FOREST FARM PEACE GARDEN

Company Limited by Guarantee No: 05846731 Registered Charity No: 1123031

ACCOUNTS FOR THE YEAR ENDED 30 JUNE 2022

Fredericks Limited Chartered Accountants 106 Charter Avenue Ilford, Essex IG2 7AD

FOREST FARM PEACE GARDEN

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FOREST FARM PEACE GARDEN

Directors' Report (incorporating the Trustees' Annual Report) for the Year Ended 30 June 2022

The trustees, who are also directors of the charity for the purposes of the Companies Act, submit their annual report and the financial statements for the year ended 30 June 2021.

Full name

Forest Farm Peace Garden

Registered charity number

1123031

Registered company number

05846731

Registered address - Former

98-100 Ilford Lane,

Ilford, Essex IG1 2LD

Current

2nd Floor, Ilford Chambers

11 Chapel Road Ilford, Essex IG1 2DR

Directors (Trustees)

Aaron Edgeley - Chair
Jacqueline Hearn
Thomas Blackburn
Nigel Meyer
Pam Decho
Majuran Santhakumar
Kok-Yau Khong appointed 10th May 2021
Shabana Fardous — appointed 9th June 2022

Governing document

The charity is operated under the rules of its memorandum and articles of association dated 14 June 2006 and most recently amended 7 November 2007. It is a company limited by guarantee and therefore has no share capital.

Overall management of the charity is the responsibility of the directors (trustees) who are elected and co-opted under the terms of the memorandum and articles of association. Day to day project activity is managed and carried out by volunteers and paid staff.

Public benefit

In shaping our objectives for the year and planning our activities the trustees have considered the Charity Commission Guidance on public benefit.

Bankers

CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4TA

Independent examiner

S.G. Duker FCA Fredericks Limited Chartered Accountants 106 Charter Avenue Ilford, Essex IG2 7AD

Exemptions

The directors (trustees) have taken advantage of the exemptions available to small companies, including the audit exemption (see statement on balance sheet).

About the charity

Forest Farm Peace Garden is dedicated to promoting health and wellbeing, environmental sustainability and building community through activities in nature at our therapeutic garden. Our main objectives, as set out in the Governing Document, are:

- 1) To preserve and protect the mental and physical health of the wider community and in particular those experiencing mental health support needs and refugees and asylum seekers, through the provision of organic gardening opportunities, conservation based activities, education and one to one support.
- 2) To preserve, protect, and improve the natural environment; in particular through organic gardening, permaculture, conservation, and other ecologically sound practices.
- 3) To foster a genuinely diverse and integrated community through the elimination of discrimination on the grounds of race, ethnic origin, gender, age, disability, sexual orientation or religion by promoting activities to foster understanding between people from diverse backgrounds.

Achievements for the year

The charity continued to provide a quality therapeutic intervention to support mental health recovery as we emerged from the covid-pandemic disruptions. We have run twice weekly ecotherapy garden days and a weekly general garden maintenance day throughout this period, as well as a range of engaging workshops and events for the community.

Ecotherapy Programme

Our ecotherapy programme supports mental health recovery for people experiencing depression, anxiety, isolation and recovery from mental illness or long-term physical illness. Over this reporting period we supported a total of 45 participants on the ecotherapy programme. We received 61 referrals via NHS mental health services, voluntary and social care organisations. A total of 25 new participants joined the programme, and eight completed their full one year placement. A further five left the programme or their placement was put on hold due to ill health. A further six left the programme due to finding employment, moving away or being unable to commit. From our 2021 end of year monitoring around 28% of referrals came from North East London Foundation Trust (NELFT-NHS), 30% from voluntary mental health organisations, 20% from primary care (GPs or social prescribing), 13% from other borough health services and 8% from independent care organisations or private practice.

Our existing team of 17 buddy volunteers continued to be actively involved providing ongoing support in the garden for our ecotherapy programme. We expanded the buddy team during this period, recruiting a further 18 new buddy volunteers. We ran buddy training in July 2021 for 8 people, 2 of whom were former supported volunteers that had completed their ecotherapy placement. And further training in May 2022 for 10 new buddies, 3 of whom were former supported volunteers.

Evaluation

Our 2021 end of year evaluation involved conducting focus groups with ecotherapy participants and buddy volunteers, a health and wellbeing survey, case study interviews and monitoring data. The results from the health and wellbeing survey for ecotherapy participants indicated that:

- o 80% reported that they are experiencing less stress and that their mood had improved
- o 60% said they felt less anxious
- o 53% said they are able to cope better with difficulties or manage in a crisis
- o 80% said they feel less isolated than they did before
- o 73% said they felt physically fitter
- o 60 % said they are socialising more and meeting new people
- o 60% said they were more able to form positive relationships
- o 73% said that their confidence and self-esteem has improved
- o 66% reported being better able to communicate with others and work together in a group
- o 80% reported eating a more healthy diet eg fresh fruits, vegetables, salads
- o 47% said they were able to take up new opportunities such as volunteering, employment, training, community activities etc
- o 100% reported learning new skills and knowledge
- o 80% appreciated being in nature more and spending more time outdoors

Some quotes from people who have benefited from our ecotherapy programme are:

"I can take more things under stress and do things without feeling agitated or pressured. It feels like ironing out my problems and not getting too panicked about them."

"I've noticed absolutely huge changes, I really ache to come."

"I like the fact that it's a shared space so whatever is being done you can get involved and it makes it all very welcoming and the desire to be here greater."

"It's good to keep the limbs and body moving to keep developing our skills as our bodies were made to keep moving."

"I feel it is a safe space and I sleep better."

"I am inspired to try new things by watching others."

"It feels like you're home - I notice it whenever I come in the gates,"

Events and workshops

This year we ran a range of educational, culinary, creative and wellbeing workshops or talks at our garden sessions or community events, including botanic-dye making, forest gardening, winter and summer fruit-tree pruning, seeds needs, tool-care, Indian cooking, food fermentation, wild food foraging, bee-keeping, medicinal herbs, children's recycled crafts, pond ecology, weaving and wreath-making, introduction to permaculture, yoga nidra and mindfulness in nature. We ran three successful and well attended weekend community activity days in autumn 2021 with a guest speaker talk and project activities to develop an area of our garden. This included a pond ecology talk and landscaping around the wildlife ponds, forest garden talk, botanic-dye workshop and maintenance and planting in the forest garden. We ran some further spring open days to work on our garden beds. In May our volunteers and buddies went on a group outing to Kew Gardens as part of the free community open week.

We were able to host our popular World Music Day summer community event again in June attracting over 250 visitors, many of whom had come to the garden for the first time. We provided live music entertainment from local artists, a range of interactive activities and raised money for the charity through plant sales, stalls, tea and cake and donations.

Garden and site development

We continued to improve the herbal tea beds and maintain our large fruit orchard and grew a range of vegetable and salad crops in our annual beds and polytunnel. Unfortunately, we experienced some bad storm damage in February to our top polytunnel so had less covered space for growing this year. We continued to offer individual food growing strips for people to learn about growing a range of different vegetables and tending their own plot. A new group from Links Support for adults with a learning disability took on a new project on three food growing strips on a disused area of the site. The garden had great help from our Monday maintenance volunteers to keep the site well cared for and looking good. We worked on ongoing repairs and site improvements throughout the year.

With funding from the Clothworkers Foundation we employed a carpenter to install the new pond walkway and decking. This was all made from UK-sourced timber and volunteers helped out with installing the bridge foundations and other carpentry work. Our staff and volunteer team also worked hard at laying a gravel pathway and beach area around the pond.

We harvested some honey from our one bee-hive in late summer but lost the bee colony over the winter. Our local beekeeper, Graeme, has since populated our hives with two new colonies in June so we hope to be able to harvest more honey later this year.

Organisational development

The charity commenced an organisational strengths review with a consultant from the Foundation for Social Improvement in June to look at our strengths, strategic vision and areas for improvements going forward.

Partnerships

We continued to build upon local partnerships and develop new links with organisations that refer people to our ecotherapy service. As well as our regular referrals from NELFT we engaged with other organisations including GamCare, Single Homeless Project, Social Prescribing, RAMFEL, Salvation Army, Imagine Independence, Richmond Fellowship, Maximus UK, Victim Support, Coping Through Football, Hestia Charity, GamCare and independent care organisations. We held an open day for referring organisations in May and held several visits to the garden for partners and referrers, as well as giving presentations in the borough.

We established a new partnership with Links Support based in Hainault who provide day care services for adults with autism. A group of staff and service users have been coming to the garden weekly since May to work on their own food growing area on a disused part of our site. We welcomed back a new group of refugees and asylum seekers from NELFT Refugee Psychology Service who are taking part in our ecotherapy sessions each week. Inclusive Communities, a local charity that enables adults with a learning disability to be active in the community, continued to attend the garden twice a week

The one year Certificate in Community Orcharding training run by The Orchard Project at our garden came to an end and several of our volunteers and staff graduated from the course. We were pleased to welcome back Permablitz London in the autumn who ran another community volunteer day after a long break due to the pandemic. We also received a visit from the Social and Therapeutic Horticulture charity Thrive, who wrote up a case study about our project, as well as receiving student visitors from the Thrive diploma course.

We took part in the Hainault and Fairlop Community Hub Belonging Project in partnership with Redbridge Council. We audio-recorded some oral histories of people's stories from the garden for a showcase launch event in June.

Communications

We maintained regular posts on our social media Facebook page, which has around 1660 followers and 1571 page likes and sent monthly e-newsletters to over 1000 subscribers. We also undertook a filming project with some film studies students to make a new documentary about what we do. We produced a new flier about our service and activities and attended various outreach events.

Funding

We commenced a new three-year grant from City Bridge Trust in January 2022 totalling £85,000. We commenced the final year of a three-year grant from Henry Smith Charity in February 2022. We received a new grant of £3,500 from D'Oyly Carte Charitable Trust in April 2022. We completed grant funding from the Assura Foundation of £5000, Postcode Local Trust of £20,000 and The Community Fund: Awards For All of £10,000. We completed a one year grant from Garfield Weston of £12,000 towards salary costs. We commenced a new capital costs grant from the Clothworkers Foundation to fund the pond walkway and accessible pathways project. We received a monthly income from the Redbridge Local Lottery generating £648 over the year through ticket sales. We raised £1,252 from our summer event and received another £2,111 in donations, £130 from sales of our honey and £500 for an insurance claim.

Staff and trustee team

There were some changes to the staff team during this year. Daniel Strangleman and Leon Quinlan were appointed as Sessional Gardeners in July 2021, Hari Byles (Head Gardener) left in February 2022 and Kate Allardyce (Project Manager) left at the end of June 2022. Mirjam Johansson continued in the role of Ecotherapy Worker. In June 2022 we appointed a new treasurer to the trustee board, Shabana Fardous.

Risk

Securing long-term funding and financial sustainability is an ongoing risk facing the charity. Grant applications for longer term funding and smaller short-term funding applications are made throughout the year. We continue to maintain good relationships with past and existing funders and produce progress reports on our outcomes and achievements. We have set the ambition to build upon our unrestricted funding reserves through more community events and fundraisers and developing more corporate activity days.

Financial performance

The charity received income of £78,840 (2021: £75,120) of which £74,200 (2021: £71,000) was restricted income grants from charitable trusts and foundations. Expenditure was £88,092 (2021: £75,351) of which £85,922 (2021: £73,231) was direct charitable expenditure. The trustees regard this as a satisfactory financial performance for the year.

The charity's policy on reserves

Forest Farm Peace Garden will hold whenever possible a minimum reserve of three months' and a maximum of six months' running costs in unrestricted funds. This is to serve as a safeguard against any unexpected shortfall or increase in expenditure.

Public benefit

In shaping our objectives for the year and planning our activities the trustees have considered the Charity Commission guidance on public benefit.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies. The directors (trustees) declare that they have approved the directors' report above.

Date: 13/2/2023

Signed on behalf of the charity's directors (trustees):-

Signed

J. Hearn

Independent Examiner's Report to the Trustees of FOREST FARM PEACE GARDEN
For the Year Ended 30 June 2022

Independent examiner's report to the trustees of Forest Farm Peace Garden ('the Company') I report to the charity trustees on my examination of the accounts of the Company for the year ended 30th June 2022 on pages eight to twelve.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

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

- 1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- 2. the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act
 other than any requirement that the accounts give a true and fair view which is not a matter
 considered as part of an independent examination; or
- 4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached

Signed ... Et Dulu

Date 22/2/23

S.G. Duker FCA Fredericks Limited 106 Charter Avenue Ilford, Essex IG2 7AD

FOREST FARM PEACE GARDEN Statement of Financial Activities For the Year Ended 30 June 2022

	Notes	Unrestricted funds	Restricted funds	30.06.22 Total funds £	30.06.21 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Grant income	2	<u>-</u>	74,200	74,200	71,000
Donations and sundry income		4,641	-	4,641	4,120
Total incoming resources		4,641	74,200		75,120
RESOURCES EXPENDED Charitable activities Direct charitable expenditure Other costs	3 3	(4,307)	(81,615) (2,170)	(85,922) (2,170)	(73,231) (2,120)
Total resources expended	7	(4,307)	(83,785)	(88,092)	75,351
NET INCOMING/(OUTGOING) RESOURCES		334	(9,585)	(9,251)	(231)
RECONCILIATION OF FUNDS			_		
Total funds brought forward		17,101	30,672	47,773	48,004
TOTAL FUNDS CARRIED FORWARD		£17,435	£21,087	£38,522	,
		<u></u>			

FOREST FARM PEACE GARDEN Balance Sheet at 30 June 2022

	Notes	2022 £	2021 £
FIXED ASSETS Tangible assets	4	-	_
CURRENT ASSETS Debtors Cash at bank	5	- 38,873	60,125
		38,873	60,125
CURRENT LIABILITIES Creditors: Amounts falling due within one year NET CURRENT ASSETS	6	(351) £38,522	(12,352) £47,773
THE FUNDS OF THE CHARITY			
Unrestricted income funds Restricted income funds	7 7	17,435 21,087	17,101 30,672
TOTAL FUNDS		£38,522	£47,773

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2022.

The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 June 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387
 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The financial statements were approved by the Board of Trustees on 13/2/23 and were signed on its behalf by:

J. Hearn

N. Meyer

FOREST FARM PEACE GARDEN Notes to the Financial Statements for the Year Ended 30 June 2022

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial Statements have been prepared under the Historical Cost Convention.

Statutory information

Forest Farm Peace Garden is a private company and charity limited by guarantee registered in England and Wales. The companys registered number and registered address can be found on the company information page. The presentation currency is £ sterling.

Incoming resources

All material incoming resources have been included on the receivable basis.

Resources expended

Resources expended are included on an accruals basis, inclusive of any VAT which cannot be recovered. Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity they have been apportioned across the cost categories on a basis consistent with the use of these resources.

Depreciation

Depreciation is calculated to write down the cost or valuation, less estimated residual value, of all tangible fixed assets over their expected useful lives on a straight line basis. The rates applicable are:

Garden equipment

33.3% on cost

2.	Grants			Total	Total
		Unrestricted	Restricted	2022	2021
		£	£	£	£
	Henry Smith Charity	-	39,950	39,950	31,000
	Assura Foundation	-	· -	-	5,000
	Awards for All	-	-	-	10,000
	Edward Gosling Foundation	-	-	_	5,000
	Postcode Local Trust 2020	-	-	-	20,000
	City Bridge Trust	-	8,750	8,750	, <u> </u>
	The Clothworkers Foundation	-	10,000	10,000	
	The D'Oyly Carte Charitable Trust	~	3,500	3,500	-
	Garfield Weston	-	12,000	12,000	-
		£ -	£74,200	£74,200	£71,000

FOREST FARM PEACE GARDEN Notes to the Financial Statements for the Year Ended 30 June 2022 - continued

3.	Resources Expended				
	•	Unrestricted	Restricted	Total 2022	Total 2021
		£	£	£	£
	Direct Charitable Expenditure		59,349	59,349	58,473
	Salaries and wages Rent and administration support	-	3,000	3,000	3,000
	Materials	- -	3,336	3,336	3,291
	Insurance	-	724	724	722
	Events and publicity	-	3,317	3,317	492
	Other	4,307	6,303	10,610	5,228
	Consultancy	-	-	c co.c	2,025
	Project costs	-	5,5 86	5,586	
		£4,307	£81,615	£85,922	£73,231
				~~~~~	
	Other Costs		4.000	4 000	4.000
	Rent and administration support	-	1,000	1,000 690	1,000
	Independent examination Payroll costs		· 690 480	480	660 460
	Taylon costs			-100	
		£ -	£2,170	£ 2,170	£ 2,120
	Total	£4,307	£83,785	£88,092	£75,351
	Total	====	£03,703	=====	#13,331 =======
4.	Fixed Assets				
•	I RACE TROOTS				Garden
					equipment
	Cost				£
	At 1 July 2021				3,991
	Additions				-
	Disposals				-
	At 30 June 2022				£3,991
					<del></del>
	Depreciation				
	At 1 July 2021				3,991
	Charge for period				-
	Eliminated on disposal				-
	At 30 June 2022				£3,991
	At 50 June 2022				====
	Net book value				
	At 30 June 2022				-
	A. 20 T 2001				
	At 30 June 2021				<u></u>
5.	Debtors				
			21	)22	2021
				,22 £	£
	Trade debtors			- -	<del></del>
			£		

# FOREST FARM PEACE GARDEN Notes to the Financial Statements for the Year Ended 30 June 2022 – continued

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6.	Creditors
U.	Ciculory

	2022 £	2021 £
Trade creditors	-	~ -
Tax and social security	<u>-</u>	-
Deferred grants	-	12,000
Accruals	351	352
	£ 351	£12,352
	<del></del>	

# 7. Movement in Funds

Restricted Funds	01.07.21 £	Incoming resources	Resources expended £	Transfers £	30.06.22 £
Henry Smith	11,693	39,950	(46,276)	_	5,367
Assura Foundation	2,314	-	(2,314)	_	-
Awards For All	7,975	_	(7,975)	-	×
Edward Gosling Foundation	, <u>-</u>	_	(8,690)	_	
Postcode Local Trust 2020	8,690	_	-	_	_
City Bridge Trust	, -	8,750	(1,530)	-	7,220
The Clothworkers Foundation	-	10,000	(5,000)	_	5,000
The D'oyly Carte Charitable Trust	-	3,500		-	3,500
Garfield Weston	-	12,000	(12,000)	. <del>-</del>	-
	£30,672	£74,200	£(83,785)	£ -	£21,087
	<del></del>	====	=====	====	=====
Unrestricted Funds	£ 17,101	£ 4,641	£ (4,307)	£ -	£17,435
Total Funds	£47,773	£78,841	£(88,092)	£ -	£38,522

## 8. Analysis of Net Assets by Fund

		Unrestricted funds	Restricted funds	Total funds 2022	Total funds 2021
		£	£	£	£
	Fixed assets		-	-	-
	Net current assets	17,435	21,087	38,522	47,773
	TOTAL FUNDS	£17,435	£21,087	£38,522	£47,773
9.	Staff Costs and Numbers Staff costs were as follows:				
	Current surface and suppose			2022 £	2021 £
	Gross salaries and wages Employer's National Insurance			56,647 171	55,704
	Pension costs			2,531	2,768
				£59,349	£58,472

No employee received emoluments of more than £60,000 (2021: Nil). The average weekly number of employees during the year was 3 (2021: 3).

## 10. Trustees Remuneration, Benefits and Expenses

No trustee received, or is due to receive, any remuneration or benefits relating to their role as trustee (2021: nil).

## 11. Limited Liability

The charity is a company limited by guarantee. The memorandum and articles restrict the liability of the members upon winding up to £1. In the case of winding up none of the accumulated funds are distributable to members but shall be given or transferred to some other charitable institution having similar objects.

# 12. Related Party Transactions

There were no related party transactions during the year.

# FOREST FARM PEACE GARDEN Detailed Statement of Financial Activities for the Year Ended 30 June 2022

	Unrestricted funds £	Restricted funds	2022 Total funds	2021 Total funds £
INCOMING RESOURCES				
Grants	-	74,200	74,200	71,000
Donations	4,641	-	4,641	4,120
Total incoming resources	£4,641	£74,200	£78,841	£75,120
	that you bod park park bank		has said and some just that had some	
RESOURCES EXPENDED				
Salaries and wages costs	-	59,349	59,349	58,472
Recruitment & HR	3,576	2,367	5,943	491
Staff training	660	980	1,640	894
Volunteer expenses	<b></b>	585	585	757
Volunteer training	-	109	109	90
Equipment & materials	-	3,336	3,336	3,690
Rent and administrative support	-	4,000	4,000	4,000
Insurance	-	724	724	722
Communications & IT	-	1,106	1,106	1,126
Independent examination	-	690	690	660
Sundry expenditure	71	142	213	91
Events and publicity	-	3,317	3,317	491
Office supplies	-	224	224	364
Supervision	-	790	790	860
Payroll fees	-	480	480	460
Other running costs	~	-	-	158
Project Costs	-	5,586	5,586	-
Consultancy	-	-		2,025
Total resources expended	4,307	83,785	88,092	75,351
•	, h-c	********	*	
NET INCOMING/(OUTGOING) RESOURCES	334	(9,585)	(9,251)	(231)
Total funds brought forward	17,101	30,672	47,773	48,004
TOTAL FUNDS CARRIED FORWARD	£17,435	£21,087	£38,522	£47,773