

Company registration number: 05418543

Charity registration number: 1111235



GOOD FOOD MATTERS

GR^{OW}ING A HEALTHY COMMUNITY

ANNUAL REPORTS AND ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2022





CONTENTS

Charity Information	3
Report of Trustees	7
Independent Examiner's Report	16
Statement of Financial Activities	17
Balance Sheet	18
Notes to the Accounts	19



Charity information

Company registration number: 05418543

Charity registration number: 1111235

Address: Evelyn House
Mickleham Way
New Addington
Croydon
CRO OPN

Directors and Charity Trustees: Carole Short (Chair)
Folake Segun (Vice Chair)
Christopher Mills
Anita Jolly
Alexandra Kent

Accountants: Tax Return Adviser Ltd
Nower End, Nower Road
Dorking, Surrey RH4 3BX

Bankers: Lloyds Bank
125 Balham High Street
Balham
SW12 9AT



GOOD FOOD MATTERS ARE A LONDON LIVING WAGE EMPLOYER



Structure Governance and Management

Good Food Matters is a charitable company limited by guarantee, governed by the Memorandum and Articles, incorporated on 8 April 2005 and registered as Good Food Matters under registration number 1111235 and company number 05418543.

Liability of Members

The charitable company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1. Trustees are directors for the purposes of the Companies Act and Trustees for the purposes of the Charities Act. They are also the members.

Appointment of Directors (who are also Trustees)

Under the requirements of the Memorandum and Articles of Association members of the Trustee Board are elected to serve from their appointment until the next AGM. At each annual general meeting one-third of the Directors or the nearest multiple of three must retire from office. They can offer themselves for re-election at the next Annual General Meeting.

The Memorandum & Articles of Association allow continuing trustees to appoint additional trustees.

Trustee Recruitment, Induction and Training

Good Food Matters (GFM) have an open recruitment process.

Those who apply are asked to complete an application form. Once received, the Chair will have an informal chat then invite them to meet some of the Board and the CEO to assess suitability. If agreed they will then be appointed to the Board

subject to references and checks according to our Memorandum and Articles of Association.

Candidates are asked to consider and declare any existing or potential conflicts of interest (including with related parties). As GFM works with children, young people, and vulnerable people a DBS (Disclosure and Barring) check will be required for those who come in contact with these groups. In the light of the checks and declarations being satisfactory, the proposed Trustees will go forward for appointment.

All relevant parties such as funders, the charity's accountants are notified of the new appointments. There is no formal training programme for newly appointed trustees.

Board Meetings

The Board has a quarterly meeting format with additional meetings where necessary. Further support to the management team is provided in writing and through meetings with the Chair.

The challenge for the staff and Board is to keep the Centre up and running in accordance with GFM's aims and objectives. Our priority in the New Year will be to develop a strategy and business plan to ensure sustainability.

Responsibilities of the Board

The Trustees (who are also the Directors) are responsible for preparing the Trustees' Annual Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgments and estimates that are reasonable and produce
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant financial information of which the charitable company's Independent Examiner is unaware.
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant information and to establish that the Independent Examiner is aware of that information.



Objectives

Our charitable objects are to:

- Advance the education of the public about cooking and growing healthy food.
- Support disadvantaged young people and their families to build healthier lifestyles, focusing on those facing lack of achievement at school, exclusion in care, leaving care, young careers, young homeless, young people with learning disabilities/autism, young ex-offenders or children at risk of anti-social behaviour, teenage mums, young refugees and all those involved in teaching or providing nutrition to any of these groups in the UK.
- Encourage the development of healthier lifestyles through the provision of practical training, education, info to be aware and support on nutrition, health and well-being to ensure said people develop more positive attitudes to health and are equipped to make more informed health and dietary choices leading to an improvement in their quality of life.

Good Food For All

Our mission is simple – provide the space, knowledge, and support to help our community grow, cook and enjoy nutritious food.



CHAIRS REPORT

I cannot thank the staff and volunteers enough who have supported Good Food Matters during the past year.

Amanda has faced some difficult situations with funding during the past few months and without her sheer determination the organisation would have been in great difficulty. I want to record my thanks to her for her loyalty and amazing ability to resolve difficult issues. She continues to lead the team steering a course through troubled waters whilst delivering the Young Londoners schools outreach program and very ably supported by Angela our Community Kitchen Manager who keeps connected with all our volunteers and learners, whilst managing the complex ESF program and Ernesto who as always works exceptionally hard in the garden keeping everything growing and managing the site. We could not do it without our amazing volunteers such as Colin who manages the corporate events and Donna who supports the summer programs and many more!

Somehow the charity, with its supporters, managed to keep turning, and we are proud that they served the local community, responding to need swiftly and with compassion. It has highlighted what a great asset Good Food Matters is to the local community and indeed the whole borough in these times of extreme need. We look ahead to the coming year recognising that times continue to be very challenging locally with the impact of Croydon Council's financial pressures but also nationally as we all compete for funding to keep going.

Thanks also to my fellow trustees, for their continued support.

CAROLE SHORT, CHAIR



DIRECTORS REPORT

Hello again,

I feel proud this year that we survived as many charities sadly did not. The repercussions of COVID, recession and other major changes continue to impact the economy and the third sector and here in New Addington survival matters.

I am so grateful for my amazing staff team Angela and Ernesto who we couldn't do without and the core volunteers and trustees who make running the charity though a challenge such a privilege. Colin as always is amazing as our liaison for Corporate Volunteering and has developed some amazing connections which is demonstrated in our repeat bookings. This generates both unrestricted funds and much needed support on site managing the grounds. This is an area we are keen to develop more in the future.

Our MENSHER this year received funding through the CCG and we were able to recruit a new member to the team, albeit 1 day per week but we welcomed Ben Elliott Asur into the Good Food Matters core staff team and he brings much wisdom and is very strong in his community outreach work.

The local organisations in New Addington work so well together. In a hyper competitive 3rd sector New Addington is an Oasis of harmony where we just all get on with it but can pick up the phone to share or ask for help agilely responding to local need.

Croydon's continuing financial challenges, we continue to look out of borough for funding, support and partnership working across our themes of work

HEALTH WELLBEING ENVIRONMENT COMMUNITY

Amanda McGrath – GOOD FOOD MATTERS





Activities, Achievements and Performance

ESF

We ran 6 FIELD TO FORK ESF community cooking and gardening COURSES
This was one of our most challenging contracts to deliver because of the impact of COVID and challenges around onerous evidence criteria.

MENSHED

The CCG awarded us continuation funding for our MH work as the only MENSHERD in Croydon, offering weekly sessions in the community and a safe space for me to meet, be active and enjoy outside space and a warm meal and conversation.

Young Londoners Program

This program continues to develop positively for the young people involved after a very slow start. We worked in three schools and one home education area plus running school holiday provision also – reaching over 115 Croydon children offering diversionary nature based, food growing and nature-based activities.

HAF

We have run FREE targeted summer camps at GFM since 2016 this year we ran at Easter, summer and Christmas with a October half term fun day also.



Community food growing – sponsored by Croydon Rotary Jubilee



- 2 community allotments created and run by the community – these include a local Home Educated group who run STEM sessions via this amazing resource and a local group who are managing their long term health conditions through gardening cooking and other therapeutic activities.
- COVID conversations – funding to offer safe space to meet and discuss COVID and vaccine questions including hesitancy.
- Knowledge and Practice – BL funded healthy cooking sessions
- Cookery Work shops for Salvation Army
- STEM – Home Education program
- BME forum
- Health and Wellbeing board -our MD is co-chair of this steering board that leads on related health matters
- Community Action – offering Groundworks Community actions through volunteering on site

SHARED COMMUNITY RESOURCE

Our amazing partners also utilise our amazing centre ensuring maximum usage of the building and grounds these include:-

- CALAT – who run weekly SEN adult cooking and food growing accredited courses
- SALVATION ARMY – OASIS elders’ group
- BLACK FATHERS SUPPORT GROUP
- Knowledge and Practice – Educational support, HAF Summer Camps and young MasterChef sessions
- GoWild – nature-based activities

Corporate Volunteering

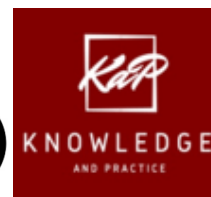


COMMUNITY PARTNERS

We continue to work closely at a micro level in New Addington with the Family centre, play place, Salvation Army, NARA, Centre for Change and of course Pathfinders but more broadly pan Croydon and further with CVA, BME Forum, Croydon Diabetes, Knowledge and Practice, ASBO media, BlueTouch consultancy



ASBO



FUNDERS

SUPPORTED BY

MAYOR OF LONDON

- CROYDON ROTARY JUBILEE
- CROYDON ROTARY CLUB



CROYDON
www.croydon.gov.uk





CORPORATE PARTNERS AND DONORS

A huge thank you to all that help support us in 2021 to 2022

Lexis Nexis

Business Volunteers

Frontiers

Discovery

Trinity school

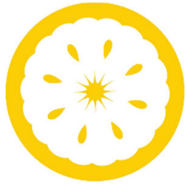
Accenture

VOLUNTEER HOURS

- 450 CORPORATE
HOURS
- 1600
COMMUNITY
VOLS



LexisNexis®



RISK AND MANAGEMENT

The Board monitors risk regularly to ensure that action is taken or systems are in place to manage identified areas of risk. GFM continues to review its procedures and policies to ensure that they are consistent with best practices.

The charity focuses on the following major areas of risk:

Future Funding: financial sustainability is the most significant risk and much management and trustee time is devoted to developing a pipeline of future funding.

Financial Control: Management are asked to produce regular and detailed financial statements.

Fire Risk: We have a fire alarm system, a fire system contact in place to check alarms and extinguishers bi-annually in line with guidance and a Fire Risk Assessment that's reviewed annually or sooner as required.

Health and Safety: The premises have the required standard of level of hygiene needed to sustain the current usage of the premises. Health and Safety is on each Board agenda to ensure that all aspects are considered (including work in the garden and with machinery). Our Health and Safety policy including COSHH is reviewed annually.

Disclosure and Barring Checks: volunteers, staff and those trustees who are in contact with service users are subject to periodic enhanced DBS checks.

Staff and Volunteer Training: All staff and volunteers are properly trained, and a new appraisal system is in place. Staff are all first aid and MH first aid trained. New policies for Modern Slavery and Menopause were approved by the board.

Safeguarding: Proper procedures and controls are in place to be able to identify and action instances of alleged or suspected abuse that comes to the attention of Good Food Matters. A key element of the procedures of the on-going annual training of all Trustees, Staff, and Volunteers in the Safeguarding and Protection of Young People.

COVID safety is a priority and Good Food Matters manage a Covid safe working practice partly due to our strong food hygiene and outdoor hygiene management.

Reserves The reserves policy is reviewed regularly by the Board of Trustees. The fixed assets are written off over the period of the Lease, over 10 years on the land at Mickleham Way.

Financial Review The financial statements have been presented in a format to comply with both company and charity law. The income for the year ended 31 March 2022 was £76,475 compared to the previous year of £76,490. Total expenditure after depreciation of fixed assets was £128,436 (2021: £121,603) leaving a deficit of £51,960 (2020: (£45,113)).

Declaration

The Directors (who are also Trustees) declare that they have approved the Trustees' report above.

Signed on behalf of the charity's Directors and Trustees



Name: CAROLE SHORT

Position: CHAIR

Date:



FOLAKE SEGUN

VICE CHAIR

Independent examiner's report on the accounts

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed: *S H Freedman*

Date:

Simone H Freedman
Chartered Tax Adviser
Tax Return Adviser Limited
Nower End, Nower Road, Dorking, Surrey RH4 3BX

Statement of Financial Activities

	Unrestricted funds £	Restricted income funds £	Total funds £	Prior year funds £
Incoming resources (Note 2)				
Income and endowments from:				
Donations and legacies	2,021	-	2,021	3,141
Grants	-	43,756	43,756	42,760
Fee income	-	-	-	-
Other income	30,699	-	30,699	30,589
Total	32,720	43,756	76,475	76,490
Resources expended (Note 3)				
Expenditure on:				
Charitable activities	56,528	71,908	128,436	121,603
Total	56,528	71,908	128,436	121,603
Net income/(expenditure) before investment gains/(losses)	- 23,808	- 28,152	- 51,960	- 45,113
Net income/(expenditure)	- 23,808	- 28,152	- 51,960	- 45,113
Net movement in funds	- 23,808	- 28,152	- 51,960	- 45,113
Reconciliation of funds:				
Total funds brought forward	- 22,848	109,628	86,780	131,893
Total funds carried forward	- 46,656	81,476	34,820	86,780

The net outgoing resources for the year arise from the Company's continuing operation.

No separate Statement of Total Recognised Gains and Losses has been presented as all such gains and losses have been dealt with in the Statement of Financial Activities.

Movements in funds are disclosed in Note 8 to the Financial Statements.

Balance Sheet on 31 March 2021

	Unrestricted funds £	Restricted income funds £	Total this year £	Total last year £
Fixed assets				
Tangible assets (Note 6)	58,565	-	58,565	115,093
Current assets				
Cash at bank and in hand		-	-	-
Creditors: amounts falling due within one year (Note 7)	23,746	-	23,746	28,313
<i>Net current assets/(liabilities)</i>	- 23,746	-	- 23,746	- 28,313
Total assets less current liabilities	34,820	-	34,820	86,780
 Total net assets or liabilities	 34,820		 34,820	 86,780
 Funds of the Charity				
Restricted income funds (Note 2)		81,476	81,476	109,628
Unrestricted funds	- 46,656		- 46,656	- 22,848
Total funds	- 46,656	81,476	34,820	86,780

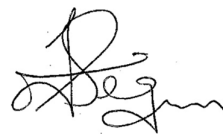
The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021. No members have required the company to obtain an audit of its accounts for the year in question, under Section 476 of the Companies Act 2006. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies' subject the small company's regime.

Approved by the Board on



Chair:

and signed on its behalf by:



Trustee:

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021

1. ACCOUNTING POLICIES

1.1 BASIS OF PREPARATION OF ACCOUNTS

The financial statements are prepared under the historical cost convention and in accordance with Accounting and Reporting by Charities, Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities (FRSSE) (effective January 2015) and with the requirements of the Charities act 2011 and the Companies Act 2006.

1.2 FUND ACCOUNTING

Unrestricted Funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.

Restricted Funds are subject to restrictions on their expenditure imposed by the donor or through the terms of a grant.

1.3 INCOME

Income is recognised in the Statement of Financial Activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to categories of income. Voluntary Income by way of donations and grants are included in the statement of financial activities on a receivable basis when evidence exists to confirm the certainty of receipt.

1.4 EXPENDITURE

Expenditure is included on an accruals basis and includes VAT because the charity is not registered for VAT. It also includes depreciation on the tangible assets of the charity. Resources expended are recognised in the period in which they are incurred. They are allocated to the activity where the costs relate directly to that activity. Governance costs comprise costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs include costs related to statutory audit and legal fees.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021 (Cont'd)

1.6 TANGIBLE FIXED ASSETS

All fixed assets are depreciated over the 10-year lease of the land on a straight-line basis. The rate of depreciation is calculated to write off the cost less estimated residual value of each asset over its expected useful life.

1.7 TRANSFERS BETWEEN FUNDS

Trustees have the authority to transfer amounts out of the unrestricted fund into the restricted fund when required.

1.8 RESERVES

The charity's accounting policy is to develop an operating surplus to maintain three months running costs in unrestricted reserves.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021
(Cont'd)

2. Analysis of income

		Unrestricted funds	Restricted income funds	Total funds £	Prior year £
Analysis					
Donations:	Donations	2,021	-	2,021	3,141
	Total	2,021	-	2,021	3,141
Grants:	Croydon Council	-	43,756	43,756	42,760
	London learning consortium	2,706	-	2,706	5,898
	Other	2,000	-	2,000	1,000
	NHS South West London	10,000	-	10,000	1,783
	Total	14,706	43,756	58,461	51,441
		-	-	-	-
		-	-	-	-
		-	-	-	-
	Other	-	-	-	-
	Total	-	-	-	-
Other trading activities:	Interest income	-	-	-	-
	Dividend income	-	-	-	-
	Rental and leasing income	1,997	-	1,997	4,133
	Other	13,996	-	13,996	17,775
	Total	15,993	-	15,993	21,908
Income from investments:		-	-	-	-
		-	-	-	-
		-	-	-	-
		-	-	-	-
	Total	-	-	-	-
Separate material item of income:	Conversion of endowment funds into income	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-
	Other	-	-	-	-
	Total	-	-	-	-
TOTAL		32,720	43,756	76,475	76,490

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021 (Cont'd)

3. Analysis of expenditure

		Unrestricted funds	Restricted income funds	Total funds £	Prior year £
Expenditure on charitable activities	Analysis				
	Building - other project costs	-	-	-	-
	Grants made	-	-	-	-
	Volunteer expenses	-	-	-	-
	Insurance	-	2,901	2,901	2,130
	Staff costs	-	49,140	49,140	45,032
	Administration salary	-	-	-	-
	Tutor fees/sessional worker	-	2,933	2,933	2,584
	Bank charges	-	1,169	1,169	1,515
	Sundry	-	-	-	109
	Depreciation	56,528	-	56,528	56,528
	Light & heat	-	3,861	3,861	2,965
	Water rates	-	1,027	1,027	-
	Telephone	-	2,176	2,176	2,201
	Cleaning	-	1,203	1,203	153
	Repairs and renewals	-	1,854	1,854	1,088
	Grocery costs	-	828	828	2,855
	Kitchen repairs and renewals	-	-	-	229
	Garden repairs and renewals	-	-	-	570
	IT, software and maintenance	-	229	229	160
	Stationery	-	-	-	362
	Pensions	-	2,036	2,036	2,117
	Professional fees	-	797	797	658
	Travel	-	1,754	1,754	347
	Total expenditure on raising funds	56,528	71,908	128,436	121,603

4. Governance costs

	This year £	Last year £
Independent examiner's fees	636	618

5. Staff costs

	This year £	Last year £
Salaries and wages	49,140	45,032
Pension costs (defined contribution scheme)	2,036	2,117
Total staff costs	51,175	47,149

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021 (Cont'd)

The monthly average number of employees during the year was 3 (2021: 3). No employee received remuneration amounting to more than £60,000 in either year.

No Trustee received any remuneration during the year (2021: Nil) and no Trustee received reimbursed expenses (2021: Nil).

6. Tangible fixed assets

6.1 Cost or valuation

	Leasehold premises	Ground improvement costs	Greenhouses	Kitchen	Furniture fixtures and fittings	Equipment	Total
	£	£	£	£	£	£	£
At the beginning of the year	408,485	87,416	31,952	24,820	3,000	9,606	565,279
Additions	-	-	-	-	-	-	-
Revaluations	-	-	-	-	-	-	-
Disposals	-	-	-	-	-	-	-
At end of the year	408,485	87,416	31,952	24,820	3,000	9,606	565,279

6.2 Depreciation and impairments

Basis	SL	SL	SL	SL	SL	SL	
Rate	10%	10%	10%	10%	10%	10%	
At beginning of the year	326,788	68,679	25,560	19,487	2,400	7,272	450,186
Disposals	-	-	-	-	-	-	-
Depreciation	40,849	8,742	3,195	2,482	300	960	56,528
Impairment	-	-	-	-	-	-	-
At end of the year	367,637	77,421	28,755	21,969	2,700	8,232	506,714

6.3 Net book value

Net book value at the beginning of the year	81,697	18,737	6,392	5,333	600	2,334	115,093
Net book value at the end of the year	40,848	9,995	3,197	2,851	300	1,374	58,565

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021
(Cont'd)

7. Creditors and accruals

	Amounts falling due within one year	
	This year	Last year
	£	£
Accruals for grants payable	20,153	25,044
Bank loans and overdrafts	-	-
Trade creditors	2,956	2,754
Payments received on account for contracts or performance-related grants	-	-
Accruals and deferred income	636	515
Taxation and social security	-	-
Other creditors	-	-
Total	23,746	28,313

8. Movement in funds

Fund names	Fund balances brought forward	Income	Expenditure	Transfers	Gains and losses	Fund balances carried forward
	£	£	£	£	£	£
Restricted funds	90,682	43,756	71,908	-	-	62,530
Unrestricted funds	3,902	32,720	56,528	-	-	19,906
Total Funds	94,584	76,475	128,436	-	-	42,624

9. Taxation

Good Food Matters is a registered charity and as such its income and gains falling within Sections 471 to 489 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992 are exempt from corporation tax to the extent that they are applied to its chargeable objectives.



GOOD FOOD MATTERS