

Trustees' Annual Report for the period

		Period start date			Period end date	
From		06	04	2024	To	05 04 2025

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

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	Gary Nash	Chair & Treasurer		
6	Nuria Goethals			
7	Donna East		07/05/24	
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 (eg. trust deed, constitution)	Constitution Adopted 1 st May 2013
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	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 Givey, 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 some minor changes 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.

Our small Teams of volunteers have worked hard to maintain our expected high standards in delivering our services. They are deserved of praise for their sterling collective effort.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

In October 2024 we streamlined our operation by closing our foodbank in Leytonstone E11. The main reason being dwindling numbers attending that foodbank. The probable cause of this was the proliferation of alternative foodbanks in the immediate area. Due to the decline in numbers it was not economically viable to keep the foodbank open, as it was one for which we had to pay rent, to hire a hall from the Salvation Army. Clients wishing to use our services who reside in the E11 post code area are now invited to attend our Walthamstow foodbank.

We have continued to provide a high standard of service to our clients in our remaining two foodbanks.

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, and now two foodbanks stocked, despite the generous support of the public. The cost of maintaining our food stock continues to increase.

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 substantial increase in the amount we have had to spend on food to keep our sites adequately stocked.

Section F

Other optional information

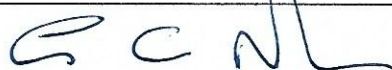
Section G

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

26/1/26



Section A

Independent Examiner's Report

Report to the trustees/
members of

Eat or Heat

On accounts for the year
ended

05/04/2025

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 **05/04/2025**.

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:

21st Jan 2026

Name:

CELIA BERRY

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

Address:

5 SALTERS ROAD
LONDON
E17 3PQ



Charity name **EAT OR HEAT**

Charity number (if any) **1 1 5 4 1 9 2**

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

to (end date) **0 5 0 4 2 5**

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	115,403			115,403	123,764
Fundraising Events	3,122			3,122	1,029
Bank Interest					
<i>Sub total</i>	118,525			118,525	124,793
A2 Asset and investment sales, etc					
<i>Total receipts</i>	118,525			118,525	124,793
A3 Payments					
Food for Distribution	111,220			111,220	101,470
Equipment	46			46	2,147
Storage					
General Admin	5,715			5,715	4,351
Insurance					177
Van Rental/Vehicle Costs					42
Room Rental	5,320			5,320	7,370
<i>Sub total</i>	122,301			122,301	115,557
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					450,014
<i>Cash funds this year end</i>				446,238	

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 £
B1 Cash funds	Bank Account	446,238		
	<i>Total cash funds</i> (agree balances with receipts and payments account(s))	446,238		

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B2 Other monetary assets				

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets				

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


	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities				

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

Signature

Print name

Date of approval



GARY NASH

22/1/26