

# Annual report

## 2017-18: A year of growth



Photos by Lewis Outing, except for the photo of Bryonie and Joe © DCimaging



enjoy nature

get inspired

make a difference





**866** species of flora and fauna identified at St Nicks so far, including 16 priority species from the UK Biodiversity Action Plan

Volunteers planted **3,600** wildflowers, sowed 25kg of wildflower seeds and coppiced a quarter of an acre of woodland at St Nicks

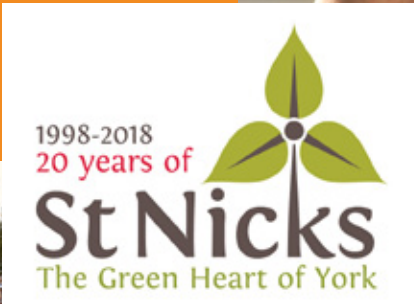
**15** green spaces across York engaged in improving 170 acres of grassland habitat

**90%** of our Ecotherapy participants have reported significant improvements in their overall mental and physical wellbeing

**241** volunteers of all ages, genders and abilities took on our volunteering and training opportunities



**8,300** hours donated to the charity by volunteers



**Key achievements in 2017-18**

**25** acres of grassland cut with scythes - without the use of fossil fuels

**6,800+** miles travelled by our Recycling Team in non-polluting electric vehicles and load-bearing tricycles

**100%** renewable energy either generated or bought to run the Environment Centre

**382** tonnes of recyclable resources collected from 2,500 households within York city walls and over 100 businesses

Fix It Cafe events diverted **378kg** of broken items from going to landfill

**20%** increase in recycling participation on our Micklegate ward round thanks to our awareness raising campaign



# Trustees' Annual Report & Financial Statements for the year ended 31st March 2018



Friends of St Nicholas Fields  
(Charity Registration Number 1153739)



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Red Admiral, by L. Outing

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## Achievements and performance

### Message from the Chair

I am very pleased to be able to present a glowing Annual Report from St Nicks as we celebrate the success of our first 20 years as a charity and develop exciting plans for the next 20 years.

Our success in 'preserving and conserving the flora and fauna' of our nature reserve is shown by the fact that our Wildwatch, and species monitoring experts and volunteers, have so far identified 866 different species on site – a far cry from the state of the almost barren and clay capped former landfill site of the early 1990s. At the same time as protecting and enhancing the wildlife, we have managed to provide access to nature for our many volunteers and service users, as well as for visitors to the much loved 'green heart of York'. This can be a difficult balance to maintain and takes skilful work by all the staff involved.

This year we have looked beyond the boundaries of the nature reserve increasing volunteering opportunities and access to nature. This has led to a huge expansion in our activities, including: extending the Wildwatch group's focus from St Nicks to include over 30 habitat surveys at Derwenthorpe, supporting 14 organisations to maintain and enhance a total of 170 acres of grasslands, and developing a new Community Woodland project.

Meanwhile, our award-winning zero emission recycling and waste minimisation scheme is going from strength to strength. Building on our contract with the City of York Council to collect recyclables from 2,500 city centre households, our Business Waste recycling scheme has an ever growing number of city centre businesses diverting their waste from landfill. We have also held a range of events focused on the importance of reducing waste, especially plastics.

Our third area of operational growth is our Ecotherapy programme. Successful small scale pilot schemes have helped us to demonstrate both the impact of Ecotherapy on people experiencing mental ill-health and our skills in delivering it. Having attracted new funding, we are better placed to support a growing number of people who are often unable to access secondary mental health provision.

Supporting our project work are a wide range of events, a popular monthly newsletter and engagement through social media. All of this helps us to grow our membership and raise awareness of the importance of changing our behaviour to live a full and happy life within the resources of our One Planet – Earth.

Somehow all this activity is still managed within St Nicks Environment Centre which was designed, twenty years ago, for a much smaller number of staff and volunteers, and narrower range of activities. Therefore, we are constantly looking for ways to maintain and improve our income and access to other resources, which will be particularly necessary if we are to achieve the building we need in order to continue to grow the very valuable work that we do.

I am very grateful to all the staff, volunteers, fellow trustees and members who contribute so much and in so many ways. I hope you will enjoy reading more about their work in this Annual Report, not just in facts and figures but in some of the stories behind them and in the beautiful photos. They all help to convey how lucky we are to have St Nicks in York.

**Adrian Lovett**





## Summary of the purposes of the charity set out in its governing document

### The objects of the Charitable Incorporated Organisation (CIO) are:

- To preserve and conserve the area known as St Nicholas Fields, including the flora and fauna of the area, for the benefit and education of the public.
- To promote the public education, particularly youth education, of persons resident in York and surrounding areas in principles and benefits of environmental and conservation issues and of sustainability including but not limited to recycling and waste reduction.
- To promote the benefit of the public by providing facilities in the interests of social welfare and leisure time occupation with the object of improving their conditions of life.

## Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts

### 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.

The mission of St Nicks is to create lasting positive change in actions and attitudes of York residents 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.

The range of our work may surprise you if you thought we were 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, development of the environmental education programme and development of the Environment centre as a source of inspiration for sustainable living. We support a growing 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 initially on four strategic impacts linked to the One Planet principles where we have most experience: green space protection, renewal and development; recycling and reuse; renewable energy; low impact lifestyles; and helping people to connect with nature. Further improvements in all these areas can help York to meet current needs, without compromising the ability to do so in the future.

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

On the following pages you will find highlights of our main achievements towards the strategic impacts during the past financial year.







The Environment Centre, by L. Outing

## St Nicks' ambition

### The need St Nicks is addressing

In the UK we consume over three times the sustainable level of resources, and York is no exception. With the average UK resident's Ecological Footprint now 4.8 global hectares (roughly 12 acres), compared to the sustainable level of 1.72 global hectares\*, there is a clear need for both local and global action.

As individuals and as a community we need to reduce our negative impacts on the local environment, which add up to create global issues that have serious consequences for wildlife as well as the health and wellbeing of people in York and around the world. Although the simple practices of daily life - such as transport, diet, and landfilling or burning of waste - may seem harmless and insignificant, their accumulated effects can be seen in the loss of wildlife habitat, diminishing urban green spaces, or poor air and water quality.

St Nicks' strategy, based on four One Planet Living principles, aims to help counteract environmentally damaging activities in York and to promote positive sustainable lifestyles. By working together towards our vision and taking active part in our activities, York residents can adopt a more eco-friendly lifestyle which helps to reduce our collective negative impacts. Our ambition is to bridge the gap between environmental awareness and action in order to help make York a more sustainable city.

\* Global Footprint Network National Footprint Accounts, 2018 Edition

### We undertake all our charitable works under the umbrella of our organisational values:

- **Sustainability:** conducting all activities in a way that is beneficial or neutral to the environment
- **Inclusivity:** providing a safe and friendly environment for all staff, volunteers and audiences participating in all events and projects
- **Enthusiasm:** in all our volunteers, staff and trustees for St Nicks vision
- **Expertise:** to retain and develop the skills of staff, board of trustees and the wider pool of individuals involved with the organisation
- **Education:** on sustainability to allow people to make informed choices
- **Partnerships:** working with other organisations and individuals to achieve shared goals, take opportunities and increase capacity

### Our ambitions for 2018-19

After achieving several of our ambitions from last year's report, next year we want to go bigger, reach further and have the best impact possible:

- In addition to developing our existing working relationships, we seek to work further with higher education establishments and researchers to help us, our beneficiaries and our supporters gain a deeper understanding of our impacts and their effects on our lives and the environment.
- As well as increasing people's awareness of and supporting people to achieve zero waste and 'Plastic a Lot Less' lifestyles, we also aim to work more closely with organisations and businesses to help them understand the impact of their resource use and reduce their waste to landfill.
- We also plan to build on and improve our ecological surveying and monitoring activities both on St Nicks nature reserve and across the city to underpin habitat restoration and wildlife corridor creation.
- To house our growing workforce (staff and volunteers) and number of beneficiaries and visitors and to continue to grow as a centre for information, inspiration and innovation, we need to expand. We will use the coming year to consult with stakeholders on their space needs as well as taking the time to raise funds.

Our work is only made possible through the generosity of our fantastic members, supporters and volunteers, and the income we receive from funders. Thanks to all!



# Green spaces: a story of growth

We continue to hold the Green Flag Community Award that recognises St Nicks Local Nature Reserve as one of the best green spaces in the country.

This year we have added Tansy Beetle to our list of 16 specific priority species recorded on the Nature Reserve, which are listed in the UK Biodiversity Action Plan, for which we have created and managed habitats:

- **Mammals:** Water Vole, Hedgehog, Otter, Common and Soprano Pipistrelle bats
- **Birds:** Lesser Whitethroat, House and Tree sparrow, Common Bullfinch, Song Thrush
- **Invertebrates:** Tansy Beetle and moths: Blood Vein Moth, Cinnabar Moth, Dot Moth, Rosy Rustic Moth, Shaded Broadbar Moth

Our fantastic conservation volunteers and visiting groups have helped us plant 3,600 wildflowers; sow 25kg of wildflower seed mixes in woodlands, wetland, meadows and rough grasslands; and coppice a quarter of an acre of woodland. The coppicing is part of our ambitious plan to improve the habitat of our woodland through a rotation of clearing to improve the diversity of structure within the woodland. Due to a lack of an existing seed bank in the soil we have been complementing the coppicing with understory tree planting and woodland wildflower planting and sowing. Look out for a more wildlife rich woodland coming soon!

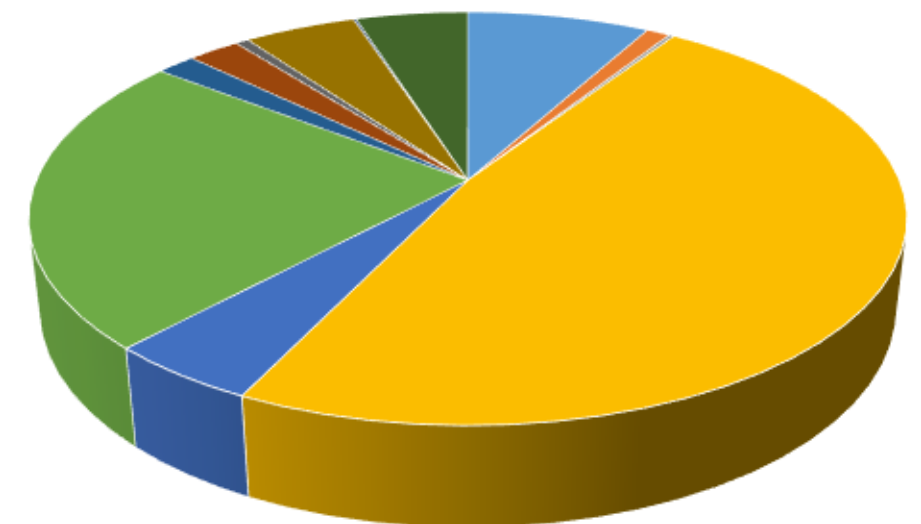
We have again been very successful in growing targeted wildflower species from seed collected from the Nature Reserve and the resulting seedlings are currently being planted onto the Nature Reserve. Cowslip was the overwhelming success story this year as seed collected in 2017 was grown on from late that summer and planted out by local kids as part of the 2018 Easter Planting & Egg Hunt event around the Dragon Stones. Some of these plants subsequently flowered this spring which is quite rare when growing from seed!

At the beginning of 2018 we launched our St Nicks Community Woodland project engaging the public in their local woodland, training volunteers in habitat sensitive woodland management skills such as coppicing, felling and hedgelaying and getting stuck in with some practical woodland conservation. So far over 30 volunteers have been trained in management skills, 130 trees planted and over 350 woodland wildflower plugs planted, so we are well on our way to meet our project expectations. Meanwhile the Bearing Fruit ecotherapy group continue to manage and develop our community orchard and a lot of work this year went into improving the grassland habitat around the fruit trees.

The Wildwatch Group meet every Wednesday morning come rain or shine. Despite their varied interests and levels of expertise, together with occasional experts drafted in for events, they have managed to identify a whopping 866 species of flora and fauna on the Nature Reserve so far.

The undoubted highlight of the year was the discovery of Tansy Beetles on the nature reserve. Previously found only on the River Ouse in York and at Woodwalton Fen NNR in Cambridgeshire we can only speculate

- Birds (70)
- Mammals (9)
- Amphibians (2)
- Invertebrates (417)
- Trees/large shrubs (42)
- Herbaceous/small shrubs (204)
- Grasses (15)
- Mosses and liverworts (20)
- Lichens (5)
- Fungi (43)
- Fish (1)
- Galls (43)



Easter Planting & Egg Hunt 2018



Renowned bee expert Steven Falk with our Volunteer Coordinator Maria Gill, both very pleased with the high number of pollinator species found at St Nicks



Steven Falk's verdict on St Nicks Nature Reserve:

**"One of the best urban sites for pollinators I've ever seen."**





July Pollinator Prowl, by L. Outing



Meadow Keepers' Scythe Fest, by L. Outing



A bee bank built by a visiting LendLease team and our volunteers to house solitary bees



Tansy beetle at St Nicks



Six-spot Burnet moth pollinating a Scabious, by C. Wilton



Hoverfly - Eucephalodes luniger, by C. Wilton

how they got here. Did they come up in the 2015 Boxing Day floods, did they go against all popular thinking and fly, or were they intentionally placed there? It's a mystery to us but what we do know is that if they manage to successfully breed and spread on the nature reserve, we have the potential of playing an important role in their conservation. With St Nicks located at the bottom of River Foss and Tang Hall and Osbaldwick Becks there is an opportunity to help them spread across the catchment. While we are hopeful that we can play a part in helping make these shiny little beetles more resilient in York, we are also very aware of their limitations which make them so endangered. We will therefore work with experts at the Tansy Beetle Action Group to ensure our efforts are coordinated and effective. Fingers crossed we can help them make St Nicks a permanent long-term home!

Another highlight has been the increase in otter field signs found both on the nature reserve and further up the Becks. While we are yet to be lucky enough to have a physical sighting, we have been consistently finding otter spraint (poo) and other signs such as slides they make on the banks, footprints and anal jelly. We have increasingly seen some bigger fish species in the Becks to help feed them and there are some good sized willow trees which provide lay-up (rest) points. Otters have recovered from the brink of extinction in England to now being found again in every county. This is without doubt a good sign for the health of our rivers and we now need to monitor their presence to understand their spread across the whole River Foss Catchment - something we're working towards in partnership with Yorkshire Dales River Trust and the River Foss Society.

The discovery of Mistletoe growing well from planting 5 years ago was another highlight this year. Planted from seed as part of our original ecotherapy Bearing Fruit project we had thought that none of the seeds had taken. To find a plant was wonderful news and shows how long it can sometimes take for our conservation efforts to bear fruit. It has been very fitting this discovery coincides with the new funding and next phase of our ecotherapy project. To mark this some of the participants this year planted out more mistletoe berries onto the nature reserve with the hope they will also take and thrive.

At a pollinator training workshop, funded by Buglife's Urban Buzz project, with renowned expert Steven Falk we learned all about pollinators and how to create and manage pollinator friendly habitat. It was fascinating to find out which were the top pollinating insects. As expected the humble bee, both solitary and social, came out on top. However, we also learnt how important hoverflies are, plus many moth species which take over the pollinator batten at night. Even some species traditionally seen as pests such as house flies and some wasps play their role. Of the 400 odd invertebrate species found on St Nicks roughly a quarter of these could be considered a pollinator, including 26 bees and 46 hoverflies. This workshop and the Urban Buzz project had a massive influence on our Meadow Keepers project.

## Helping people and wildlife around York

This year, as well as all the work we have done on St Nicks Nature Reserve, we have also been embarking on more off-site green space management works across York. Our key achievements have been:

### Meadow Keepers

This project is supported by a grant from the Heritage Lottery Fund. Thanks to National Lottery players this two-year project has been helping to improve the management and subsequently the condition of 170 acres of grassland habitat at 15 green space sites across the city. Grasslands are very important for wildlife and biodiversity – we are keen to keep them buzzing in York! Some quick wins in increasing biodiversity have already been achieved in the first year by working with groups to:

- leave small areas of uncut grassland for overwintering insect and mammal cover and not removing some important invertebrate plants such as ragwort and some thistle species
- ensure all arisings are removed after cutting so nitrogen does not leach into the soil to enrich it
- diversify the range of plants through the design of site specific sowing and planting schemes
- improve their management regimes through scythe training
- improve their understanding of sites with basic ID and monitoring training

During the year a range of heritage skills training sessions to suit all skill levels were held which taught scything to 133 people. Eleven people from project sites also took part in expert monitoring training during the summer.





York Becks walk with the Lord Mayor included a visit to the doorway of St Margaret's on Walmgate - the only remnant of St Nicholas Church



Volunteers at Heworth Holme, © DCimaging

This has led to a range of simple monitoring techniques being developed to be used in the coming year with the project groups. With the success of and interest in the project we will also be starting Champions training to help ensure sustainability of the project beyond the funding period and will continue developing an easy-to-use training toolkit for each site with step by step guides to scything and grassland monitoring methods. A range of community events also took place to inspire and engage 314 people in the project.

### York Becks

A walk and picnic on 5th May 2017 marked the launch of a new phase of our York Becks Project. We couldn't have wished for a sunnier day and were pleased to see good numbers attending, including the Lord Mayor and Civic Party. Big thanks go to Lord Mayor Cllr. Dave Taylor and Civic Party for helping to raise funds for the practical phase of the Becks project by choosing St Nicks as one of the supported charities.

Practical training workshops have been held to recruit new volunteers and train them in a variety of river management tasks. These have included river monitoring methods such as riparian mammal and freshwater invertebrate surveying, habitat mapping and water quality monitoring. This mapping and monitoring has set up the project for subsequent habitat improvement and restoration works.

Our regular weekly sessions at Heworth Holme have gone from strength to strength with a regular group of mostly local people undertaking a number of practical improvements to restore and make accessible this valuable wet meadow and woodland site. From wildlife scrapes and wildflower planting to footpath building and tree planting our dedicated volunteers have tackled it all.

### Derwenthorpe Wildwatch

Through 2017-18 we secured funding to trial running a Wildwatch group at another neighbouring site. The Derwenthorpe Wildwatch group engaged over 50 volunteers, who undertook 31 wildlife and habitat surveys. The results identified 298 species, of which 14 were identified as priority species as outlined by the Local Biodiversity Action Plan (LBAP) and national Biodiversity 2020, including Hedgehog, Song Thrush, House Sparrow, Common and Soprano Pipistrelle bats.

Our survey results of the Derwenthorpe site help provide substantial baseline data that can be used for advising site management and gives a good indication of the health of the established green spaces and habitats around Derwenthorpe.

We also used this opportunity to link Derwenthorpe Wildwatch with our Nature Explores summer activities aimed at engaging children with their local environment. Families took part in pond dipping, pollinator prowls, mini-beast hunts and wildflower wanders as well as a Hedgehog Day at which they learnt about the endangered mammals and how we can all help them.



One of monthly Becks Cleanup Days



"Kick sampling" or surveying for freshwater invertebrates

### Joe: Action Man

Joe is one of our regular conservation volunteers and this year has been helping out at our off site project, Heworth Holme, too. He has volunteered with us for 5 years, finding St Nicks after retirement when still wanting to do something productive with his time. Having worked in construction for most of his life, Joe wanted to continue to stay active doing practical outdoors work, so St Nicks conservation volunteering was a perfect fit. Joe lost his partner 4 years ago and has found St Nicks to be a place not only where he can use his wealth of practical skills but also a place where he can socialise, finding St Nicks a great antidote to loneliness.

Joe is an incredibly friendly character and has built great relationships with the rest of the volunteers and St Nicks staff. During his time volunteering with us, he has been able to help us with a wide variety of tasks, improving his already impressive skill set and helping others to improve theirs. Joe has described St Nicks as:

**"A really nice place to work in beautiful surroundings. You can contribute and meet people. Working with such a great group is my highlight of volunteering."**

Joe is a fantastic asset to the team, bringing with him not only a great attitude and fantastic scything skills from his youth, but a huge amount of personality and character as well - we couldn't ask for more!



Joe at Heworth Holme, © DCimaging



Derwenthorpe pond dippers



Checking for hedgehog footprints on Hedgehog Day



Our Ecotherapy Programme has continued to consistently raise the mental and physical wellbeing of beneficiaries experiencing mental ill health, through building a connection with nature. We have achieved this by offering a variety of nature-based groups alongside a bespoke one-to-one mentoring programme.

The initial three year Big Lottery Reaching Communities grant came to an end in March 2018. During the life of this grant, we vastly exceeded expectations with a total of 198 referrals compared to the original projection of 90. These referrals have not only come directly from individuals themselves as self-referrals, but also from the Community Mental Health Teams including the Early Intervention Team and the Assertive Outreach Team. We also regularly receive referrals from specialist residential units, GP surgeries, social prescribing and other voluntary organisations. Additionally, the Ecotherapy project has engaged with Psychiatric Forensic Units within the city, opening up opportunities for a cohort of people often excluded from secondary mental health provision.

From the 198 referrals received, 141 engaged on the programme for a minimum of three months or more. From our monitoring and an external evaluation of the project, 90% of engaged beneficiaries reported marked improvements in their overall mental and physical wellbeing, including increased levels of confidence, resilience and ability to cope with change. This is a resounding success and one we are exceptionally proud of.

The programme developed significantly over the three years through partnerships with York St John University and Converge/Discovery Hub, grants and the hard work of Kathy Sturgess, our Ecotherapy Project Manager. We continue to run our Bearing Fruit, Discover Nature and Plot to Plate groups as well as an outreach gardening group at 30 Clarence Street as part of the core project.

Throughout the third year of the programme we also secured a grant from City of York Council, via York Mind, to introduce Green Exercise groups which included a Beginners Cycling group, a Nordic Walking group and a Woodwork group (starting in April 2018). We also secured a grant from Cycle UK to introduce an Advanced Cycling group to better meet the needs of the participants. This group is now peer led which is significantly empowering for its members.

During the year we ran a pilot gardening group at a residential mental health unit (22 The Avenue) in York with the aim to bridge the gap between intensive mental health interventions and moving back into the community upon discharge. The pilot was successful and highlighted the need for investment. As a result, we applied, successfully, to the TEWV Innovation Fund Initiative to expand the pilot to run groups at both 22 The Avenue and Peppermill Court, the NHS inpatient psychiatric hospital.

The success of Ecotherapy at St Nicks has led us to securing a new, five-year grant from the Big Lottery Reaching Communities to continue offering and developing this Programme. This new grant will allow us to continue offering core groups, bespoke mentoring, to further develop partnership working and additionally will provide opportunities to develop new pathways into the community including the cultivation of a green network across York.



An excerpt from the external evaluation of our Ecotherapy programme:

“All Key Performance Indicators have not only been met but **exceeded by a minimum of 50%**. The programme of activities meets the needs of the local community as demonstrated by strong qualitative and quantitative evidence from the participants, local professionals and the staff team.

**The staff and volunteers are outstanding.** The feedback from beneficiaries regarding the staff could not have been more positive and in my interactions with staff it is clear that they are not only highly skilled and part of a dedicated organisation but that they really care about the impact they are having on individual lives.

Without exception **all the feedback** I gathered **was either positive or about continuous improvement** – there was no negative feedback.”



A raised vegetable bed built by 22 The Avenue residents in September 2017





## William: a story of growing confidence

Long term mental health problems including Borderline Personality Disorder, severe depression and anxiety, as well as family illness led William\* to seek a new way to improve his mental health through his enjoyment of nature and the outdoors. He initially joined the Ecotherapy Woodwork group to gain more skills and increase his social interactions. He soon became a valued member of the group, moving into a volunteer support role to use his skills to guide other participants under the guidance of the session leader.

William also joined the cycling group, and although he hadn't ridden for a few years, really pushed himself and was soon able to ride distances of over 20 miles. He commented that one of the additional benefits of the cycling group at St Nicks compared to other community cycling groups is the peer support that has gradually built up: the chance to share experiences and talk to other members of the group who are in a similar position regarding their mental health.

He directly attributes the Ecotherapy programme to improving his mental wellbeing:

***“I have made friendships, become a happier, more relaxed person, gained more confidence, becoming fitter and healthier. Some of these aren't a permanent thing – I still suffer with some not so good and some very bad days. This is because of the Disorder. St Nicks has helped me so much and I'm not being over dramatic but if I hadn't got involved with them and received help and support they have provided, things probably would probably be very different. I was at the lowest point of my life and on the verge of suicide. St Nicks helped me change that.”***

\*participant's name changed to protect privacy



**As I grow old I start to vegetate,  
Become a garden thick with vegetation;  
I've gone to seed now, having flowered of late;  
Just being is my present occupation.**

**And yesterday I potted cowslip seeds;  
The sun was blazing and my mind was calm;  
A simple humble task is all one needs,  
To just sit still and hold life in one's palm.**

**So many years I built the world's machine –  
I've gained a perspex trophy for my toil –  
But now I roam through spaces that are green  
And plant these tiny living things in soil.**

**And peace and joy are now once more the soul's;  
The hidden meaning of it all I see,  
That was obscured by clouds of aims and goals:  
The purpose of existence is to be.**

By Brinley Price  
local poet and participant of several Ecotherapy groups



## Micklegate residents recycle more

Micklegate Ward committee kindly funded us to survey and provide information to an area of Micklegate Ward with the ambition of increasing recycling scheme participation rates. First, our team needed to ascertain how the area was performing so, over several weeks, they noted down how many recycling boxes were out for collection. Once this baseline was worked out, our intrepid recycling team sprung into action. Clipboard in hand, armed with a vast array of knowledge on recycling, reducing and reusing they knocked on doors, chatted to residents, answered questions and provided literature to 1,000 households. Many hours and miles walked later, the team were out once again to monitor performance. The residents had really taken note of the information and advice the team had provided, **increasing their overall participation in kerbside recycling on the streets we collect from by a fantastic 20%.**



It's not always about the boys, our team is 50/50 – Ciaran with two of our lady recyclers Harriet and Esther.



Our "wastebusting" team in their upcycled cart came 18th out of 50 teams in the Micklegate Run Soapbox Challenge



Clifford's Tower was our 100th business recycling customer

## Waste minimisation



Our award-winning zero-carbon emission recycling scheme is run by a growing and dedicated team. The team have been pedalling their legs off on our load bearing tricycles and putting our electric vehicles through their paces this year to provide kerbside recycling to 2,500 households within York city walls and to over 100 businesses. This year saw a massive increase in the volume of waste we diverted from landfill - a whopping 48.6 tonnes extra recycling collected from our residents compared with last year. Though we cannot take all the credit, we did have a slight increase in the number of properties we collect from. We also think the success of the Blue Planet II series combined with the hard work the recycling team do to increase awareness of good recycling practises and the handiness of the scheme itself helps York residents recycle more and to a higher standard.

The increase in tonnage of recycling collected is not restricted to our residential properties. This year our fantastic business customers have recycled an extra 24 tonnes! At the beginning of 2018 we signed up our landmark 100th customer, Clifford's Tower. Whilst the team are proud to be able to collect from very large businesses who generate tonnes of recycling alone, they are even happier that their service can cater to businesses too small to justify collections from large, fossil-fuelled lorries.

This year has seen real growth in our one-off collections, waste audits and events recycling collections, which we plan to continue to grow in the coming years. Between our residential scheme and our business waste customers, in 2017-18 we saved a whopping 382 tonnes of resources from being landfilled.

Apart from recycling, we also focused more on reuse this year with Fix It Cafes. Over 6 sessions our fantastic Fixers were able to divert 378kg of waste from landfill. In total the team managed to successfully fix 16 pushbikes, 7 ornaments, 2 floor lamps, numerous sets of string lights, clothing, 3 vacuum cleaners and an angle grinder amongst other things! We held two weekend sessions during which all of the bikes were fixed and 4 evening sessions which drew smaller numbers but meant visitors got hands on and learnt how to fix their own items. We had visitors from around York, including Tang Hall, Bishophill and students from both universities.



Celebration of Thrift, by L. Outing

The grand finale of the project was our incredible Celebration of Thrift which saw over 140 people at St Nicks making music with TrashBang Man's upcycled instruments, learning the best ways to recycle, discovering which businesses support zero waste consumers in York and using the opportunity to purchase hand carved spoons and upcycled fashions. The day was a brilliant end to the project kindly funded by City of York Council's Recycling Fund and proved the most successful event of the series with all but one item fixed.

### Waste audits: a story of reduction

We were approached by a Hospice charity with a request to help them reduce their waste going to landfill. They were fed up with sending three 1100L wheeled bins (the big commercial ones) to landfill every week. The first thing Sam Taylor, our Waste Minimisation and Recycling Manager, needed to work out was what was actually going in the bin. The best way for her to do this was to perform a Waste Audit. This literally involved tipping the contents of the Hospice bin out and separating the contents into different categories; recyclable, avoidable, compostable and non-recyclable. Once Sam had worked out what a typical week looked like for the Hospice, she was able to research alternatives and make recommendations.

The Hospice has now successfully implemented some of our recommendations and have reduced the number of landfill bins they have as well as the frequency they are collected. They have reduced their three 1100L wheeled bins collected twice per week to two 1100L wheeled bins collected once a week.

**These actions have saved the charity a considerable amount of money, not to mention preventing over 15.6 tonnes of waste a year entering landfill!**





Land use and wildlife



Health and happiness

# Volunteering

Our volunteering programme continues to be very popular with volunteering opportunities in practical conservation, wildlife monitoring and surveying, events, admin and student action volunteering. During 2017/18, 241 people volunteered at St Nicks donating over 8,300 hours of time. To put this in perspective this is the equivalent of the charity employing 4 ½ full-time members of staff, almost half the full-time equivalent of the current staff. This year student action volunteering has become more popular than ever, with over 430 hours of time donated by students. This is nearly 10 times the number of hours compared with the previous year.

We have continued to engage with students from the University of York, Askham Bryan College, Bishop Burton College and York St John University, not only providing volunteering opportunities generally but also student placements and tours of St Nicks Nature Reserve and Environment Centre. We've also provided work experience placements for Archbishop Holgate School, the Mount School and Millthorpe School.

During the last year we further developed our working relationship with the Blueberry Academy who have doubled their time with us to four times a month. We have also recently developed a working relationship with the community payback team providing placements and volunteering opportunities.

Increased daily volunteer numbers during 2017-18 also meant we needed to increase the number of supervisors out on the nature reserve. We took this opportunity to create a new volunteer support role helping our Volunteer Park Ranger in supervising the volunteers during practical tasks. This Support Volunteer role is designed to assist our Park Ranger in ensuring the groups are working safely with the correct equipment and everyone is comfortable in the tasks they are doing.



Volunteers and staff celebrating the latest Community Green Flag Award at the summer social, by L. Outing

## Eithne: a story of growth

Eithne began her journey at St Nicks nearly five years ago as a shy 14-year-old on a two-week school placement. She had a great work ethic but was very timid and apprehensive. In her continued volunteering with us since, we have provided opportunities where Eithne could grow in both confidence and ability.

Early group participation in conservation tasks led more recently to her pushing herself to take the leadership of those groups as volunteer Park Ranger intern. Now, as a very capable 20-year-old, she has developed specialist knowledge as our Key Species volunteer and currently, as our Grassland Management intern, regularly delivers advice and training in skills to maintain and develop biodiverse grasslands to green space conservation groups across York. We're incredibly proud of Eithne's personal growth and contribution to St Nicks. We know she has a very bright future ahead.



## Emma and Eleanor: Action Women

Emma and Eleanor are students from the University of York who began volunteering at St Nicks together two years ago, helping out at Eco-Active sessions. After getting a taste at these one day a month sessions, they decided to join the weekly Student Action Volunteering sessions. They both picked up skills and knowledge quickly and were very reliable attending sessions regularly, only missing occasional ones due to clashes with their studies. They began to help us out in other aspects of the charity, getting involved with fundraising and events volunteering.

This year, our Student Action Volunteer numbers reached an all-time high with up to 20 students attending sessions and as such we needed extra help supervising the group. Emma and Eleanor did not hesitate, moving into this new support role seamlessly, providing help and assistance to the other student volunteers where necessary. Sessional leader, Eithne, has found them to be a huge help to her and not only that, they are a pleasure to work alongside. They have battled sleet and snow, braved storm Doris and embraced drenching rains but they never fail to come in with a smile and infectious positive attitude. They arrive early to welcome new students and discuss the session's plans. They even stay late to wash the tools and put equipment away. With all this in mind, we nominated Emma and Eleanor for a student volunteering award at the university, and they won - a fitting reward for two phenomenal volunteers.







Lord Mayor Cllr. Dave Taylor with Lady Mayoress Susie Ridley, the fundraising committee and representatives of his chosen charities: St Nicks, York Racial Equality Network, York LGBT Forum and York Civic Trust

## Raising funds and awareness: thank yous!

We are grateful to the many individuals, companies, trusts and statutory agencies that have funded the work of St Nicks during the last year - below the line is a selection of the year's biggest contributors. We could not do the work we do without their support and generosity. Recent fundraising efforts have been successful, for example securing £60,000 over three years towards our core costs from The Patsy Wood Trust and five years' worth of key funding for Ecotherapy from the Big Lottery Fund, as well as other unrestricted funds from membership subscriptions and donations.

We also continue to receive valued support from the City of York Council through Service Level Agreements (SLAs) for aspects of the Nature Reserve and for the Residential Recycling Scheme.

Well done and big thanks go to St Nicks Finance Officer's daughter Chloe Shepherd! She ran her first York 10k for St Nicks last August, beat her personal best time and, thanks to family and colleagues, exceeded her fundraising target by raising £390.

A special thank you goes to our fantastic volunteer photographer Lewis Outing whose photos help us raise awareness of St Nicks and the work we do, and he kindly donated part of proceeds from his calendar sales to the charity too.

Another big thank you goes to Illingworths Insurance & Financial Services for sponsoring our annual Ceilidh Dance for the fifth time. Plenty of fun was had, especially by the Good Gym York crew who made it their monthly social outing, and the event raised over £600 for the charity.

At the very end of this financial year we kicked off our 20th anniversary year as a charity, marking the start of a series of celebration events in 2018. These events will include launching a capital campaign, looking forward to significantly extending the Environment Centre. Within this coming financial year we will continue to seek support from grant funders, while building our focus on contracts, individual giving and membership income. We will also be able to provide supporters with information of how they can support us through gifts in wills.



Chloe Shepherd after her 10k run for St Nicks



Ceilidh Dance with the FiddlersWreck band, by L. Outing



South High School USA orchestra

### Events round-up

Our whirlwind 2016-17 year of being one of Lord Mayor's Charities ended with a lovely get together in September 2017 to celebrate the impressive £49,111 raised. This later increased even further and we received £10,300 to support our York Becks Project and core activities. It was great to be part of the 2016-2017 civic year of events which took us to some unexpected places such as the racecourse, various curry houses and even Sir Jack Lyons Concert Hall - thanks to the Lord Mayor's recommendation, the visiting South High School USA orchestra chose us as their charity to support with their concert and raised almost £200.





## Feedback from Nature Explorers

“I liked taking photos of pond creatures with the microscope.”

“I liked sowing seeds and making a den in the woods – it’s the best playground ever!”

“Wonderful - newts, journey sticks, memory game - we learnt a lot. The session leaders were so lovely and knowledgeable.”



Sessile Earthstar - one of many finds on the Fungi Foray



UK's No Dig King, Charles Dowding speaking at the Central Methodist Church



Design students from the University of York on tour



Eco-Crafters' Christmas Wreath Challenge

This year's York Open Eco Homes trialled a different format with talks by home owners on how they improved or built their Eco Homes taking place at the Environment Centre. Especially interesting was Selena's story of eco-refurbishment after not just one but two floods hit their home within a few years of each other and how she is building the resilience of her home in preparation for future flooding. In this case, adapting to climate change has meant learning to live with occasional flooding rather than trying to stop it because it's more resource efficient – in both monetary and emotional terms. You can find Selena's talk on our YouTube channel.

Amongst other event highlights were the screening of the highly inspiring film *Tomorrow*, Foraging and Fungi Walks as well as our annual Autumn Fayre (pictured right) and fundraising Ceilidh dance. The furthest reaching highlight of the year, however, was Charles Dowding's visit. The "UK's No Dig King" promotes wildlife-friendly and labour-saving methods of growing food which align well with One Planet Living principles. In his two talks, including one at Askham Bryan College, to over 300 people from as far afield as Lincoln and Chesterfield, Charles's main message was one of encouragement for all gardeners to work more with nature rather than against it. Using compost mulches from waste materials without digging them in locks carbon into the soil making this a great low cost solution to growing food in a changing climate. We know of several people who are now trialling no dig methods in their gardens and allotments in York, and look forward to hearing about their progress.



### Re-connecting children to nature

Despite our lack of funding for a dedicated Education Officer, we engaged around 150 children from 5 primary schools and Brownie/Beaver groups in activities to discover nature and learn how to be a positive part of the environment. We also ran a series of Nature Explorers drop in sessions for an extra 100 children aged 4-12yrs over the summer holidays at St Nicks and at Derwenthorpe thanks to the Improving Communities for Children funding by City of York Council. The sessions used nature based activities to help children discover more about wildlife and enjoy playing outside. Pond dipping proved to be an extremely popular activity, allowing the children to learn about amphibian life cycles, for example by catching young newts that were not yet fully formed.

### Tours and talks

We love showing off what our staff, volunteers and nature have achieved and are always delighted to take groups on a tour of the nature reserve, or to deliver a talk at their premises. Amongst the highlights was welcoming new Askham Bryan students and design students from the University of York, as we're keen to enthuse new generations to adopt sustainability in their thinking.

It was a special honour for our Nature Reserve Manager, Jonathan Dent, to be invited to give a talk at a Café Scientific event organised by York Philosophical Society. Usually presented by lecturers and other academics, Jonathan's illustrated knowledgeable talk was well received, despite the lack of complicated charts.

### Eco-Crafters

The club has continued to be busy making lovely, upcycled where possible, crafts which are sold at the Environment Centre and stalls to generate funds for the club's activities. By way of encouraging new members and creativity amongst the existing ones, the club devised two crafts challenges which resulted in great displays and the Christmas Wreaths even made it into the Press. The group membership is open to all skill levels and thanks to its friendship-forming and isolation-tackling nature, we were able to secure funding from the Hungate Community Fund, administered by Two Ridings Community Foundation. This has helped us draft in new workshop providers and send the club members to a craft show in Harrogate for some inspiration, which they very much enjoyed.

### Venue hire

The Centre hall and garden were hired by a variety of groups and individuals: from artists who used the venue to exhibit their work during York Open Studios to organisations running training events, and even a wedding and birthday parties. Room hire expands our range of audiences, often bringing in people who would otherwise not think to come to us, as well as bringing in much needed unrestricted income.





St Nicks' patron Anneliese Emmans Dean, with Chief Officer Tom Waring. Anneliese runs the Big Buzz, which promotes sustainability through creativity, and learning through laughter, rhythm and rhyme. Anneliese has supported us since 2007.



St Nicks' patron Kate Pickett who is Professor of Epidemiology at the University of York and co-author of *The Spirit Level: Why Equality is Better for Everyone*.

# Structure, governance and management

<b>Type of governing document</b>	Constitution
<b>How the charity is constituted</b>	Charitable Incorporated Organisation (CIO)
<b>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</b>	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

<b>Charity's full name</b>	Friends of St Nicholas Fields
<b>Other names the charity is known by</b>	St Nicks
<b>Charity's principal address</b>	St Nicks Environment Centre Rawdon Avenue, York YO10 3ST

## Names of the trustees who manage the charity

<b>Trustees &amp; their background</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>
Adrian Lovett Retired NHS Manager	Chair	
Alison Green Retired teacher	Vice Chair	
Ed Mawdsley Local small business owner	Treasurer	
Trevor Barlow IT Consultant	Secretary	
Mark Bates Business development manager		
Pat Hearn Service user		
Lars Kramm Local councillor		
Andrea Marandino Sustainable finance risk manager		resigned in November 2017
Judith Rigg Retired head teacher		
Jane Thurlow Retired mental health service manager		

**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

<b>Type of adviser</b>	Independent Examiner
<b>Name</b>	Jeff Todd FCA
<b>Address</b>	Outsource VSCE Support CIC 29 Millfield Road, York YO23 1NH

## Risk management

On a regular basis, the Trustees and Chief Officer review in detail an analysis of risks facing the organisation and ensure that systems are in place to mitigate these risks. This was last undertaken during March 2017. Charities are coming under closer 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.

We will continue to seek both core and project funding. 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, 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.

In conclusion, 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!

## Financial review

### Review of the charity's financial position at the end of the period

As anticipated, the charity has enjoyed significant growth, with a 35% increase in income from prior year. This higher level will be more than maintained in the new year (2018/19).

### 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 the free reserves, at a level which equates to approximately 6 months unrestricted expenditure. This provides sufficient funds to cover management, administration and support costs. Unrestricted funds were maintained at or below this level throughout the year.





Song Thrush, by L. Outing



Robin, by L. Outing



Blue Tit, by L. Outing



Long-tailed Tit, by L. Outing



Dragon Stones on a winter's morning, by L. Outing

### Amount of reserves held

£395,534 of which £324,111 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 and has prior year Trustee Report and Accounts available for inspection should interested parties wish to do so.

### 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:

Signature

Full Name

Position

Date





A Nature Explorer examining a dragonfly, by L. Outing

# Independent examiner's report on the accounts

**I report on the accounts of:** Friends of St Nicholas Fields

**for the year ended**

31st March 2018

which are set out on pages 36-50

## Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the "2011 Act") and that an independent examination is needed.

## It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- to state whether particular matters have come to my attention.

## Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below. set out in the statement below.

## Independent examiner's statement

In connection with my examination, no matter has come to my attention

1) which gives me reasonable cause to believe that in any material respect, the requirements: to keep accounting records in accordance with section 130 of the 2011 Act; and

to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Jeff Todd FCA  
Community Accountant

Date:

Outsource VSCE Support CIC  
29 Millfield Road, York YO23 1NH



# Statement of financial activities

Friends of St Nicholas Fields  
(Charity Registration Number 1153739)

## Statement of Financial Activities for the year ended: 31 March 2018

	Note	Unrestricted funds £	Restricted funds £	Total 2018 £	Total 2017 £
<b>Income and endowments from:</b>					
Donations and legacies	3.1	38,756	148,323	187,079	125,382
Charitable activities	3.2	12,987	91,068	104,055	81,659
Other trading activities	3.3	31,398	68	31,466	31,998
Investments	3.4	2	-	2	26
Other	3.5	1,015	-	1,015	582
<b>Total income</b>	<b>3</b>	<b>84,158</b>	<b>239,459</b>	<b>323,617</b>	<b>239,647</b>
<b>Expenditure on:</b>					
Raising funds	4.1	2,269	1,798	4,067	1,489
Charitable activities	4.2	53,988	259,019	313,007	237,563
<b>Total expenditure</b>	<b>4</b>	<b>56,257</b>	<b>260,817</b>	<b>317,074</b>	<b>239,052</b>
<b>Net income/(expenditure)</b>		<b>27,901</b>	<b>(21,358)</b>	<b>6,543</b>	<b>595</b>
<b>Gross transfers between funds</b>		(446)	446	-	-
<b>Net movement in funds</b>		<b>27,455</b>	<b>(20,912)</b>	<b>6,543</b>	<b>595</b>
<b>Total funds brought forward</b>		49,886	339,105	388,991	388,396
<b>Total funds carried forward</b>		<b>77,341</b>	<b>318,193</b>	<b>395,534</b>	<b>388,991</b>

# Balance sheet

Friends of St Nicholas Fields  
(Charity Registration Number 1153739)

## Balance Sheet as at: 31st March 2018

	Note	2018 £	2017 £
<b>Fixed assets</b>			
Tangible assets	7	336,290	324,111
<b>Total fixed assets</b>		<b>336,290</b>	<b>324,111</b>
<b>Current assets</b>			
Cash at bank and in hand	8	67,602	62,323
Debtors & prepayments	9	49,259	30,133
Stock		1,970	151
<b>Total current assets</b>		<b>118,831</b>	<b>92,607</b>
<b>Current liabilities: amounts falling due within one year</b>			
Creditors and accruals	10	(59,587)	(27,727)
<b>Net current assets</b>		<b>59,244</b>	<b>64,880</b>
<b>Net Assets</b>		<b>395,534</b>	<b>388,991</b>
<b>Funds of the Charity</b>			
Unrestricted Funds (General)	11	77,341	49,886
Restricted Funds		318,193	339,105
<b>Total Funds Carried Forward</b>	<b>11</b>	<b>395,534</b>	<b>388,991</b>

The financial statements were approved by the trustees on:

And signed on their behalf by:

Trustee



# Statement of cash flows

## Friends of St Nicholas Fields

Statement of Cash Flows for the year ended: 31st March 2018

	Total 2018 £	Total 2017 £
<b>Cash flows from operating activities</b>		
Net income/(expenditure) for the year	6,543	595
Add: Depreciation for the year	1,004	-
<b>Working capital changes</b>		
(Increase)/decrease in stock	(1,819 )	(89 )
(Increase)/decrease in debtors	(19,126 )	(2,625 )
Increase/(decrease) in creditors	31,860	19,281
<b>Net cash provided by/(used in) operating activities</b>	<b>18,462</b>	<b>17,162</b>
<b>Cash flows from investing activities</b>		
Purchase of fixed assets	<b>13,183</b>	-
<b>Change in cash and cash equivalents in the year</b>	<b>5,279</b>	<b>17,162</b>
Cash and cash equivalents at 1 April 2017	62,323	45,161
<b>Cash and cash equivalents at 31 March 2018</b>	<b>67,602</b>	<b>62,323</b>

# Notes to the accounts

## Friends of St Nicholas Fields (Charity Registration Number 1153739)

Notes to the accounts for the year ended: 31st March 2018

### 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.

## Friends of St Nicholas Fields (Charity Registration Number 1153739)

### Notes to the accounts for the year ended:

#### 3 Income and endowments

31 March 2018

	2018			2017		
	Unrestricted funds £	Restricted funds £	Total 2018 £	Unrestricted funds £	Restricted funds £	Total 2017 £
<b>3.1 Donations and legacies</b>						
Donations	14,594	57	14,651	13,091	2,033	15,124
Gift Aid	149	-	149	-	-	-
Grants:						
CYC - Local Nature Reserve SLA	24,013	-	24,013	23,008	-	23,008
Worm zone project	-	-	-	-	1,649	1,649
Grow Wild Youth	-	-	-	-	500	500
English Woodland Project	-	2,203	2,203	-	-	-
York Open Eco Home	-	-	-	-	500	500
SNEC	-	37,244	37,244	3,343	32,936	36,279
Cobb Charitable Trust	-	500	500	-	500	500
Postcode Local Trust	-	-	-	-	17,180	17,180
Shine	-	-	-	-	900	900
Brelms Trust	-	3,000	3,000	-	3,000	3,000
Derwenthorpe	-	4,963	4,963	-	-	-
Action towards inclusion	-	23,498	23,498	-	7,613	7,613
York Disaster Fund Flood Appeal	-	3,600	3,600	-	3,600	3,600
CYC Ward - Waste Busters	-	3,187	3,187	-	-	-
CYC Ward - Pond dipping	-	1,500	1,500	-	1,000	1,000
CYC Ward - Chipper/mower	-	1,667	1,667	-	-	-
TEWV	-	7,050	7,050	-	-	-
CYC fixit fund	-	2,243	2,243	-	-	-
Heritage Lottery	-	29,654	29,654	-	-	-
CYC Mind	-	9,050	9,050	-	-	-
Summer 2017 Nature Explorers	-	-	-	-	-	-
Hungate Community Fund	-	1,000	1,000	-	-	-
Patsy Wood Trust	-	10,000	10,000	-	-	-
Youth Social Action Fund	-	2,430	2,430	-	-	-
TCV our wonderful wildlife	-	2,000	2,000	-	-	-
Postcode Local Trust	-	2,777	2,777	-	-	-



Jack Brunton Trust 2	-	500	500	-	-
Arlish & Chambers	-	200	200	-	-
Martin Wills Maintenance Trust	-	-	-	2,000	2,000
John Lewis Foundation	-	-	-	1,200	1,200
Purey Cust	-	-	-	2,530	2,530
P & D Shepherd Charitable Trust	-	-	-	250	250
Jack Brunton Trust	-	-	-	500	500
Persimmon	-	-	-	1,000	1,000
Arlish & Chambers	-	-	-	500	500
D'Oyly Carte Charitable Trust(2)	-	-	-	2,000	2,000
Big Lottery -Autumn Fayre	-	-	-	2,703	2,703
CYC -Improving Communities	-	-	-	1,346	1,346
Woodroffe Benton	-	-	-	500	500
	<b>38,756</b>	<b>148,323</b>	<b>187,079</b>	<b>39,442</b>	<b>85,940</b>
	<b>12,987</b>	<b>91,068</b>	<b>104,055</b>	<b>9,959</b>	<b>71,700</b>
	<b>12,987</b>	<b>91,068</b>	<b>104,055</b>	<b>9,959</b>	<b>71,700</b>

### 3.2 Charitable activities

Recycling scheme					
	12,987	91,068	104,055	9,959	71,700
	<b>12,987</b>	<b>91,068</b>	<b>104,055</b>	<b>9,959</b>	<b>71,700</b>

### 3.3 Other trading activities

Educational, lettings & rentals	2,930	-	2,930	879	-	879
Membership fees	2,101	-	2,101	2,001	-	2,001
Fundraising income	-	-	-	-	-	-
Educational events	4,866	68	4,934	6,678	231	6,909
General sales	21,501	-	21,501	22,209	-	22,209
	<b>31,398</b>	<b>68</b>	<b>31,466</b>	<b>31,767</b>	<b>231</b>	<b>31,998</b>

### 3.4 Investments

Bank interest	2	-	2	26	-	26
	<b>2</b>	<b>-</b>	<b>2</b>	<b>26</b>	<b>-</b>	<b>26</b>

### 3.5 Other

Other sundry income	1,015	-	1,015	582	-	582
	<b>1,015</b>	<b>-</b>	<b>1,015</b>	<b>582</b>	<b>-</b>	<b>582</b>

### Total income

	<b>84,158</b>	<b>239,459</b>	<b>323,617</b>	<b>81,776</b>	<b>157,871</b>	<b>239,647</b>
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## 4 Expenditure

	Unrestricted funds	Restricted funds	Total 2018	Unrestricted funds	Restricted funds	Total 2017
	£	£	£	£	£	£
<b>4.1 Raising funds</b>						
Marketing & publicity costs	770	1,646	2,416	271	474	745
Purchases for resale	1,499	152	1,651	744	-	744
	<b>2,269</b>	<b>1,798</b>	<b>4,067</b>	<b>1,015</b>	<b>474</b>	<b>1,489</b>

### 4.2 Charitable activities

Salaries	38,129	189,608	227,737	57,298	133,543	190,841
Staff training & other costs	-	3,767	2,514	1,280	4,015	5,295
Volunteer training & other costs	236	1,957	2,193	461	1,919	2,380
Rent & rates	1,058	549	1,607	636	769	1,405
Utilities	74	1,674	1,748	679	477	1,156
Cleaning, repairs & renewals	2,941	7,324	10,265	694	3,312	4,006
Health and safety & security	436	1,029	1,465	668	768	1,436
Telephone	488	642	1,130	469	323	792
Postage & stationery	267	518	785	323	327	650
Insurance	2,566	4,651	7,217	3,373	3,041	6,414
Memberships & subscriptions	170	991	1,161	113	109	222
Professional fees	1,698	18,092	19,790	55	3,010	3,065
Resources & equipment	3,916	16,379	20,295	7,121	1,981	9,102
Event costs	1,235	1,062	2,297	1,243	393	1,636
Other project costs	669	8,464	9,133	-	6,976	6,976
Independent examiner's fee	680	-	680	680	-	680
Bank charges	50	59	109	218	-	218
Other sundry costs	523	1,354	1,877	216	1,073	1,289
Depreciation	105	899	1,004	-	-	-
	<b>53,988</b>	<b>259,019</b>	<b>313,007</b>	<b>75,527</b>	<b>162,036</b>	<b>237,563</b>

### Total expenditure

	<b>56,257</b>	<b>260,817</b>	<b>317,074</b>	<b>76,542</b>	<b>162,510</b>	<b>239,052</b>
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## 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

	2018	2017
	£	£
Independent Examiner's fees for reporting on the accounts	<u>680</u>	<u>680</u>

## 6 Staff costs and emoluments

### 6.1 Staff costs

	2018	2017
	£	£
Gross salaries	214,610	181,859
Employers National Insurance	11,828	7,974
Pension contributions	1,299	1,008
	<u>227,737</u>	<u>190,841</u>

### 6.2 Average number of full time equivalent employees by department

	2018	2017
Fundraising	2.0	1.8
Charitable activities	6.2	5.7
Governance	0.3	0.3
Other	1.0	1.2
Total	<u>10</u>	<u>9</u>

No employee received remuneration in excess of £60,000 (2017:Nil)

## 7 Fixed assets

2018	Leasehold Environment £	Office equipment £	General equipment £	Computer equipment £	Total £
<b>7.1 Cost or valuation</b>					
Balance b/fwd	324,111	8,863	48,519	6,823	388,316
Additions	-	-	13,183	-	13,183
Disposals	-	-	-	-	-
Balance c/fwd	<u>324,111</u>	<u>8,863</u>	<u>61,702</u>	<u>6,823</u>	<u>401,499</u>
<b>Depreciation</b>					
Balance b/fwd	-	8,863	48,519	6,823	64,205
Charge for year	-	-	1,004	-	1,004
Disposals	-	-	-	-	-
Balance c/fwd	<u>-</u>	<u>8,863</u>	<u>49,523</u>	<u>6,823</u>	<u>65,209</u>
<b>Net book value</b>					
31 March 2018	<u>324,111</u>	<u>-</u>	<u>12,179</u>	<u>-</u>	<u>336,290</u>

2017

	Leasehold Environment £	Office equipment £	General equipment £	Computer equipment £	Total £
<b>Cost or valuation</b>					
Balance b/fwd	324,111	8,863	48,519	6,823	388,316
Balance c/fwd	<u>324,111</u>	<u>8,863</u>	<u>48,519</u>	<u>6,823</u>	<u>388,316</u>
<b>Depreciation</b>					
Balance b/fwd	-	8,863	48,519	6,823	64,205
Balance c/fwd	<u>-</u>	<u>8,863</u>	<u>48,519</u>	<u>6,823</u>	<u>64,205</u>
<b>Net book value</b>					
31 March 2017	<u>324,111</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>324,111</u>

## 8 Cash at bank and in hand

	2018 £	2017 £
Current bank account	42,964	60,423
CAF Cash account	2,097	-
CAF Gold account	20,002	
Cashplus business debit card	213	470
PayPal account	-	5
Petty Cash	200	200
Other cash in hand	2,126	1,225
	<u>67,602</u>	<u>62,323</u>

## 9 Debtors and prepayments

	2018 £	2017 £
<b>Debtors and prepayments</b>		
Trade debtors	33,479	21,894
Other debtors	8,748	2,775
Prepayments and accrued income	7,032	5,464
<b>Total</b>	<u>49,259</u>	<u>30,133</u>

## 10 Creditors and accruals

	2018 £	2017 £
<b>Amounts falling due within one year</b>		
Trade creditors	9,889	4,227
Accruals and deferred income	44,393	19,700
Tax and social security	5,305	3,800
<b>Total</b>	<u>59,587</u>	<u>27,727</u>



## 11 Movement of funds

### 11.1 Movement of major funds

2018 Fund name	Balance b/fwd	Incoming resources	Outgoing resources	Transfers	Balance c/fwd
<b>Unrestricted funds (General)</b>					
General unrestricted funds	49,886	84,158	56,257	(446)	77,341
	<b>49,886</b>	<b>84,158</b>	<b>56,257</b>	<b>(446)</b>	<b>77,341</b>
<b>Restricted funds</b>					
Environment Centre	302,299	-	-	-	302,299
Recycling Scheme	-	91,068	82,970	-	8,098
Facility improvements	3,976	-	3,976	-	-
Grounds extension fund	2,675	-	200	-	2,475
SNEC	2,825	37,244	38,121	-	1,948
English Woodland project	1,269	2,203	5,596	-	(2,124)
York Open Eco Home	493	17	700	190	-
Wetland Meadow	639	-	639	-	-
Cobb Charitable Trust	-	500	500	-	-
Postcode Local Trust	6,653	-	6,653	-	-
Brelms Trust	759	3,000	2,059	-	1,700
Purey Cust	1,426	-	1,426	-	-
Jack Brunton Trust	500	-	500	-	-
Orchard Windfalls	(256)	-	-	256	-
Building Fund	1,131	40	794	-	377
D'Oyly Carte	1,800	-	1,800	-	-
Big Lottery - Autumn Fayre	2,703	68	2,771	-	-
CYC Improving Communities	1,346	-	212	(1,134)	-
Derwenthorpe	(579)	4,963	4,384	-	-
Action towards inclusion	3,958	23,498	24,374	-	3,082
Martin Wills Maintenance Trust	2,000	-	2,000	-	-
York Disaster Fund Flood Appeal	3,600	3,600	7,200	-	-
CYC Ward - Waste Busters	-	3,187	3,187	-	-
CYC Ward - Pond dipping	-	1,500	1,500	-	-
CYC Ward - Chipper/mower	-	1,667	1,667	-	-
TEWV	(112)	7,050	6,938	-	-
CYC fixit fund	-	2,243	2,243	-	-
Heritage Lottery	-	29,654	29,369	-	285
CYC Mind	-	9,050	9,253	-	(203)
Summer 2017 Nature Explorers	-	-	1,134	1,134	-
Hungate Community Fund	-	1,000	841	-	159
Patsy Wood Trust	-	10,000	10,000	-	-
Youth Social Action Fund	-	2,430	2,500	-	(70)
TCV our wonderful wildlife	-	2,000	1,129	-	871
Postcode Local Trust	-	2,777	3,481	-	(704)
Jack Brunton Trust 2	-	500	500	-	-
Arlish & Chambers	-	200	200	-	-
	<b>339,105</b>	<b>239,459</b>	<b>260,817</b>	<b>446</b>	<b>318,193</b>
<b>Total Funds</b>	<b>388,991</b>	<b>323,617</b>	<b>317,074</b>	<b>-</b>	<b>395,534</b>

2017 Fund name	Balance b/fwd	Incoming resources	Outgoing resources	Transfers	Balance c/fwd
<b>Unrestricted funds (General)</b>					
General unrestricted funds	34,307	81,776	76,542	10,345	49,886
	<b>34,307</b>	<b>81,776</b>	<b>76,542</b>	<b>10,345</b>	<b>49,886</b>
<b>Restricted funds</b>					
Environment Centre	302,299	-	-	-	302,299
Recycling Scheme	-	71,700	71,700	-	-
Facility improvements	3,976	-	-	-	3,976
Grounds extension fund	2,675	-	-	-	2,675
Worm Zones project	8,684	1,650	18	(10,316)	-
SNEC	22,964	32,969	53,108	-	2,825
English Woodland project	7,271	-	6,002	-	1,269
Stanley Smith Horticultural Trust	259	-	259	-	-
North of England Hort Soc	500	-	522	22	-
Grow Wild Youth 2016	(296)	500	204	-	-
York Open Eco Home	1,902	500	1,909	-	493
En Able	2,000	-	2,000	-	-
York Urban Becks Clean Up	1,850	-	1,803	(47)	-
Wetland Meadow	5	1,014	380	-	639
Cobb Charitable Trust	-	500	500	-	-
Postcode Local Trust	-	17,180	10,527	-	6,653
Shine	-	900	896	(4)	-
Brelms Trust	-	3,000	2,241	-	759
John Lewis Foundation	-	1,200	1,200	-	-
Purey Cust	-	2,530	1,104	-	1,426
P & D Shepherd Charitable Trust	-	250	250	-	-
Jack Brunton Trust	-	500	-	-	500
Persimmon	-	1,000	1,000	-	-
Arlish & Chambers	-	500	500	-	-
Orchard Windfalls	-	-	256	-	(256)
Building Fund	-	1,216	85	-	1,131
D'Oyly Carte	-	2,000	200	-	1,800
Big Lottery - Autumn Fayre	-	2,703	-	-	2,703
CYC Improving Communities	-	1,346	-	-	1,346
Woodroffe Benton	-	500	500	-	-
Derwenthorpe	-	-	579	-	(579)
Action towards inclusion	-	7,613	3,655	-	3,958
Martin Wills Maintenance Trust	-	2,000	-	-	2,000
York Disaster Fund Flood Appeal	-	3,600	-	-	3,600
CYC Ward - Pond dipping	-	1,000	1,000	-	-
TEWV	-	-	112	-	(112)
	<b>354,089</b>	<b>157,871</b>	<b>162,510</b>	<b>(10,345)</b>	<b>339,105</b>
<b>Total Funds</b>	<b>388,396</b>	<b>239,647</b>	<b>239,052</b>	<b>-</b>	<b>388,991</b>



## 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 Fund

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

#### Recycling scheme

#### Facility improvements

A fund held towards the replacement and improvement of facilities and equipment.

#### Grounds extension fund

A fund held towards extending the facilities of the centre.

#### Worm Zones project

A 2 year project in partnership with York Playspace to provide sustainability sessions for local children.

#### SNEC

Eco-therapy project for mentally ill recoverees.

#### English Woodland project

Funding to enable a review of the management plan for the nature reserve.

#### Stanley Smith Horticultural Trust

Horticultural grant for Centre garden and entrance improvement project.

#### North of England Hort Soc

Nature Reserve entrance improvement through native planting schemes.

#### Grow Wild Youth 2016

Project to improve woodland ground flora through native planting schemes in thicket habitat.

#### York Open Eco Home

Funding to showcase living demonstrations of energy saving methods in the home.

#### En Able

Funding workshops to provide Future Proofing your Home ie, maximising energy efficiency.

#### York Urban Becks Clean Up

Heworth Holme wetlands and access improvement project.

#### Wetland Meadow

Crowd funding project to create wetland meadow in St. Nick's Nature Reserve.

#### Cobb Charitable Trust

To help fund volunteer coordinator

#### Postcode Local Trust

To manage Heworth Holme Wetlands

#### Shine

Children's activity sessions during summer holidays

#### Brelms Trust

To help fund Nature Reserve manager leading volunteers in conservation.

#### John Lewis Foundation

Wildlife workshops to educate about local ecology

#### Building Fund

To help with repairs to the Environment Centre building.

#### D'Oyly Carte

To support our volunteer programme.

#### Big Lottery - Autumn Fayre

In support of our annual autumn fayre.

#### CYC Improving Communities

Children's activity sessions during summer holidays

#### Woodroffe Benton

To help fund St. Nick's overheads.

#### Derwenthorpe

Wildlife monitoring and recording project at Derwenthorpe.

#### Action towards inclusion

Building better opportunities - to help find employment.

#### Martin Wills Maintenance Trust

To support our volunteer programme.

#### York Disaster Fund Flood Appeal

To research/plan to mitigate future floods.

#### CYC Ward - Waste Busters

To improve recycling rates and reuse in the Micklegate Ward

#### CYC Ward - Pond dipping

To repair our pond and surrounds.

#### CYC Ward - Chipper/mower

To purchase a woodchipper and lawnmower to help manage the nature reserve and children's play area

#### TEWV

To support extension of our ecotherapy project.

#### CYC fixit fund

Workshops to encourage reuse/repair of items

#### Heritage Lottery

To improve grassland sites through better management

#### CYC Mind

To provide "Green Exercise" in support of ecotherapy for good mental health

#### Summer 2017 Nature Explorers

Engaging children with nature through outdoor activities

#### Hungate Community Fund

To support our ecocrafters group which helps combat social isolation and loneliness in older people through weekly arts & crafts sessions

#### Patsy Wood Trust

Contribution to core costs (for a 3 year period)

#### Youth Social Action Fund

Develop engagement/volunteering by students from York universities and colleges

#### TCV our wonderful wildlife

A series of workshops to engage local community in nature and its conservation

#### Postcode Local Trust

To give volunteers the knowledge & skills to further develop the community woodland from landfill to wildlife haven

#### Jack Brunton Trust 2

To support the volunteer programme

#### Arlish & Chambers

To support the volunteer programme

Transfers between funds represent remaining balances on completed projects transferred to unrestricted funds following receipt of consent from the fund providers.



12 Net assets between funds

	Unrestricted Funds	Restricted Funds	Total 2018
	£	£	£
<b>Balances at 31st March 2018</b>			
Fixed assets	33,991	302,299	336,290
Current assets	102,937	15,894	118,831
Current liabilities	(59,587)		(59,587)
	<b>77,341</b>	<b>318,193</b>	<b>395,534</b>
	Unrestricted Funds	Restricted Funds	Total 2017
	£	£	£
<b>Balances at 31st March 2017</b>			
Fixed assets	21,812	302,299	324,111
Current assets	55,801	36,806	92,607
Current liabilities	(27,727)	-	(27,727)
	<b>49,886</b>	<b>339,105</b>	<b>388,991</b>



Dragon Stones at night, by L. Outing



Autumn Fayre, by L. Outing





A peaceful summer evening, by L. Outing



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