

Trustees' Annual Report for the period

Period start date
 From 06 04 2021 To 05 04 2022
 Period end date

Section A Reference and administration details

Charity name Eat or Heat

Other names charity is known by

Registered charity number (if any) 1154192

Charity's principal address 12A Crescent Road

London

Postcode

E4 6AT

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Carol Gooch			
2	Chris Rennie	Vice Chair		
3	Amy Cronin			
4	Margaret Wick			
5	Georgia Potton			
6	Gary Nash	Chair & Treasurer		
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <small>(eg. trust deed, constitution)</small>	Constitution Adopted 1 st May 2013
How the charity is constituted <small>(eg. trust, association, company)</small>	Association
Trustee selection methods <small>(eg. appointed by, elected by)</small>	Trustees are appointed or reappointed annually at the annual general meeting. Trustees can be elected at any time in the year by a majority vote of trustees during a trustee meeting.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

All trustees give their time voluntarily and receive no remuneration or any other benefit.

All trustees have worked as volunteers in various posts to get a true understanding of what is required to deliver an efficient service.

To ensure all money is spent in line with charity's objectives.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To provide free food aid to those identified by front line public service agencies, (social services, community welfare organisations, housing associations etc.), as being in need because of financial hardship.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

In planning our activities for the year, we kept in mind the Charity Commissions guidance on public benefit at our trustee meetings.

Our main activities have been to maximise food and monetary donations from the public by keeping the plight of those in financial hardship high on the agenda. We have continued to optimise the opportunities offered by social media platforms to maintain and promote our profile in the community.

We have continued to use social media to promote the opportunities offered by such sites as My Donate, Amazon Smile and Give As You Live to raise funding through our supporters online shopping.

Tap into volunteer's individual skill sets to maximise the effectiveness and efficiency of the charity. An induction is now given to all new volunteers which is bespoke to their role. They are offered training opportunities as required such as food handling and manual handling courses.

We have kept a positive relationship with local newspapers and listings publication to regularly run news of our activities, thus keeping interest high.

During this reporting period we had to contend with the issues caused by the Covid 19 pandemic. We were able to continue our usual high level of service despite being affected by supply of stock issues and having to backfill for volunteers who were forced to isolate.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Approximately 50 regular volunteers plus trustees. Over 4500 volunteer hours in the past year to keep the food bank running.

Demand for our services continues to rise year on year. The permitted visits to the foodbank, per referral was maintained at four. This reflected the continued increase in demand, and reduction in administration time.

The Covid 19 pandemic still puts a great strain on the services of our foodbanks, which became recognised as an essential service. Thanks to the stoic attitude and unwavering hard work of our team of volunteers, we were able to match all the challenges put before us.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

The main achievement this year is that we have continued to operate our three foodbanks in a fair and uniform manner. We have also risen to the challenge of meeting the unprecedented increased demand for our services.

Overall, we have achieved our most simple objective, which is to continue to provide food support to those in need in our community.

Section E

Financial review

Brief statement of the charity's policy on reserves

We have continued to maintain a high reserve as we are now spending large sums to keep our three foodbanks stocked, despite the generous support of the public. We also pay a rent at two of our three distribution hubs, but tenancy is largely on a short term basis, and there is always the potential that relocation may be necessary.

Details of any funds materially in deficit

NONE

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

The main income continues to be from public donations. We have actively been involved in several fundraising events, which have served to maintain our profile, educate the general public that there is increasing hardship within their community as well as generate income.

Our main expenditure continues to be for stock in order to sustain our distribution level.

Section F

Other optional information

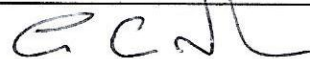
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Gary Christopher Nash

Position (eg Secretary, Chair, etc)

Chair

Date

10/1/23



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Eat or Heat

**On accounts for the year
ended**

05/04/2022

**Charity no
(if any)**

1154192

Set out on pages

Remember to include the page numbers of additional sheets.

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **05/04/2022**.

**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 2011 Act and in carrying out my examination, I have followed 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

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

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

4th January 2023

Name:

Celia Berry

**Relevant professional
qualification(s) or body
(if any):**

Address:

5 Salters Road

London

E17 3PQ

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



Charity name EAT OR HEAT

Charity number (if any) 1154192

For the period from (start date) 0 6 0 4 2 1

to (end date) 0 5 0 4 2 2

Section A

Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	120,521			120,521	207,524
Fundraising Events	2,781			2,781	5,152
Bank Interest					
<i>Sub total</i>	123,302			123,302	212,676
A2 Asset and investment sales, etc					
<i>Total receipts</i>	123,302			123,302	212,676
A3 Payments					
Food for Distribution	39,530			39,530	17,422
Equipment	0			0	3,322
Storage					
General Admin	4,878			4,878	4,857
Insurance	225			225	350
Van Rental/Vehicle Costs	22			22	984
Room Rental	1,000			1,000	5,530
<i>Sub total</i>	45,655			45,655	32,465
A4 Asset and investment purchases, etc					
<i>Total payments</i>					
<i>Net of receipts/(payments)</i>					
A5 Transfers between funds					
A6 Cash funds last year end					286,250
<i>Cash funds this year end</i>				363,897	

B1 Cash funds

Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
Bank Account	363,897		
<i>Total cash funds</i> (agree balances with receipts and payments account(s))	363,897		

B2 Other monetary assets

Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
Office Equipment	Unrestricted		
Food Shelving	Unrestricted		

B5 Liabilities

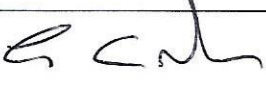
Details	Fund to which liability relates	Amount due (optional)	When due (optional)

Signed by one or two trustees on behalf of all the trustees

Signature

Print name

Date of approval



GARY NASH

4/1/23