Treasurer

Lloyds Bank Relationship Director

Judith Rigg

Secretary

Retired head teacher

Lars Kramm

Senior Project Officer

Mark Bates

Business development manager

Jane Thurlow

Retired senior manager in the NHS

Rosamund Portus

Nick Coad

Sarah Middleton

Names of trustees holding title to property belonging to the charity

None

Funds held as custodian trustees on behalf of others

None

Name of chief executive or names of senior staff

Tom Waring

Names and addresses of advisers

Type of adviser	Independent Examiner
Name	Karen Wood ACMA
Address	Outsource Accounting Services & Independent Examinations Hiscox Building, Peasholme Green, York YO1 7PR

Risk management

The Trustees and Chief Officer review and analyse the risks facing the organisation on a regular basis, ensuring that systems are in place to mitigate risks identified. This was last undertaken during March 2020.

Charities continue to be under close scrutiny and to ensure our continued transparency we are committed to improving our high standards of governance, policies and procedural systems in line with best practice.

Competition is intense and increasing for individual and corporate fundraising, for grant support from grant making bodies and for a shrinking public ‘pot’. To bolster our position, we will continue to deliver our charitable works to the highest standard practicable, seek innovative ways of fundraising, increase publicity, and extend our collaborative working with others, to deliver mutual benefits.

Related parties

St Nicks works closely with a number of organisations including: City of York Council, Environment Agency, Yorkshire Dales Rivers Trust and the Dales to Vale Rivers Network, River Foss Society, North and East Yorkshire Ecological data Centre, Stockholm Environment Institute/OPAL, Sustrans Greener Greenways, Yorkshire Mammal Group, Buglife, Converge and the Discovery Hub at York St John University, Blueberry Academy, York CVS, York Mind and TerraCycle.

The Trustees would like to take this opportunity to thank all those who work so hard to make St Nicks a success - the staff, volunteers and the many supporters and members of local communities who give their time and energy so freely, as well as to the many funding bodies who make it possible. Thank you!

Organisational Development

St Nicks continues to gain recognition at a local and national level. Inside the organisation, we have been developing the way we work together so that we can make even more of a difference. We have been working on improving our monitoring and evaluation, trading income, fundraising activities, and staff development. While we are only part of the way through this process, we have already taken several steps to making positive changes, including training, consultations, strategy discussions and systems reviews.

Financial review

Review of the charity’s financial position at the end of the period

St Nicks generated income of £337,536 against £366,310 in the previous year. Total expenditure for the year amounted to £336,865 (2018/19: £366,045), a decrease of £29,180 compared with the previous year. The net result of the charity for the year is small surplus of £671 (2018/19: £265).

As anticipated, the charity has maintained income above the 2017/18 level for the third year in a row. It is unknown at this stage, how the Coronavirus Pandemic will affect the charity’s finances in 2020/21. However, we will work hard to ensure as finically stable position as possible for St Nicks in the coming year.

Statement explaining the policy for holding reserves stating why they are held

It is the policy of the CIO to maintain unrestricted funds, which are free reserves, and ring-fenced departmental reserves. Free reserves are held to enable orderly organisational closure, in such an eventuality, providing sufficient funds to cover management, employee redundancy, and orderly wind down of services to reduce a sudden and adverse impact upon service users, as well as the ability to meet all contractual obligations of the CIO, over a period of 3 to 6 months. The free reserves target is therefore expressed as a range. Unrestricted funds were maintained at or below this level throughout the year.

St Nicks’ reserves policy continues to apply a risk based approach to its general and ring fenced reserves. This is reviewed, at least annually, and monitored by the Chief Officer and Trustees bi-monthly.

Amount of reserves held

£396,470 of which £302,299 relates to the Environment Centre building.

Reasons for holding zero reserves

Not applicable

Funds materially in deficit

None

Explanation of any uncertainties about the charity continuing as a going concern

There are no concerns about the charity continuing as a going concern.

Further financial review details

St Nicks changed its legal status to that of a Charitable Incorporated Organisation (CIO) on 1st April 2014 with a new registration number of 1153739. The charity existed prior to that, for a period of 17 years, registered with the Charity Commission under No. 1068909. Although not available on the Charity Commission website, prior year Trustee Report and Accounts are available for inspection should interested parties wish to do so by contacting us directly.

Declaration

The trustees consider that they have complied with their duties to have due regard to the public benefit guidance published by the Charity Commission.

The trustees declare that they have approved the Trustees Annual Report and Accounts.

Signed on behalf of the charity’s trustees:



Trevor Barlow, Chair

Date: 06/10/2020

Independent examiner's report on the accounts

I report on the accounts of: Friends of St Nicholas Fields
for the year ended 31st March 2020 which are set out on pages 31-45

Responsibilities and basis of report

As the charity trustees of the Trust 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 Charity'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

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Chartered Institute of Management Accountants, which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records
3. the accounts do 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.

K Wood

Karen Wood (ACMA) (CGMA)

Date: 08/09/2020

Outsource independent examination service

The Hiscox Building

York YO1 7PR

Peasholme Green

Statement of financial activities

Friends of St Nicholas Fields
(Charity Registration Number 1153739)

Statement of Financial Activities for the year ended: 31 March 2020

	Note	Unrestricted funds	Restricted funds	Total 2020	Total 2019
		£	£	£	£
Income and endowments from:					
Donations and legacies	3.1	37,430	144,595	182,025	221,589
Charitable activities	3.2	14,012	97,627	111,639	105,032
Other trading activities	3.3	40,091	3,259	43,350	37,530
Investments	3.4	52	-	52	20
Other	3.5	470	-	470	2,139
Total income	3	92,055	245,481	337,536	366,310
Expenditure on:					
Raising funds	4.1	1,194	-	1,194	816
Charitable activities	4.2	92,644	243,027	335,671	365,229
Total expenditure	4	93,838	243,027	336,865	366,045
Net income/(expenditure)		(1,783)	2,454	671	265
Gross transfers between funds					
		-	-	-	-
Net movement in funds		(1,783)	2,454	671	265
Total funds brought forward		91,179	304,620	395,799	388,991
Total funds carried forward		89,396	307,074	396,470	389,256

Balance sheet

Friends of St Nicholas Fields (Charity Registration Number 1153739)

Balance Sheet as at: 31st March 2020

	Note	2020 £	2019 £
Fixed assets			
Tangible assets	7	331,572	335,397
Total fixed assets		331,572	335,397
Current assets			
Cash at bank and in hand	8	135,249	126,424
Debtors & prepayments	9	37,048	34,091
Stock		1,224	1,683
Total current assets		173,521	162,198
Current liabilities: amounts falling due within one year			
Creditors and accruals	10	(108,623)	(101,796)
Net current assets		64,898	60,402
Net Assets		396,470	395,799
Funds of the Charity	11		
Unrestricted Funds (General)		89,396	91,179
Restricted Funds		307,074	304,620
Total Funds Carried Forward	11	396,470	395,799

The financial statements were approved by the trustees on: 06/10/2020

And signed on their behalf by:



Trevor Barlow, Chair

Statement of cash flows

Friends of St Nicholas Fields

Statement of Cash Flows for the year ended: 31st March 2020

	Total 2020 £	Total 2019 £
Cash flows from operating activities		
Net income/(expenditure) for the year	671	265
Add: Depreciation for the year	3,825	3,011
Working capital changes		
(Increase)/decrease in stock	459	287
(Increase)/decrease in debtors	(2,957)	15,168
Increase/(decrease) in creditors	6,827	42,209
Net cash provided by/(used in) operating activities	8,825	60,940
Cash flows from investing activities		
Purchase of fixed assets	-	10,300
Disposal of fixed assets	-	8,182
	0	2,118
Change in cash and cash equivalents in the year	8,825	58,822
Cash and cash equivalents at 1 April 2019	126,424	67,602
Cash and cash equivalents at 31 March 2020	135,249	126,424

Notes to the accounts

Friends of St Nicholas Fields
(Charity Registration Number 1153739)

Notes to the accounts for the year ended:

31st March 2020

1 Basis of preparation

1.1 Basis of accounting

The financial statements are prepared under the historical cost convention and the 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 (Charities SORP (FRS 102)).

1.2 Change of basis of accounting

There has been no change to the accounting policies (valuation rules and methods of accounting) since last year.

1.3 Change to previous accounts

No changes have been made to accounts for previous years.

2 Accounting policies

Income and endowments

Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- receipt of the resources is probable; and
- the monetary value can be measured with sufficient reliability.

Incoming resources with related expenditure

Where incoming resources have related expenditure, the incoming resources and related expenditure are reported gross in the SoFA.

Grants and donations

Grants and donations are only included in the SoFA when the charity has evidence of entitlement to the resources and receipt is probable.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment income

This is included in the accounts when receivable.

Expenditure and Liabilities

Expenditure

Raising funds

Cost of raising funds comprise those costs associated with attracting voluntary income.

Charitable activities

Charitable activities expenditure comprises those costs incurred by the charity in the delivery of its activities and services. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Assets

Tangible fixed assets for use by the charity

These are capitalised if they can be used for more than one year and cost at least £2000. They are valued at cost or, if gifted, at the value to the charity on receipt, less depreciation.

Depreciation is provided at rates to write off the costs less estimated residual value of each asset over its expected useful life as follows:

Office equipment	25%	straight line basis
Project equipment	25%	straight line basis
Computer equipment	33.33%	straight line basis
Adventure playground equipment	25%	straight line basis

Environment Centre

The value of the Environment Centre building is stated at cost and no provision is made to write off that cost as the trustees feel there has been no depreciation in value of the asset to date.

Fund accounting

Unrestricted funds are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are funds which can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor.

Notes to the accounts for the year ended:

31 March 2020

3 Income and endowments

	2020		2019	
	Unrestricted funds	Restricted funds	Unrestricted funds	Restricted funds
	£	£	£	£
3.1 Donations and legacies				
Donations	12,697	48	9,654	1,300
Gift Aid	1,725	-	56	-
Grants:				
CYC - Local Nature Reserve SLA	23,008	-	26,691	-
English Woodland Project	-	-	-	2,124
Brelms Trust	-	1,000	-	2,000
Action towards inclusion	-	10,292	-	10,400
TEWV	-	3,755	-	5,829
Heritage Lottery	-	-	-	35,046
CYC Mind	-	-	-	4,525
Patsy Wood Trust	-	12,500	-	20,000
Youth Social Action Fund	-	-	-	2,430
Postcode Local Trust	-	-	-	8,333
Jack Brunton Trust 2	-	-	-	1,000
Big Lottery	-	56,171	-	47,898
Hemplands	-	-	-	2,000
Urban Becks	-	11,690	-	12,500
Purey Cust	-	1,242	-	1,758
Forgotten Corners	-	-	-	6,200
Garfield Weston	-	15,000	-	5,000
CYC - Fishergate Ward	-	2,235	-	1,000
Building Capabilities	-	839	-	3,696
Playspace	-	-	-	1,895
Grasslands Survey	-	641	-	559
Ninevah	-	2,500	-	2,083
LNP	-	-	-	3,561

Pollinarium	-	-	-	2,500
CYC - Heworth Ward	-	843	-	671
CYC - Micklegate Ward	-	600	-	880
Awards for All	-	9,845	-	-
Bettys - Trees for Life	-	3,260	-	-
Neighbourly	-	800	-	-
HLF Monitoring Pack	-	3,080	-	-
Postcode - Local Rivers	-	6,813	-	-
Art Gallery	-	510	-	-
Tang Hall Big Local	-	350	-	-
Persimmon	-	581	-	-
	37,430	144,595	36,401	185,188
		182,025		221,589

3.2 Charitable activities

Recycling scheme

	14,012	97,627	111,639	93,751
	14,012	97,627	111,639	93,751
				105,032

3.3 Other trading activities

Educational, lettings & rentals
Membership fees
Educational events
General sales

	911	-	911	1,415
	1,239	-	1,239	1,499
	6,289	366	3,827	664
	31,652	3,625	29,491	30,125
	40,091	3,259	35,232	2,298
				37,530

3.4 Investments

Bank interest

	52	-	52	20
	52	-	52	20

3.5 Other

Other sundry income

	470	-	470	2,139
	470	-	470	2,139

Total income

	92,055	245,481	85,073	281,237
				366,310

4 Expenditure

	Unrestricted funds £	Restricted funds £	Total 2019 £	Unrestricted funds	Restricted funds	Total 2018 £
4.1 Raising funds						
Marketing & publicity costs	1,194	-	1,194	816	-	-
Purchases for resale	1,194	-	1,194	816	-	816
4.2 Charitable activities						
Salaries	67,045	198,170	265,215	53,206	199,186	252,392
Staff training & other costs	1,041	1,960	3,001	523	8,672	9,195
Volunteer training & other costs	772	797	1,569	1,343	857	2,200
Rent & rates	338	2,257	2,595	332	928	1,260
Utilities	631	1,100	1,731	634	1,113	1,747
Cleaning, repairs & renewals	519	3,939	4,458	1,456	10,522	11,978
Health and safety & security	744	1,220	1,964	1,206	1,119	2,325
Telephone	326	657	983	266	568	834
Postage & stationery	136	451	587	163	414	577
Insurance	2,612	5,222	7,834	2,276	5,264	7,540
Memberships & subscriptions	209	498	707	308	1,133	1,441
Professional fees	10,186	14,600	24,786	570	18,364	18,934
Resources & equipment	2,269	2,443	4,712	2,607	22,670	25,277
Marketing & Publicity	486	325	811	1,252	1,040	2,292
Event costs	1,405	637	2,042	1,675	1,256	2,931
Other project costs	1,343	4,040	5,383	869	16,768	17,637
Independent examiner's fee	720	-	720	720	-	720
Bank charges	209	284	493	110	89	199
Other sundry costs	765	1,404	2,169	745	1,578	2,323
Bad debts provision	86	-	86	416	-	416
Depreciation	802	3,023	3,825	163	2,848	3,011
	92,644	243,027	335,671	70,840	294,389	365,229
Total expenditure	93,838	243,027	336,865	71,656	294,389	366,045

5 Expenses & fees

No trustees received a remuneration for services rendered during the year, nor were any trustees' out of pocket expenses reimbursed.

5.1 Fees for examination of the accounts

	2020 £	2019 £
Independent Examiner's fees for reporting on the accounts	720	720

6 Staff costs and emoluments

6.1 Staff costs

	2020 £	2019 £
Gross salaries	247,336	236,805
Employers National Insurance	13,392	12,737
Pension contributions	4,487	2,850
	265,215	252,392

6.2 Average number of full time equivalent employees by department

	2020	2019
Fundraising	1.8	1.8
Charitable activities	7.0	7.0
Governance	0.5	0.3
Other	1.4	1.4
Total	10.7	10.5

No employee received remuneration in excess of £60,000 (2019:Nil)

7 Fixed assets

2020	Leasehold Environment £	Office equipment £	General equipment £	Computer equipment £	Total £
7.1 Cost or valuation					
Balance b/fwd	324,111	8,863	63,820	6,823	403,617
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
Balance c/fwd	324,111	8,863	63,820	6,823	403,617
Depreciation					
Balance b/fwd	-	8,863	52,534	6,823	68,220
Charge for year	-	-	3,825	-	3,825
Disposals	-	-	-	-	-
Balance c/fwd	-	8,863	56,359	6,823	72,045
Net book value					
31 March 2020	324,111	-	7,461	-	331,572

2019	Leasehold Environment £	Office equipment £	General equipment £	Computer equipment £	Total £
Cost or valuation					
Balance b/fwd	324,111	8,863	61,702	6,823	401,499
Additions	-	-	10,300	-	10,300
Disposals	-	-	(8,182)	-	(8,182)
Balance c/fwd	324,111	8,863	63,820	6,823	403,617
Depreciation					
Balance b/fwd	-	8,863	49,523	6,823	65,209
Charge for year	-	-	3,181	-	3,181
Disposals	-	-	(170)	-	(170)
Balance c/fwd	-	8,863	52,534	6,823	68,220
Net book value					
31 March 2019	324,111	-	11,286	-	335,397

	2020 £	2019 £
8 Cash at bank and in hand		
Current bank account	16,078	50,435
CAF Cash account	68,210	54,592
CAF Gold account	50,073	20,021
Cashplus business debit card	277	235
PayPal account	527	125
Petty Cash	50	200
Other cash in hand	34	816
	135,249	126,424

9 Debtors and prepayments

	2020 £	2019 £
Debtors and prepayments		
Trade debtors	24,934	24,999
Other debtors	4,813	4,104
Bad debt provision		(416)
Prepayments and accrued income	7,301	5,404
Total	37,048	34,091

10 Creditors and accruals

	2020 £	2019 £
Amounts falling due within one year		
Trade creditors	2,352	11,470
Accruals and deferred income	95,863	82,872
Tax and social security	10,408	7,454
Total	108,623	101,796

11 Movement of funds

11.1 Movement of major funds

2020 Fund name	Balance b/fwd	Incoming resources	Outgoing resources	Transfers	Balance c/fwd
Unrestricted funds (General)					
General unrestricted funds	91,179	92,055	93,838	-	89,396
	91,179	92,055	93,838	-	89,396
Restricted funds					
Environment Centre	302,299	-	-	-	302,299
Recycling Scheme	-	100,810	94,253	-	6,557
York Open Eco Home	961	99	1,060	-	-
Brelms Trust	-	1,000	1,000	-	-
Building Fund	203	24	1,100	-	(873)
Action towards inclusion	-	10,291	12,120	-	(1,829)
Patsy Wood Trust	-	12,500	12,500	-	-
York Urban Becks	-	11,690	11,690	-	-
Grassland Survey	-	641	641	-	-
Building Capabilities	1,073	839	1,912	-	-
Ninevah	-	2,500	2,481	-	19
Big Lottery Fund 2	-	56,171	56,171	-	-
TEWV 2	-	2,803	1,416	-	1,387
Purey Cust Nordik Walking	-	1,242	1,242	-	-
Garfield Weston Foundation	-	15,000	15,000	-	-
Pollinarium	84	-	-	-	84
CYC Heworth Ward	-	844	844	-	-
CYC Micklegate Ward	-	600	600	-	-
CYC Fishergate Ward	-	2,235	2,235	-	-
Art Gallery	-	510	510	-	-
Awards For All	-	9,845	9,845	-	-
Neighbourly	-	800	800	-	-
Bettys - Trees for Life	-	3,261	3,261	-	-
Postcode - Local Rivers	-	6,813	6,813	-	-
HLF Grassland Monitoring	-	3,080	3,080	-	-
TEWV 3	-	952	952	-	-
Persimmon	-	581	581	-	-
Tang Hall Big Local - Nordik Walking	-	350	350	-	-
Naturesave Trust(Goupilopolis)	-	-	570	-	(570)
	304,620	245,481	243,027	-	307,074
Total Funds	395,799	337,536	336,865	-	396,470

Fund in deficit

Building Fund - Architects charges for extension of the building. Funds for this yet to be raised.

Action Towards Inclusion - Claimed in arrears. This amount was received in April 2020

Naturesave Trust (Goupilopolis) - Deposit on electric vehicle garage to secure price. Funds to follow.

2019 Fund name	Balance b/fwd	Incoming resources	Outgoing resources	Transfers	Balance c/fwd
Unrestricted funds (General)					
General unrestricted funds	77,341	85,073	71,656	421	91,179
	77,341	85,073	71,656	421	91,179
Restricted funds					
Environment Centre	302,299	-	-	-	302,299
Recycling Scheme	8,098	93,751	101,849	-	-
Grounds extension fund	2,475	-	2,475	-	-
SNEC	1,948	-	-	(1,948)	-
English Woodland project	(2,124)	2,124	-	-	-
York Open Eco Home	-	1,298	337	-	961
Brelms Trust	1,700	2,000	3,700	-	-
Building Fund	377	1,300	1,474	-	203
Action towards inclusion	3,082	10,400	13,576	94	-
Heritage Lottery	285	35,046	35,331	-	-
CYC Mind	(203)	4,525	4,322	-	-
Hungate Community Fund	159	1,000	1,159	-	-
Patsy Wood Trust	-	20,000	20,000	-	-
Youth Social Action Fund	(70)	2,430	2,360	-	-
TCV our wonderful wildlife	871	-	871	-	-
Postcode Local Trust	(704)	8,333	7,629	-	-
Jack Brunton Trust 2	-	1,000	1,000	-	-
Hempland	-	2,000	2,030	30	-
York Urban Becks	-	12,500	12,500	-	-
Grassland Survey	-	559	559	-	-
Building Capabilities	-	3,696	2,623	-	1,073
Nineveh	-	2,083	2,083	-	-
Big Lottery Fund 2	-	47,898	47,898	-	-
TEWV 2	-	5,829	7,216	1,387	-
Purey Cust Nordik Walking	-	1,758	1,758	-	-
Garfield Weston	-	5,000	5,000	-	-
LNP - Foss Monitoring	-	3,561	3,577	16	-
Playspace - Nature Explorers	-	1,895	1,895	-	-
Polinarium	-	2,500	2,416	-	84
Forgotten Corners	-	6,200	6,200	-	-
CYC Heworth Ward	-	671	671	-	-
CYC Micklegate Ward	-	880	880	-	-
CYC Fishergate Ward	-	1,000	1,000	-	-
	318,193	281,237	294,389	(421)	304,620
Total Funds	395,534	366,310	366,045	-	395,799

11.2 Details of Funds Held

Unrestricted Funds (General)

The General fund is unrestricted and available for the general purposes of the Organisation.

Restricted Funds

The restricted funds are only available for the purposes specified for each fund, which are:

Environment Centre

A fund used towards building of the centre to provide environmental educational facilities.

Recycling Scheme

Contracts to carry out kerbside recycling service, business waste recycling collections & events recycling

York Open Eco Home

Brelms Trust

To help fund the National Habitats Manager leading volunteers in conservation

Building Fund

Specific donations to help with repairs to the Environment Centre Building

Action towards inclusion

Building Better Opportunities - working with those furthest from employment to build skills and experience in the conservation sector.

Patsy Wood Trust

Contribution to our core costs (for a 3 year period)

York Urban Becks

City of York Council funds to undertake ecological surveys of Hull Road park and the wider Osbaldwick beck.

Grassland Survey

Small grant to test & launch an urban grassland quality survey pack.

Building Capabilities

To support improving the organisation's skills & knowledge.

Ninevah

To encourage local community engagement along York becks.

Big Lottery Fund 2

Follow on funding for our Ecotherapy project working with those recovering from mental ill-health.

TEWV 2

To provide ecotherapy in a residential and an acute in-patient unit.

Purey Cust Nordik Walking

To provide Nordic Walking as part of our ecotherapy programme.

Garfield Weston Foundation

Contribution towards core costs.

Pollinarium

Act as custodian of the pollinarium plant pavillion along with summer programme at York Museums Trust Artist Garden (2018)

CYC Heworth Ward

A range of engagement sessions at Heworth Holme and purchase of secure tool store to help sustainability of the project.

CYC Micklegate Ward

To increase community involvement in Scarcroft Orchard.

CYC Fishergate Ward

A range of engagement sessions at Millennium Fields and purchase of secure tool store to help sustainability of the project.

Art Gallery

To provide ecotherapy sessions as part of the Ruskin Turner exhibition.

Awards For All

To support our Volunteer programme.

Neighbourly

To support community beck clear up sessions.

Bettys - Trees for Life

To increase the understorey and community involvement in St Nick's woodland.

Postcode - Local Rivers

To encourage local community engagement along York becks.

HLF Grassland Monitoring

Small grant to test & launch an urban grassland quality survey pack.

TEWV 3

To provide ecotherapy in a residential and an acute in-patient unit.

Persimmon

To support our education programme development.

Tang Hall Big Local - Nordik Walking

To provide Nordik walking sessions as part of our ecotherapy programme.

Naturesave Trust(Goupilopolis)

Contributionn towards additional outside storage for vehicles & tools.

12 Net assets between funds

Balances at 31st March 2020

Fixed assets
Current assets
Current liabilities

Unrestricted Funds	Restricted Funds	Total 2020
£	£	£
29,273	302,299	331,572
168,746	4,775	173,521
(108,623)	-	(108,623)
89,396	307,074	396,470

Balances at 31st March 2019

Fixed assets
Current assets
Current liabilities

Unrestricted Funds	Restricted Funds	Total 2019
£	£	£
33,098	302,299	335,397
159,877	2,321	162,198
(101,796)	-	(101,796)
91,179	304,620	395,799



Photo by Lewis Outing



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