

REGISTERED CHARITY NUMBER: 1146408

**Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 July 2021
for
First Steps Nutrition Trust**

David Lindon & Co
Chartered Accountants
Avaland House
110 London Road
Hemel Hempstead
Hertfordshire
HP3 9SD

First Steps Nutrition Trust

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for the Year Ended 31 July 2021**

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First Steps Nutrition Trust

Reference and Administrative Details for the Year Ended 31 July 2021

TRUSTEES

A Rosier
A Brown
M Willers
R Percival
V Thomas
M Kerac (appointed 08/04/2021)

CO-ORDINATOR

V Sibson (appointed 01/05/2021)

PRINCIPAL ADDRESS

Studio 3.04, The Food Exchange
New Covent Garden Market
London
SW8 5EL

REGISTERED CHARITY NUMBER

1146408

INDEPENDENT EXAMINER

Jonathan Hankinson FCA
David Lindon & Co
Chartered Accountants
Avaland House
110 London Road
Hemel Hempstead
Hertfordshire
HP3 9SD

BANKERS

The Co-operative Bank
Head Office
PO Box 101
1 Balloon Street
Manchester
M60 4EP

First Steps Nutrition Trust

Report of the Trustees for the Year Ended 31 July 2021

The trustees present their report with the financial statements of the charity for the year ended 31 July 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Principal activities

The advancement of health for the benefit of the public through the provision of information and resources to support better nutritional health, focussing on the period from pre-conception to five years. To advance the education of the public through evidence-based research and dissemination of information about good nutrition, focussing on the period from pre-conception to five years.

Achievements

During 2020/2021 First Steps Nutrition Trust continued its very productive work as an expert voice and credible source of independent information on good nutrition from pre-conception to five years. This was despite reducing our head count by one staff member from May 2021 in response to reduced funding consequent to COVID. As of July 2021, the charity employed 1.8 FTE staff.

During 2020/2021 we updated a number of resources, provided substantial input into an academic study 'Nurture Early for Optimal Nutrition', published a new policy report on the policy changes needed to enable more children to be a healthy weight and also a series of technical briefing notes on milk and milk drinks in the diets of 1-4 year olds. We updated and reorganized our First Steps website, continued to add content to all three of our websites (First Steps, Infant Milk Info and Baby Feeding Law Group UK), focusing on creating FAQs informed by queries received from health care professionals and the public. We continue to support health workers both in the UK and globally on infant milk issues.

The charity continues to be the secretariat to the Baby Feeding Law Group (a network of 30 health-related organisations who would like to see the WHO Code of marketing of breastmilk substitutes in UK law) and in the reporting period we continued to host virtual meetings, support members and send letters and reports to relevant stakeholders as a part of our advocacy efforts.

We responded to a range of consultations and continued to engage with work relevant to eating well from pre-conception to age five.

First Steps Nutrition Trust continues to partner with Unicef UK Baby Friendly and our co-ordinator sits on the BFI designation committee. We continue to support the APPG on infant feeding and inequalities. We took part in a wide range of consultations with both academics and advisory groups and our work with other early years and professional organisations and alliances is ongoing. These include the Obesity Health Alliance, Sustain, Soil Association and the Institute of Health Visiting.

We continue to produce a popular monthly newsletter and have accrued a further 1000 twitter followers over the last year, now reaching 8,500 health care professionals, policy makers, politicians, academics and members of the public. We are a named charity with expertise on many websites, including in information from Public Health England, Health Wales, Health Scotland and the NHS Supply Chain.

First Steps Nutrition Trust

Report of the Trustees for the Year Ended 31 July 2021

FINANCIAL REVIEW

Financial position

The total income for the year was £156,970, of which £28,654 was restricted in nature. Of these restricted funds, all bar £1,100 was expended in the year. Unrestricted expenditure in the year totalled £171,999, exceeding unrestricted income by £43,683. The shortfall was covered by brought forward funds. The funds carried forward at 31 July 2021 totalled £88,476.

Reserves policy

The Trustees maintain reserves of £30,000 and the Trustees are satisfied that the current level of free reserves is sufficient for the charity to carry out its objectives in the future.

FUTURE PLANS

The focus of the charity's work will remain the same in 2021/22.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation was first set up on 1 August 2011 under a governing document. It subsequently applied for, and was granted, charitable status as from 8 March 2012. The charity is controlled by its governing document, being a trust deed dated 8 March 2012. It constitutes an incorporated charity (charity number 1146408).

Recruitment and appointment of new trustees/officers

A minimum of three trustees is required. This year one trustee retired and one new trustee was recruited and we maintain a panel of six trustees.

Under the terms of the initial governing document, trustees are appointed for an initial period of three years, after which they can be re-appointed for a further period of three years by agreement. In selecting individuals for appointment as trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. Trustees meet at least three times a year and at least one of those meetings must be held with all trustees present.

Trustees can be removed from office if they are absent for all meetings over a period of a year.

Organisational structure

The charity currently has a co-ordinator, a senior nutritionist and an administrator as permanent employees. Having downsized in response to a reduction in income in 2020/21 we plan to increase our capacity again in 2021/22 by recruitment of a Nutritionist. Some work is still undertaken by freelance staff and this will continue in 2021/2022.

PUBLIC BENEFIT

The Trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the public benefit guidance published by the charity commission in determining the activities undertaken by the charity.

Approved by order of the board of trustees on 2 December 2021 and signed on its behalf by:

A Rosier - Trustee

**Independent Examiner's Report to the Trustees of
First Steps Nutrition Trust**

Independent examiner's report to the trustees of First Steps Nutrition Trust

I report to the charity trustees on my examination of the accounts of First Steps Nutrition Trust (the Trust) for the year ended 31 July 2021.

Responsibilities and basis of report

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all 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 giving me cause to believe that in any material respect:

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

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

Jonathan Hankinson FCA
ICAEW
David Lindon & Co
Chartered Accountants
Avaland House
110 London Road
Hemel Hempstead
Hertfordshire
HP3 9SD

2 December 2021

First Steps Nutrition Trust

Statement of Financial Activities for the Year Ended 31 July 2021

| | | Unrestricted funds £ | Restricted funds £ | 2021 Total funds £ | 2020 Total funds £ |
|------------------------------------|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| | Notes | | | | |
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | 2 | 114,410 | 28,654 | 143,064 | 210,301 |
| Other income | 3 | 13,906 | - | 13,906 | 10,856 |
| Total | | 128,316 | 28,654 | 156,970 | 221,157 |
| EXPENDITURE ON | | | | | |
| Charitable activities | 4 | | | | |
| Direct costs | | 141,529 | 27,554 | 169,083 | 164,243 |
| Donations | | 1,051 | - | 1,051 | 10,000 |
| Support costs | | 29,419 | - | 29,419 | 46,496 |
| Total | | 171,999 | 27,554 | 199,553 | 220,739 |
| NET INCOME/(EXPENDITURE) | | (43,683) | 1,100 | (42,583) | 418 |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 130,337 | 722 | 131,059 | 130,641 |
| TOTAL FUNDS CARRIED FORWARD | | 86,654 | 1,822 | 88,476 | 131,059 |

The notes on page 0 form part of these financial statements

First Steps Nutrition Trust

Balance Sheet 31 July 2021

| | Notes | 2021 £ | 2020 £ |
|--|-------|---------------|----------------|
| CURRENT ASSETS | | | |
| Debtors | 10 | 6,147 | 4,533 |
| Cash at bank | | 84,767 | 127,629 |
| | | <u>90,914</u> | <u>132,162</u> |
| CREDITORS | | | |
| Amounts falling due within one year | 11 | (2,438) | (1,103) |
| | | <u>88,476</u> | <u>131,059</u> |
| NET CURRENT ASSETS | | | |
| | | <u>88,476</u> | <u>131,059</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | |
| | | <u>88,476</u> | <u>131,059</u> |
| NET ASSETS | | | |
| | | <u>88,476</u> | <u>131,059</u> |
| FUNDS | 14 | | |
| Unrestricted funds | | 86,654 | 130,337 |
| Restricted funds: | | | |
| Infant Milk | | 1,322 | 722 |
| Kingston Essay Award | | 500 | - |
| | | <u>1,822</u> | <u>722</u> |
| TOTAL FUNDS | | <u>88,476</u> | <u>131,059</u> |

The financial statements were approved by the Board of Trustees and authorised for issue on 2 December 2021 and were signed on its behalf by:

A Rosier - Trustee

The notes on page 0 form part of these financial statements

First Steps Nutrition Trust

Notes to the Financial Statements for the Year Ended 31 July 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

First Step Nutrition Trust is a Charity registered in England and Wales. The address of the registered office is given in the charity information on page 1 of these financial statements. The nature of the charity's operations and principal activities are also detailed with the Report of the Trustees.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared 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 applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 (as updated through Update Bulletin 1 published on 2 February 2016), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair view'. This departure has involved following 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 (FRS 102) issued on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements are prepared on a going concern basis under the historical cost convention, modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows;
- the requirement of paragraph 3.17(d).

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

First Steps Nutrition Trust

Notes to the Financial Statements - continued for the Year Ended 31 July 2021

1. ACCOUNTING POLICIES - continued

Income

The charity receives government grants. Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds are available for the use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. DONATIONS AND LEGACIES

| Income from donations and legacies | 2021 £ | 2020 £ |
|--|-----------|-----------|
| Donations and legacies | 123,063 | 210,301 |
| Grants | 20,000 | - |
| Total income from donations and legacies | 143,063 | 210,301 |

First Steps Nutrition Trust

**Notes to the Financial Statements - continued
for the Year Ended 31 July 2021**

| | | | | |
|---|---------------------------------|----------------------------------|---------------------|---------------|
| 3. OTHER INCOME | | | | |
| | | 2021 | 2020 | |
| | | £ | £ | |
| Other income | | <u>13,906</u> | <u>10,856</u> | |
| 4. CHARITABLE ACTIVITIES COSTS | | | | |
| | Direct Costs (see note 5) | Support costs (see note 6) | Totals | |
| | £ | £ | £ | |
| Direct costs | 169,083 | - | 169,083 | |
| Donations | 1,051 | - | 1,051 | |
| Support costs | - | 29,419 | 29,419 | |
| | <u>170,134</u> | <u>29,419</u> | <u>199,553</u> | |
| 5. DIRECT COSTS OF CHARITABLE ACTIVITIES | | | | |
| | | 2021 | | |
| | | £ | | |
| Freelancers | | 34,755 | | |
| Edit/design/print | | 21,190 | | |
| Wages | | 113,138 | | |
| | | <u>169,083</u> | | |
| 6. SUPPORT COSTS | | | | |
| | Management | Finance | Governance costs | Totals |
| | £ | £ | £ | £ |
| Support costs | <u>27,432</u> | <u>307</u> | <u>1,680</u> | <u>29,419</u> |

First Steps Nutrition Trust

Notes to the Financial Statements - continued for the Year Ended 31 July 2021

6. SUPPORT COSTS - continued

Support costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs, administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and include project management carried out at Headquarters.

Support costs, included in the above, are as follows:

Management

| | 2021 Support costs £ | 2020 Total activities £ |
|------------------------|-------------------------------|----------------------------------|
| Office rent and rates | 17,235 | 18,234 |
| IT costs | 2,432 | 3,214 |
| Travel and subsistence | - | 2,793 |
| Employer pension | 5,438 | 5,486 |
| Postage and stationery | 811 | 1,105 |
| Communications | 383 | 9,449 |
| Sundries | 453 | 572 |
| Subscriptions | 680 | 644 |
| | <u>27,432</u> | <u>41,497</u> |

Finance

| | 2021 Support costs £ | 2020 Total activities £ |
|----------------|-------------------------------|----------------------------------|
| PayPal charges | 307 | - |
| | <u>307</u> | <u>-</u> |

Governance costs

| | 2021 Support costs £ | 2020 Total activities £ |
|------------------------------------|-------------------------------|----------------------------------|
| Book-keeping | - | 2,272 |
| Independent examiners fees | 1,680 | 1,680 |
| Trustee & Trustee meeting expenses | - | 1,047 |
| | <u>1,680</u> | <u>4,999</u> |

First Steps Nutrition Trust

Notes to the Financial Statements - continued for the Year Ended 31 July 2021

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 July 2021 nor for the year ended 31 July 2020.

Trustees' expenses

During the year, the Trust reimbursed one Trustee for their travel and meeting expenses, at a total cost of £Nil (2020: £613).

8. STAFF COSTS

The average monthly number of employees during the year was as follows:

| | 2021 | 2020 |
|---------------|------|------|
| Support Staff | 4 | 4 |

No employees received emoluments in excess of £60,000.

| | 2021 £ | 2020 £ |
|--------------------|----------------|----------------|
| Wages and salaries | 106,068 | 109,724 |
| Social Security | 7,070 | 1,574 |
| Employer pension | 5,438 | 5,486 |
| | <u>118,576</u> | <u>116,784</u> |

The average full time equivalent (FTE) of staff during the year was 2.6 (2020: 2.8). All of which operated on the management of the charity.

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|-----------------------------------|----------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 210,301 | - | 210,301 |
| Other income | <u>10,856</u> | <u>-</u> | <u>10,856</u> |
| Total | 221,157 | - | 221,157 |
| EXPENDITURE ON | | | |
| Charitable activities | | | |
| Direct costs | 144,965 | 19,278 | 164,243 |
| Donations | 10,000 | - | 10,000 |
| Support costs | <u>46,496</u> | <u>-</u> | <u>46,496</u> |

First Steps Nutrition Trust

**Notes to the Financial Statements - continued
for the Year Ended 31 July 2021**

| 9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued | | | |
|--|----------------------------|--------------------------|---------------------|
| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
| Total | 201,461 | 19,278 | 220,739 |
| NET INCOME/(EXPENDITURE) | 19,696 | (19,278) | 418 |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 110,641 | 20,000 | 130,641 |
| TOTAL FUNDS CARRIED FORWARD | 130,337 | 722 | 131,059 |
| 10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR | | | |
| | 2021 | 2020 | |
| | £ | £ | |
| Other debtors | 5,703 | 4,259 | |
| Prepayments and accrued income | 444 | 274 | |
| | 6,147 | 4,533 | |
| 11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR | | | |
| | 2021 | 2020 | |
| | £ | £ | |
| Other creditors | 2,438 | 1,103 | |

First Steps Nutrition Trust

Notes to the Financial Statements - continued for the Year Ended 31 July 2021

12. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

| | 2021 £ | 2020 £ |
|----------------------------|---------------|---------------|
| Within one year | 10,855 | 10,107 |
| Between one and five years | 5,651 | - |
| | <u>16,506</u> | <u>10,107</u> |

The trust entered into a two year rental agreement commencing on 7 February 2021. The Trust is contractually entitled to end the lease by giving not less than three months written notice.

13. ANALYSIS OF NET ASSETS BETWEEN FUNDS

| | Unrestricted funds £ | Restricted funds £ | 2021 Total funds £ | 2020 Total funds £ |
|---------------------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| Current assets | 89,092 | 1,822 | 90,914 | 132,162 |
| Current liabilities | (2,438) | - | (2,438) | (1,103) |
| | <u>86,654</u> | <u>1,822</u> | <u>88,476</u> | <u>131,059</u> |

14. MOVEMENT IN FUNDS

| | At 1/8/20 £ | Net movement in funds £ | At 31/7/21 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 130,337 | (43,683) | 86,654 |
| Restricted funds | | | |
| Infant Milk | 722 | 600 | 1,322 |
| Kingston Essay Award | - | 500 | 500 |
| | <u>722</u> | <u>1,100</u> | <u>1,822</u> |
| TOTAL FUNDS | <u>131,059</u> | <u>(42,583)</u> | <u>88,476</u> |

First Steps Nutrition Trust

Notes to the Financial Statements - continued for the Year Ended 31 July 2021

14. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 128,316 | (171,999) | (43,683) |
| Restricted funds | | | |
| Infant Milk | 20,000 | (19,400) | 600 |
| Neon Project | 8,154 | (8,154) | - |
| Kingston Essay Award | 500 | - | 500 |
| | <u>28,654</u> | <u>(27,554)</u> | <u>1,100</u> |
| TOTAL FUNDS | <u>156,970</u> | <u>(199,553)</u> | <u>(42,583)</u> |

Comparatives for movement in funds

| | At 1/8/19 £ | Net movement in funds £ | At 31/7/20 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 110,641 | 19,696 | 130,337 |
| Restricted funds | | | |
| Infant Milk | 20,000 | (19,278) | 722 |
| | <u>130,641</u> | <u>418</u> | <u>131,059</u> |
| TOTAL FUNDS | <u>130,641</u> | <u>418</u> | <u>131,059</u> |

First Steps Nutrition Trust

Notes to the Financial Statements - continued for the Year Ended 31 July 2021

14. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 221,157 | (201,461) | 19,696 |
| Restricted funds | | | |
| Infant Milk | - | (19,278) | (19,278) |
| TOTAL FUNDS | <u>221,157</u> | <u>(220,739)</u> | <u>418</u> |

A current year 12 months and prior year 12 months combined position is as follows:

| | At 1/8/19 £ | Net movement in funds £ | At 31/7/21 £ |
|---------------------------|----------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 110,641 | (23,987) | 86,654 |
| Restricted funds | | | |
| Infant Milk | 20,000 | (18,678) | 1,322 |
| Kingston Essay Award | - | 500 | 500 |
| | <u>20,000</u> | <u>(18,178)</u> | <u>1,822</u> |
| TOTAL FUNDS | <u>130,641</u> | <u>(42,165)</u> | <u>88,476</u> |

First Steps Nutrition Trust

Notes to the Financial Statements - continued for the Year Ended 31 July 2021

14. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 349,473 | (373,460) | (23,987) |
| Restricted funds | | | |
| Infant Milk | 20,000 | (38,678) | (18,678) |
| Neon Project | 8,154 | (8,154) | - |
| Kingston Essay Award | 500 | - | 500 |
| | <u>28,654</u> | <u>(46,832)</u> | <u>(18,178)</u> |
| TOTAL FUNDS | <u>378,127</u> | <u>(420,292)</u> | <u>(42,165)</u> |

The trust received the following restricted funds during the year:

Infant Milk: a £20,000 grant was received from the Scottish Government, to be used to fund infant milk and breastfeeding work.

Neon Project: £8,154 was received from a project run by University College London to fund the preparation of a practical photographic resource entitled "Eating well: 6 months to 2 years for South Asian children."

Kingston Essay Award: the Kingston University essay award was set up using public funds from Helen Crawley's retirement donations. The award will be in place for 10 years, starting in 2022, and will be offering an annual prize of £50 as part of an essay competition.

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 July 2021.

First Steps Nutrition Trust
Detailed Statement of Financial Activities
for the Year Ended 31 July 2021

| | 2021 £ | 2020 £ |
|---------------------------------|----------------|----------------|
| INCOME AND ENDOWMENTS | | |
| Donations and legacies | | |
| Donations and gift aid | 123,064 | 210,301 |
| Grants | 20,000 | - |
| | <u>143,064</u> | <u>210,301</u> |
| Other income | | |
| Other income | 13,906 | 10,856 |
| | <u>156,970</u> | <u>221,157</u> |
| Total incoming resources | | |
| | 156,970 | 221,157 |
| EXPENDITURE | | |
| Charitable activities | | |
| Wages | 113,138 | 111,298 |
| Freelancers | 34,755 | 24,328 |
| Conference costs | - | 1,475 |
| Research project costs | - | 9,872 |
| Edit/Design/Print | 21,190 | 17,270 |
| Donations | 1,051 | 10,000 |
| | <u>170,134</u> | <u>174,243</u> |
| Support costs | | |
| Management | | |
| Office rent and rates | 17,235 | 18,234 |
| IT costs | 2,432 | 3,214 |
| Travel and subsistence | - | 2,793 |
| Employer pension | 5,438 | 5,486 |
| Postage and stationery | 811 | 1,105 |
| Communications | 383 | 9,449 |
| Sundries | 453 | 572 |
| Subscriptions | 680 | 644 |
| | <u>27,432</u> | <u>41,497</u> |
| Finance | | |
| PayPal charges | 307 | - |

This page does not form part of the statutory financial statements

First Steps Nutrition Trust

Detailed Statement of Financial Activities for the Year Ended 31 July 2021

| | 2021 £ | 2020 £ |
|------------------------------------|-----------------|----------------|
| Finance | | |
| Governance costs | | |
| Book-keeping | - | 2,272 |
| Independent examiners fees | 1,680 | 1,680 |
| Trustee & Trustee meeting expenses | - | 1,047 |
| | <u>1,680</u> | <u>4,999</u> |
| Total resources expended | <u>199,553</u> | <u>220,739</u> |
| Net (expenditure)/income | <u>(42,583)</u> | <u>418</u> |

This page does not form part of the statutory financial statements