

# Trustees' Annual Report for the period

Period start date  
From 06 04 2023 To 05 04 2024  
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		Up to 30/01/24	
6	Gary Nash	Chair & Treasurer		
7	Nuria Goethels		From 30/01/24	
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 <sup>st</sup> May 2013
How the charity is constituted <small>(eg. trust, association, company)</small>	Association
Trustee selection methods <small>(eg. appointed by charity)</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 giving sites as Wonderful, Peoples Fundraising and Give as You Live, to raise funding through our supporters.

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 period our levels of donations decreased, but our main avenues of support are still financial donations on our donation platforms. There has been an increase in various community groups contributing by means of online supermarket deliveries. There is now a re-emergence of groups organising fund raising events to support our Charity.

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.

There has been little change in our Teams of volunteers. We continue operate with small dedicated Teams who are the backbone of our organisation.

Demand for our services continues to rise year on year. The cost-of-living crisis has increased the numbers using the food bank for longer periods. The permitted visits to the foodbank, per referral was maintained at four. This reflected the continued increase in demand, and reduction in administration time.

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

Summary of the main achievements of the charity during the year

Our main achievement 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 continued 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, this largely on a short-term basis. 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 growing hardship within their community as well as generate income. This reporting period has seen a forty five percent increase in the amount we have had to spend on food to keep our three sites adequately stocked.

**Section F**

**Other optional information**

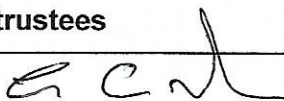
**Section G**

**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

27/1/25



Section A

Independent Examiner's Report

Report to the trustees/  
members of

Eat or Heat

On accounts for the year  
ended

05/04/2024

Charity no  
(if any)

1154192

Set out on pages

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:

15<sup>th</sup> Jan 2025

Name:

CELIA BERRY

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

Address:

5 SALTERS ROAD

LONDON

E17 3PC





Charity name EAT OR HEAT

Charity number (if any) 1154192

For the period from (start date) 0 6 0 4 2 3

to (end date) 0 5 0 4 2 4

## 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 £
<b>A1 Receipts</b>					
Donations	123,764			123,764	155,115
Fundraising Events	1,029			1,029	5,194
Bank Interest					
<i>Sub total</i>	124,793			124,793	160,309
<b>A2 Asset and investment sales, etc</b>					
<i>Total receipts</i>	124,793			124,793	160,309

## A3 Payments

Food for Distribution	101,470			101,470	73,506
Equipment	2,147			2,147	0
Storage					
General Admin	4,351			4,351	5,446
Insurance	177			177	225
Van Rental/Vehicle Costs	42			42	51
Room Rental	7,370			7,370	4,200
<i>Sub total</i>	115,557			115,557	83,428
<b>A4 Asset and investment purchases, etc</b>					
<i>Total payments</i>					
<i>Net of receipts/(payments)</i>					
<b>A5 Transfers between funds</b>					
<b>A6 Cash funds last year end</b>					440,778
<i>Cash funds this year end</i>				450,014	

## Section B

## Statement of assets and liabilities at the end of the period

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
<b>B1 Cash funds</b>	<b>Bank Account</b>	<b>450,014</b>		
	<i>Total cash funds (agree balances with receipts and payments account(s))</i>	<b>450,014</b>		

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
<b>B2 Other monetary assets</b>				

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>				

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	<b>Office Equipment</b>	<b>Unrestricted</b>		
	<b>Food Shelving</b>	<b>Unrestricted</b>		

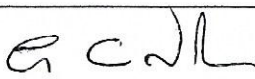
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>				

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

Signature

Print name

Date of approval



GARY NASH

27/1/25