

FOREST FARM PEACE GARDEN

Company Limited by Guarantee No: 05846731

Registered Charity No: 1123031

ACCOUNTS FOR THE YEAR ENDED 30 JUNE 2018

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 2018

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 2018.

Full name	Forest Farm Peace Garden
Registered charity number	1123031
Registered company number	05846731
Registered address	98-100 Ilford Lane, Ilford, Essex IG1 2LD

Directors (Trustees)

Aaron Edgeley - Chair
Simon Carruth – Treasurer
Rosa Bevan (resigned 10th July 2017)
Jan Skene (appointed 10th July 2017, resigned 31st December 2018)
Jane Whittaker (appointed 10th July 2017, resigned 11th December 2017)
Malgorzata Rokicka (appointed 6th June 2018)
Jacqueline Hearn (appointed 6th June 2018)
Thomas Blackburn (appointed 17th September 2018)
William Richard (appointed 17th September 2018)
Nigel Meyer (appointed 17th September 2018)
Fazilat Damani (appointed 8th October 2018, resigned 31st December 2018)
Alejandra Toledo (appointed 1st January 2019)

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.

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 at our therapeutic garden. Our main objectives, as set out in our 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

This year we have built upon the successes of our restructured ecotherapy programme, which has continued to evolve and flourish. The programme has provided wide ranging benefits to mental health service users, adults with learning disability, refugees and asylum seekers and our buddy volunteers, as well as the wider community through our events. During this reporting period we welcomed over 300 people to our garden through our activities.

Ecotherapy Programme

Forest Farm Peace Garden fosters a growing reputation as an effective intervention for mental health recovery through therapeutic gardening and nature-based activities. Our ecotherapy programme is structured for people experiencing mild to moderate mental health support needs, such as anxiety, chronic stress, depression, trauma, isolation and low confidence. The aims are to reduce levels of stress and anxiety, improve mood, boost confidence, self-esteem and personal resilience, improve physical health and improve social connectedness. We do this through providing a year-long placement for referred volunteers who can attend two ecotherapy sessions a week. During the reporting period we received around 50 new referrals and welcomed around 32 new participants to the programme.

The number of new referrals we received significantly increased this year thanks to the ongoing outreach work done by our staff team and volunteers. We held additional open afternoons for referring organisations to introduce them to the garden and inform them about the therapeutic benefits of what we do. We gave presentations at local events and network meetings to promote our service and developed new publicity material, such as a promotional video as well as new banners and fliers. Our website had a complete update and re-design in spring 2018 thanks to the work of one of our trustees and our project manager.

Partnerships

We maintained good relationships with local mental health services and voluntary organisations in Redbridge, such as the NELFT, IAPT, Richmond Fellowship, Imagine, Blenheim Project and Single Homeless Project. Inclusive Communities, a local charity, have continued to bring a group of young adults with a learning disability to garden sessions on most mornings, who have been a great asset to the project.

We developed new partnerships to expand the target groups benefiting from our therapeutic garden and ecotherapy programme. With the support of the Redbridge Refugee Psychology Service we set up the 'Growing Roots' group for refugees and asylum seekers who were accessing clinical psychological support at Goodmayes Hospital. The group have continued to take part in ecotherapy sessions every Friday morning, attending with a Psychologist, and greatly benefit through socialising, integrating with other volunteers and connecting to nature. The group have enjoyed harvesting and cooking our produce and the opportunity to improve their English language skills.

FOREST FARM PEACE GARDEN

Directors' Report (continued)

for the Year Ended 30 June 2018

We also established a new link with the Princes Trust Fairbridge Project who support vulnerable young people. A group attended one of our ecotherapy sessions with a youth worker and they enjoyed getting stuck into new activities in the garden that they had never done before. The group hopes to continue coming once a month over summer and autumn.

Evaluation

At the end of each calendar year we assess the impact of the programme to participants on their mental, physical and social health through a Health and Wellbeing survey. Our data demonstrated huge benefits to our beneficiaries. 25 wellbeing surveys were completed at the end of 2017, which asked participants about their mood, stress levels, socialising and physical health in relation to being in the garden. Over 85% reported that their mood and self-esteem had improved and that they were less stressed and anxious. Over 85% reported that they exercised more than usual and socialised more with other people, and 65% that they ate healthier food. Over 90% reported that they had learnt new skills and 85% said they had learnt more about the environment.

Staff, trustees and volunteers

During this reporting period there were some staff changes with a new Project Manager, Kate Allardyce, joining the organisation in November 2017, to join our Ecotherapy Worker, Frances Reeves and Head Gardener, Katherine Jackson. We also welcomed two new trustees, Jackie Hearn and Gosia Rokika, who were both already volunteering as buddies in our garden.

We also recruited 15 new buddy volunteers in early 2018 to join the team of 12 buddies who continued from the previous year. We provided two training induction days for buddy volunteers plus an additional ecotherapy training day in the summer with Psychologist, Andy McGeeney.

Our staff also benefited from various professional training, including Thrive's social and therapeutic horticulture courses and Award scheme. Our project manager attended the 'Growing Better Lives' launch conference of Social Farms and Gardens as well as training workshops provided by them.

Events

We ran a successful educational workshop programme, on themes related to organic growing and health and wellbeing, which were open for the local community to attend alongside our volunteers. The workshops were popular and well received, particularly the herbal-remedy making. We encouraged our buddy volunteers to take up opportunities to lead or co-lead a workshop to increase their confidence and experience. Workshop and activity topics during the year included: composting, making natural fertilisers, herbal balm making, healthy eating and cooking, winter pruning, sheet mulching, green manures, forest gardening, wreath-making, simple food fermentation, elder-flower cordial making, growing oyster mushrooms, Tai Chi, wild food foraging, medicinal plants and children's crafts.

We held two successful community open events in summer and autumn, World Music Day and Abundance Day, which were well attended by the public as well as our regular volunteers. We continued to build upon our local community networks through these annual events, inviting local workshop providers, musicians, therapists, crafts people and organisations to contribute to the day.

Funding and development

Our fundraising efforts have been successful and we commenced the first year of a three-year grant from the Big Lottery Fund: Reaching Communities in November 2017. We raised additional match funding for the first year from Tonalex LCF Fund, plus the remainder from existing grants from Peter Stebbings Memorial Trust, Postcode Local Trust and London Borough of Redbridge (Transformation Fund and Redbridge Small Grants.)

In addition we received a £4000 grant from Grow Wild, Royal Botanic Gardens Kew, to renovate a disused part of the site into a forest garden area with UK native plants, and also to grow and learn about medicinal wild plants. We continued to develop links with Permablitz London who ran three volunteering days to prepare and plant out the new forest garden area. Through this grant we

developed a new partnership with Herbalists Without Borders to become a community growing site for making remedies to send to refugee camps in Northern France. Melissa Ronaldson, a Medical Herbalist, delivered workshops for volunteers and talks at our events to share knowledge of the uses of common plants and how to make home-remedies using different constituents.

We held a strategy day in April to look at wider organisational goals around development of the organisation's remit and fuller utilisation of the garden site. We identified the need for a possible short-term Outreach and Development role to take forward some of our wider visions for the organisation.

Garden activities and improvements

This year we focused on maintaining and improving the annual vegetable beds, the sensory and 'chill-out' garden and the herbal tea beds, which all flourished over the summer months. All of our fruit trees and bushes had a good prune over the winter with support from volunteers from the Orchard Project. We planted a living hedge around one edge of the site with saplings donated from the Woodland Trust. We developed a large perennial forest garden to make use of an overgrown and disused area of the site.

Garden users enjoyed an abundant harvest of fruit and vegetables being able to take home surplus at the end of each session or use for on-site cooking sessions. Our herbs were utilized for teas and medicinal oils and balms. The varied salad crops were eaten during shared meals together in the garden or taken home. We had a large quantity of fresh raw honey from our three bee-hives which was sold at our community events and we enjoyed a bumper crop of apples which were given out or juiced at our Abundance Day event.

We set up a membership with East London Business Alliance and ran two corporate activity days for Salesforce who helped us improve infrastructures at our site. Corporate teams helped to renovate one of the hot-compost bays, re-surface the polytunnel floor, renovate our garden furniture, install a natural border and plant out tree-saplings.

We were very grateful to a local decking company, Wolves, who donated materials and labour to build a new stage area in our picnic field for our events.

Risk

Securing funding is an ongoing risk facing the organisation, especially longer-term funding. We have given attention to researching potential funders and kept up to date with new funding streams. We made several grant funding applications this year and were successful with around 45% of applications. We have ensured that we maintain good relationships with existing funders and meet the targets and outcomes agreed with them. Consequently, we have been successful in obtaining a second grant from funders, including Big Lottery Fund, Postcode Local Trust and London Borough of Redbridge.

We aim to build up our unrestricted funding reserves through corporate activities, donations and events and aim to develop further corporate partners.

Another risk is high staff turnover and over-burdening of our small staff team leading to possible burnout. This year we increased all staff salary rates in recognition that the levels were low for the role. We endeavor to ensure that we recruit enough buddy volunteers to support in the garden and have increased our number of trustees to provide support to staff. We are also looking to improve our appraisal structure and implement trustee mentoring for staff. Regular clinical supervision is now in place for all staff to provide support with the challenges of working with vulnerable adults.

Financial performance

The charity had income of £85,831 (2017: £85,228) of which £81,522 (2017: £82,584) was restricted income grants from charitable trusts and foundations. Expenditure was £70,017 (2017: £99,492) of which £68,015 (2017: £97,501) was direct charitable expenditure. The main reason why expenditure

FOREST FARM PEACE GARDEN
Directors' Report (continued)
for the Year Ended 30 June 2018

was substantially lower this year is that a project that had started and been nurtured as part of the charity, Audacious Veg, became an independent organization, as had always been the intention. This resulted in net incoming resources of £15,814 for the year (2017: net outgoing resources of £14,264). Total funds at the end of the year were £32,795 (2017: £16,981) of which restricted funds were £23,878 (2017: £8,214) and unrestricted funds were £8,917 (2017: £8,767). The trustees regard this as a satisfactory financial performance for the year.

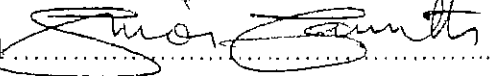
The charity's policy on reserves

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.

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

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

Signed



Date:

18/02/19

Simon Carruth

Independent Examiner's Report to the Trustees of
FOREST FARM PEACE GARDEN
For the Year Ended 30 June 2018

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 2018 on pages seven to twelve.

Responsibilities and basis of report

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


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

Independent examiner's statement

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

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

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

Signed 

Date 12/3/19

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 2018

	Notes	Unrestricted funds £	Restricted funds £	30.06.18 Total funds £	30.06.17 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Grant income	2	-	81,522	81,522	82,584
Donations and sundry income		4,309	-	4,309	2,644
		-----	-----	-----	-----
Total incoming resources		4,309	81,522	85,831	85,228
		-----	-----	-----	-----
RESOURCES EXPENDED					
Charitable activities					
Direct charitable expenditure	3	4,159	63,856	68,015	97,501
Other costs	3	-	2,002	2,002	1,991
		-----	-----	-----	-----
Total resources expended	7	4,159	65,858	70,017	99,492
		-----	-----	-----	-----
NET INCOMING/(OUTGOING) RESOURCES		150	15,664	15,814	(14,264)
RECONCILIATION OF FUNDS					
Total funds brought forward		8,767	8,214	16,981	31,245
		-----	-----	-----	-----
TOTAL FUNDS CARRIED FORWARD		<u>£ 8,917</u>	<u>£23,878</u>	<u>£32,795</u>	<u>£16,981</u>

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Balance Sheet at 30 June 2018

	Notes	2018 £	2017 £
FIXED ASSETS			
Tangible assets	4	-	-
CURRENT ASSETS			
Debtors	5	-	-
Cash at bank		33,325	26,331
		<u>33,325</u>	<u>26,331</u>
CURRENT LIABILITIES			
Creditors:			
Amounts falling due within one year	6	530	9,350
NET CURRENT ASSETS		<u>£32,795</u>	<u>£16,981</u>
THE FUNDS OF THE CHARITY			
Unrestricted income funds	7	8,917	8,767
Restricted income funds	7	23,878	8,214
TOTAL FUNDS		<u>£32,795</u>	<u>£16,981</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 June 2018.

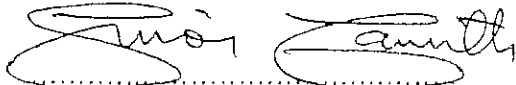
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 June 2018 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) 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 18th February 2019 and were signed on its behalf by:



Simon Carruth - Trustee

The notes form part of these financial statements

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2018

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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial Statements have been prepared under the Historical Cost Convention.

Statutory information

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

Incoming resources

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

Resources expended

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

Depreciation

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

Garden equipment 33.3% on cost

2. Grants

	Unrestricted	Restricted	Total 2018	Total 2017
	£	£	£	£
Tesco – Bags of Help	-	-	-	8,125
LB of Redbridge Strategic Partners	-	-	-	6,769
Peter Stebbings	-	9,000	9,000	13,000
Reaching Communities	-	51,022	51,022	17,240
Grow Wild	-	4,000	4,000	-
Tonalex	-	10,000	10,000	-
Postcode Lottery	-	-	-	20,000
LB of Redbridge Small Grants	-	-	-	2,500
LB of Redbridge Transformation Grant	-	7,500	7,500	2,500
Enable Fund (Audacious Veg)	-	-	-	10,000
Redbridge Institute of Adult Education (Audacious Veg)	-	-	-	1,200
LB of Redbridge Small Grants (Audacious Veg)	-	-	-	1,250
	£ -	£81,522	£81,522	£82,584

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2018 - continued

3. Resources Expended

	Unrestricted	Restricted	Total 2018	Total 2017
	£	£	£	£
Direct Charitable Expenditure				
Salaries and wages	804	44,845	45,649	56,311
Rent and administration support	-	3,786	3,786	4,435
Materials	-	2,319	2,319	5,546
Insurance	-	700	700	676
Events and publicity	250	3,023	3,273	2,369
Other	3,105	9,183	12,288	28,164
	<u>£4,159</u>	<u>£63,856</u>	<u>£68,015</u>	<u>£97,501</u>
Other Costs				
Rent and administration support	-	1,000	1,000	1,000
Independent examination	-	552	552	538
Payroll costs	-	450	450	453
	<u>£ -</u>	<u>£ 2,002</u>	<u>£ 2,002</u>	<u>£ 1,991</u>
Total	<u><u>£4,159</u></u>	<u><u>£65,858</u></u>	<u><u>£70,017</u></u>	<u><u>£99,492</u></u>

4. Fixed Assets

	Garden equipment £
Cost	
At 1 July 2017	3,990
Additions	-
Disposals	-
	<u>£3,990</u>
At 30 June 2018	<u><u>£3,990</u></u>
Depreciation	
At 1 July 2017	3,990
Charge for period	-
Eliminated on disposal	-
	<u>£3,990</u>
At 30 June 2018	<u><u>£3,990</u></u>
Net book value	
At 30 June 2018	<u><u>£ -</u></u>
At 30 June 2017	<u><u>£ -</u></u>

5. Debtors

	2018 £	2017 £
Trade debtors	-	-
	<u>£ -</u>	<u>£ -</u>

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2018 – continued

6. Creditors

	2018	2017
	£	£
Trade creditors	-	-
Tax and social security	-	-
Deferred grants	-	9,000
Accruals	530	350
	<u>£ 530</u>	<u>£9,350</u>

7. Movement in Funds

	01.07.17	Incoming resources	Resources expended	Transfers	30.06.18
	£	£	£	£	£
Restricted Funds					
LBR Transform Grant	(2,389)	7,500	(5,111)	-	-
Tesco (Bags of Help)	779	-	(779)	-	-
LBR Small Grants	1,449	-	(1,449)	-	-
Reaching Communities	-	51,022	(30,124)	-	20,898
Peter Stebbings	10	9,000	(9,010)	-	-
Postcode Lottery	6,163	-	(6,163)	-	-
Grow Wild	-	4,000	(1,020)	-	2,980
Tonalex	-	10,000	(10,000)	-	-
Kings Entrepreneurship Grant (Audacious Veg)	839	-	(839)	-	-
Crowd Funder(Audacious Veg)	397	-	(397)	-	-
Other – (Audacious Veg)	966	-	(966)	-	-
	<u>£ 8,214</u>	<u>£81,522</u>	<u>£(65,858)</u>	<u>£ -</u>	<u>£23,878</u>
Unrestricted Funds	<u>£8,767</u>	<u>£ 4,309</u>	<u>£(4,159)</u>	<u>£ -</u>	<u>£ 8,917</u>
Total Funds	<u>£16,981</u>	<u>£85,831</u>	<u>£(70,017)</u>	<u>£ -</u>	<u>£32,795</u>

FOREST FARM PEACE GARDEN
Notes to the Financial Statements
for the Year Ended 30 June 2018 – continued

8. Analysis of Net Assets by Fund

	Unrestricted funds	Restricted funds	Total funds 2018	Total funds 2017
	£	£	£	£
Fixed assets	-	-	-	-
Net current assets	8,917	23,878	32,795	16,981
	<u>8,917</u>	<u>23,878</u>	<u>32,795</u>	<u>16,981</u>
TOTAL FUNDS	<u>£ 8,917</u>	<u>£23,878</u>	<u>£32,795</u>	<u>£16,981</u>

9. Staff Costs and Numbers

Staff costs were as follows:

	2018	2017
	£	£
Gross salaries and wages	43,928	53,410
Employer's National Insurance	-	530
Pension costs	1,721	2,371
	<u>45,649</u>	<u>56,311</u>

No employee received emoluments of more than £60,000 (2017: Nil).

The average weekly number of employees during the year was 3 (2017: 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 (2017: 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.