

FOODWISE (TLC) LIMITED

England & Wales · Charity number 1164890

Details

Other names FOODWISE

Status Registered

Legal form Charitable company

Company number [09561460](#)

Registered 2015-12-16

Register [View on the Charity Commission register](#)

Contact

Address Oakfield
2 Fairway
Guildford
Surrey
GU1 2XG

Phone 07768005155

Email martin@foodwisetlc.care

Website www.foodwisetlc.care

Activities

Objects: ?4 The charity?s objects (?Objects?), which shall be undertaken within a Christian ethos, are specifically restricted to the following: (1) To relieve financial hardship through the provision of food coaching to teach people how to budget, purchase, prepare and cook nutritional food at reasonable cost. (2) To relieve those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage through the procurement, preparation and/or the provision of food and in particular, but without prejudice to the generality of the foregoing, during (a) times of crisis and (b) school holidays thus addressing ?holiday hunger?. (3) To advance in life and help young people by developing their skills, capacities and capabilities, in particular but without prejudice to the generality of the foregoing in relation to the procurement, preparation and/or the provision of food, to enable them to participate in society as mature and responsible individuals as a means of:- (a) advancing education; and (b) relieving unemployment. In this Article 4(3) ?young people? means persons aged between 16 and 25 years.?

Activities: Provision of Food Courses to train people to cook low cost nutritional food on a low budget. all equipment, food and course provided free of charge. Enough food provided on each of the six sessions of the course (one day per week for six weeks) to feed the immediate family of the participant. Food is provided free

of charge to families or individuals either directly or through schools.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, The Prevention Or Relief Of Poverty, Other Charitable Purposes
- **Who:** Children/young People, The General Public/mankind

Geography

- Surrey

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£84,949	£75,347	-	-
2024-04-30	£48,217	£53,855	-	-
2023-04-30	£81,240	£74,209	-	-
2022-04-30	£85,072	£109,447	-	-
2021-04-30	£188,139	£158,543	-	-

Trustees

Name	Role	Appointed
MARTIN VODDEN FLD	Chair	2015-12-15
KAY CLAPP DR		2015-12-15

FOODWISE (TLC) LIMITED

England & Wales - Charity number 1164890

Accounts

Registered company number: **09561460**
Registered charity number: **1164890**

Foodwise (TLC) Limited

A company limited by guarantee

Trustees' Report and Financial Statements
for the year ended **30 April 2025**

Registered company number: 09561460

Registered charity number: 1164890

Foodwise (TLC) Limited
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
For the Year Ended 30 April 2025

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Foodwise (TLC) Limited

TRUSTEES' AND DIRECTORS' REPORT

For the Year Ended 30 April 2025

The trustees who are also the directors of the company, are pleased to provide their report for Foodwise (TLC) Limited ("Foodwise") for the year ended 30 April 2025.

Incorporation

The company was incorporated on 26 April 2015 as a company limited by guarantee and commenced trading immediately.

The company obtained charitable status on 15 December 2015 with registered charity number 1164890.

Objectives and Activities

Foodwise's charitable aim is to relieve financial hardship through the provision of food coaching to teach people how to budget, purchase, prepare and cook nutritional food at reasonable cost. In practical terms, Foodwise runs courses where people are coached by a Food Coach to prepare and cook a variety of dishes over a six-week period. The course runs for a few hours, one day per week normally for six weeks, usually within a school term. A different meal will be cooked on each day, with the aim of increasing the cooking skills and knowledge of the attendees. The menus are available free of charge on the charity's website www.foodwisetlc.care

The courses are entirely free and the charity provides not only the location, equipment and Food Coach but also sufficient food for the participant to feed their immediate family that evening. The primary aim is to teach life skills, whilst providing much needed food for the family. Where a Food Bank will often only provide sufficient food for three main meals within a three-month period, Foodwise can triple the assistance provided over a six-week period. Participants can attend multiple courses, where space on a course is available.

The trustees have had regard to the Charity Commission's guidance on public benefit and consider that Foodwise's activities provide public benefit through providing vulnerable people with the skills to cook healthy food for themselves and their families within a manageable budget.

Cooking on a Budget Courses

The Cooking on a Budget courses are a prime aim of the charity. This can change lives, providing confidence and skills that can impact the future of a family. By cooking from scratch, we educate so that costs are reduced and meals are healthy, with less salt and a focus on healthy ingredients and new recipes are learned.

Throughout the year courses have continued to be run at various locations across Guildford and Woking. We have two Food Coaches employed by the charity, running courses throughout school term time with the Lighthouse supported most of the year.

The number of weekly courses varies depending on Food Coach availability, location and partner organisations. In the year we ran 36 courses (each of multiple weeks) reaching 180

families. Courses were held at a variety of locations including Sheerwater Nursery, St Michael's Church (Sheerwater), Westfield School (Old Woking), The Edge (St John's), St Andrews church (Goldsworth Park), and The Lighthouse.

During the Summer holidays we worked in partnership with St Michael's Church hosting two fun days each week feeding approximately forty-five children each session (children that may not get a proper meal during the holidays).

In the October half-term we partnered with St Michael's Church and Mascot to run a healthy eating event for children. Forty-six children made healthy pizzas and fruit kebabs.

We ran four 1-day courses working with Sunnybanks, Volunteering Matters and Surrey Young Carers. We hosted a cooking demonstration in July 2024 in our new community garden outside Shopwise, with twelve people tasting simple recipes, using produce that will be grown in our garden.

In partnership with St Michael's, we hosted two coffee mornings, for parents from Broadmere School – building relationships in the community.

We have made good connections with West Horsley Dairy based in Sheerwater and have been given surplus food from their dairy to help feed the local community.

Other Activities During the Year

In March 2025 Foodwise, along with Surrey County Council's Your Fund Surrey Small Community Fund, funded 6 new benches which were placed on Sheerwater Recreation Ground opposite Sheerwater Nursery for public use.

Our community garden "The Generous Garden" built by the RHS Wisley Communities Team and designed by Level 4 RHS Diploma in Horticulture Practice student Felicity Gray, was officially opened on 29 June 2024. The community garden sits outside the door to ShopWise, in Sheerwater, and provides a calm and welcoming space for visitors.



A few events run by RHS Wisley in the community garden included plant and herbs swaps and seed sowing, along with gardening workshops on how to cook and use the vegetables grown in the garden.

On 29 May 2024, we held our Cookalicious Community Fest event at Sheerwater Nursery using Sheerwater Recreation Ground and Parkview Community Centre. The event was also online, with cooking from Sally Gerrard (<https://www.goodcooks.co.uk/>) and the SCC team on hand to organise and assist in all matters led by the lovely Nicole Tocci. It was a great day full of food and games and thanks go to all involved.

On 8 November 2024 Gracie and Martin attended the Working Together for Woking 2024 voluntary sector fair, focused on charities actively supporting Woking. Some 100 charities were involved with networking and sharing. It was another great event which we have supported for a number of years.

In September 2024 we visited the new FareShare warehouse and depot in Guildford, after it opened formally earlier in the year.



This allows us to work more efficiently, with FareShare being now far more local than the Brighton depot. Neat2eat our associated organisation helped to secure some funding for the freezers and fridges from Surrey County Council.

Free Meals to Families (primarily via schools)

Foodwise has continued supplying free meals to five schools during the year and through the Lighthouse in Woking. The meals provision has continued this year by purchasing meals through Bidfood Direct.

Since the start of the pandemic, we have now supplied more than 90,000 meals free of charge, to the public (during the pandemic) and through schools and to the Lighthouse in Woking.

Donations.

We are very grateful for donations received from the public and from Burpham Parish Church and St John's Church, Merrow, both based in Guildford, which continue to fund the charity regularly.

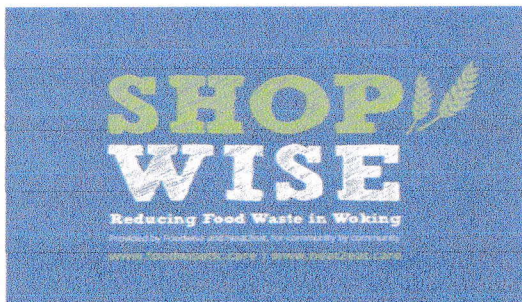
Neat2eat CIC

Neat2eat has been a partner organisation of Foodwise since its incorporation on 4 October 2020. Neat2eat CIC continues to operate on a very much reduced basis, with M Vodden as the sole director.

Neat2eat is less active currently, following the closure of its cafes, but continues to trade via placement of its catering trailer at Saltdean Lido. If you are visiting Brighton or Saltdean please do pop in and try some of the delicious food from our trailer.

<https://www.saltdeanlido.co.uk/>

ShopWise - Launched 23rd March 2022



“ShopWise”, is a member only food club which, for a £3 weekly membership fee, provides each member with approximately £15 to £20 of food each week. The food is supplied through our shop in Sheerwater, primarily with food supplied by FareShare. This is “surplus food” which would never reach a supermarket shelf, but is still edible, healthy and “in date”. We supplement the food in store using some of our own funds. The most important aspect, in addition to the eco-benefits, is that people are happy to shop with dignity and choice, whilst making their money go further. The charity invests its own funds to increase the food supply through ShopWise over and above the food sourced from FareShare.

The Community Shop served on average 30 customers a week with over 12 tonnes of food passing through the shop in the year. Our volunteers have been with us since opening and continue to support Shani throughout the year. The shop only closes for a few key weeks in the year.

ShopWise is considered a success by the charity and a second shop in Bellfields Guildford has opened since the year end.

Financial Review

Foodwise is still supported by one main corporate group, as part of its charitable work, but is now less dependent on that, having been able to raise income from other activities in the Sheerwater premises during the year. This model is expected to continue. However, the primary corporate donor has confirmed its willingness to continue its financial support and restated its long-term support for the charity.

The Trustees are satisfied with the charity's financial performance in the year, with growth in charitable activities including the Shopwise store and securing of grants from local authorities to support the charity's work and benefit local people. Total annual income grew from £48,217 in 2024 to £84,949 in 2025 with net income of £9,602 (2024 - deficit of £5,638).

Reserves Policy

The charity is a "not for profit" organisation and its funds are designated to support our local communities and fulfil the core aims of the charity. However, the trustees are committed to the long-term future of the charity and will manage its finances accordingly to ensure we hold sufficient reserves to safeguard our staff and services.

At 30 April 2025 the charity held £36,481 in unrestricted reserves which the trustees consider to be adequate for the current size and operation of the charity and its level of commitments.

Post Balance Sheet Events and Future Developments

On 8 October 2025 Foodwise acquired the freehold of Sheerwater Nursery from Woking Borough Council. This was funded by charitable donations and loans from MCV Investments Limited a company owned by MCV Limited the shareholders of which are Martin and Sharon Vodden.

In early November 2025 ShopWise opened its second store, in Bellfields Guildford.

Structure, Governance and Management

Foodwise is incorporated as a company limited by guarantee and is governed by its memorandum and articles of association.

Trustees are appointed by a majority vote of the existing board of trustees. The trustees who served during the period and up to the date of signing the report and accounts were:

Name	Date of appointment	Date of resignation
Martin Vodden (Chair)	26 April 2015	
Kay Clapp	26 April 2015	

Sharon Vodden acted as Company Secretary throughout the year and continues in the role.

Registered company number: **09561460**

Registered charity number: **1164890**

No trustee received any remuneration or expenses from the company during the year for acting as a trustee (2024 - £nil).

The registered address of the company and service address for the charity is:
3 The Grove, Chipperfield Road, Kings Langley, Hertfordshire, WD4 9JF.

The trustees would like to thank all those that support and assist the charity in its endeavours, without which it could not provide the help that so many need.

Approved by the Board of Trustees and signed on its behalf on 23 January 2026 by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
INDEPENDENT EXAMINER'S REPORT
For the Year Ended 30 April 2025

Registered company no.: 09561460

Registered charity no.: 1164890

Independent Examiner's Report
to the Trustees of Foodwise (TLC) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2025.

Responsibilities and Basis of Report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

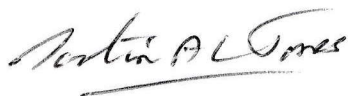
Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Signed



Martin Jones BSc ACA
9 Jersey Close
Guildford, Surrey, GU4 7FJ

23 January 2026

Foodwise (TLC) Limited

Registered company number: 09561460

STATEMENT OF FINANCIAL ACTIVITIES

Registered charity number: 1164890

Including Summary Income and Expenditure Account

For the Year Ended 30 April 2025

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	£	£	£	£
INCOME				
Donations	36,825	-	36,825	16,645
Gift Aid recoverable	37	-	37	389
Grants	-	8,808	8,808	-
Other charitable activities	39,279	-	39,279	31,183
Total Income	76,141	8,808	84,949	48,217
EXPENDITURE				
Charitable activities:				
Course delivery costs	55,787	3,605	59,392	45,490
Support costs	12,647	3,308	15,955	7,890
Depreciation	-	-	-	475
Total Expenditure	68,434	6,913	75,347	53,855
NET INCOME/(EXPENDITURE)	7,707	1,895	9,602	(5,638)

All the charity's 2024 income and expenditure and activities related to unrestricted funds.

RECONCILIATION OF FUNDS

For the Year Ended 30 April 2025

	2025	2025	2025	2024
	Unrestricted	Restricted	Total	Total
	Funds	Funds	Funds	Funds
	£	£	£	£
Balances b/f at 1 May	26,879	-	26,879	32,517
Net movement in funds for the year	7,707	1,895	9,602	(5,638)
Balances c/f at 30 April	34,586	1,895	36,481	26,879

The notes on pages 11 and 12 form part of these accounts

Foodwise (TLC) Limited
BALANCE SHEET
As at 30 April 2025

Registered company number: **09561460**

Registered charity number: **1164890**

	Note	£	2025 £	2024 £
FIXED ASSETS				
Tangible fixed assets	3		-	-
Total fixed assets			<u>-</u>	<u>-</u>
CURRENT ASSETS				
Debtors and prepayments		3,258		2,000
Cash at Bank		34,311		26,236
Total current assets		<u>37,569</u>		<u>28,236</u>
CURRENT LIABILITIES				
Creditors (amounts falling due within one year)		1,088		1,357
Total current liabilities		<u>1,088</u>		<u>1,357</u>
NET CURRENT ASSETS			<u>36,481</u>	<u>26,879</u>
TOTAL NET ASSETS			<u>36,481</u>	<u>26,879</u>
FUNDS OF THE CHARITY				
Unrestricted Funds			34,586	26,879
Restricted Funds			1,895	-
			<u>36,481</u>	<u>26,879</u>

For the year ending 30 April 2025, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of the accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime.

The notes on pages 11 and 12 form part of these accounts.

These financial statements were approved by the Board of Trustees on 23 January 2026 and were signed on behalf of all the trustees by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
NOTES TO THE ACCOUNTS
For the Year Ended 30 April 2025

Registered company number: **09561460**

Registered charity number: **1164890**

1 Accounting Policies

Basis of Preparation

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note to these accounts.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

Recognition of Income

Income is recognised when the charity has entitlement to the funds.

Depreciation

Items or sets of items with a cost exceeding £500 and an expected useful life exceeding one year are capitalised and depreciated on a straight line basis over their expected useful life which is estimated to be:

Motor vehicles	- 3 years
Freezers	- 3 years
IT equipment	- 4 years
Kitchen utensils	- 3 years

Fund accounting

Unrestricted funds are those funds available for use at the discretion the trustees in furtherance of the general objectives of the charity.

Restricted funds are those which are used in accordance with the specific instructions imposed by the donors.

Pensions

The charity operates a defined contribution pension scheme for qualifying employees and costs are charged to the Statement of Financial Activities as they fall due.

2 Restricted funds

	For courses £	For eqpmnt £	Total £
Balance b/f at 1 May 2024	-	-	-
Received in the year	5,500	3,308	8,808
Expended in the year	3,605	3,308	6,913
	<hr/>	<hr/>	<hr/>
Balance c/f at 30 April 2025	1,895	-	1,895
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

Foodwise (TLC) Limited
NOTES TO THE ACCOUNTS
For the Year Ended 30 April 2025

Registered company number: 09561460

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3 Tangible fixed assets

	Freezers £	IT Equipment £	Kitchen Utensils £	Total £
Cost				
At 1 May 2024	21,046	3,514	2,695	27,255
Additions	-	-	-	-
Disposals	-	-	-	-
	<u>21,046</u>	<u>3,514</u>	<u>2,695</u>	<u>27,255</u>
At 30 April 2025	21,046	3,514	2,695	27,255
Depreciation				
At 1 May 2024	21,046	3,514	2,695	27,255
Charge for the Year	-	-	-	-
Disposals	-	-	-	-
	<u>21,046</u>	<u>3,514</u>	<u>2,695</u>	<u>27,255</u>
At 30 April 2025	21,046	3,514	2,695	27,255
Net Book Value				
At 30 April 2025	-	-	-	-
At 30 April 2024	-	-	-	-

All tangible fixed assets are unrestricted.

4 Post Balance Sheet Event

On 8 October 2025 the charity acquired the freehold of Sheerwater Nursery from Woking Borough Council. The purchase was funded by charitable donations and loans from MCV Investments Limited, a company owned by MCV Limited, the shareholders of which are Martin and Sharon Vodden.

FOODWISE (TLC) LIMITED

England & Wales - Charity number 1164890

Accounts

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Foodwise (TLC) Limited

A company limited by guarantee

Trustees' Report and Financial Statements
for the year ended **30 April 2024**

Foodwise (TLC) Limited
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
For the Year Ended 30 April 2024

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Foodwise (TLC) Limited TRUSTEES' AND DIRECTORS' REPORT For the Year Ended 30 April 2024

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Cooking on a Budget Courses

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Throughout the year courses have continued to be run at various locations across Guildford and Woking. Food Coaches are generally employed by the charity, but experienced Volunteers are welcomed to run courses following training and shadowing by our Food Coaches.

The number of weekly courses varies depending on Food Coach availability, location and partner organisations. We have had another busy year delivering cookery courses at schools, community centres, church halls etc. We have run 28 courses throughout the year, and although some of the courses haven't been as well attended as we had hoped, we have worked alongside 153 families teaching healthy low budget meals with lots of positive feedback from those attending. It is always good to see the way people grow in confidence as they realise they are able to cook healthy meals that their families enjoy.

We have made a new school connection through the HSLW (Home School Link Worker) at Barnsbury school and have successfully delivered 2 courses there this past year. We continue to work well with Westfield school and have run classes both through the day for parents and we also held a trial cookery course for parents and children together after school. We have also worked with Westfield school on their Wellbeing days, which they have once a term, giving us a great opportunity to chat to people, share recipes and invite people to our courses.

As well as schools, we have worked with various other charities as well as different departments within Surrey County Council and are continuing to develop new relationships with other charities and organisations throughout the year.

From the beginning of April this year, Gracie our Head Food Coach, has increased her hours working with Foodwise which will hopefully allow more time to partner with agencies and therefore reach more people with our cooking courses.

Free Meals to Families (primarily via schools)

Foodwise has continued supplying free meals to five schools during the year and through the Lighthouse in Woking.

The meals provision has continued this year by purchasing meals through Bidfood Direct.

Since the start of the Pandemic, we have now supplied more than 85,000 meals free of charge, to the public (during the Pandemic) and through schools and to the Lighthouse in Woking.

Donations.

We are very grateful for donations received from the public and from Burpham Parish Church and St John's Church, Merrow, both based in Guildford, which continue to fund the charity regularly.

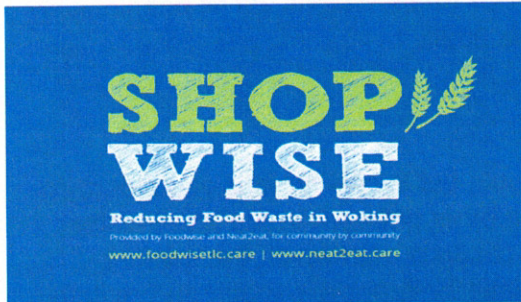
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Neat2eat is less active currently, following the closure of its cafes, but continues to trade via placement of its Catering Trailer at Saltdean Lido. If you are visiting Brighton or Saltdean please do pop in and try some of the delicious food from our Trailer.

<https://www.saltdeanlido.co.uk/>

ShopWise - Launched 23rd March 2022



“ShopWise”, is a member only food club which, for a £3 weekly membership fee, provides each member with approximately £15 to £20 of food each week. The food is supplied through our shop in Sheerwater, primarily with food supplied by FareShare. This is “surplus food” which would never reach a supermarket shelf, but is still edible, healthy and “in date”. We supplement the food in store using some of our own funds. The most important aspect, in addition to the eco-benefits, is that people are happy to shop with dignity and choice, whilst making their money go further.

Shani Orchard, who runs ShopWise, has written a short overview of the year for us:

We have had another successful year at Shopwise, based in Sheerwater and still have customers who started shopping with us on opening in March 2022! Although we have an average of 27 customers per week, over a month we are probably supporting 50+ families. The majority of the shoppers are those struggling to make ends meet and live locally. A good steady team of 5 volunteers enables the smooth operation of the shop each week.

In partnership with Surrey County Council we now have a lounge in the space, alongside the shop area, which enables shoppers to wait in comfort. Shoppers arrive from 10.30 am for the opening of the shop at 12.30 pm. In March 2024, we re-decorated the area with the help of a national charity, namely Go-Gym, based in Woking. The volunteers came and decorated the area for us. A group from the charity run to a charity destination, donate an hour or two and then return back to their base, in this case Woking Leisure Centre. As a result, the area was decorated within 3 hours in total! We’ve been donated sofas and rugs and the room looks very cosy now. Customers who come to shop, have said how they appreciate this area, as it has also encouraged them to talk together whilst having a coffee.

At Christmas, December 2023, a customer won some money and wanted to share their good fortune and donated half - £15.00 to benefit other customers by paying for their shopping, even though she struggles on occasions herself to find money to shop.

Weekly, prior to opening to customers, we have a prayer session for volunteers’ needs. One of our volunteers is not a church-going person, but readily partakes in the prayers. Monthly, we have St Michael’s Church, Sheerwater visiting as we are part of their prayer walk.

We have partnered with RHS Wisley, who have run workshops such as Christmas wreath making or seedling transplanting. In October 2023 they approached us, as they saw the space surrounding the shop as ideal for a student project, as part of their RHS Level 3 & 4 Diploma in Horticulture Practice. We had the students visit us and have discussions with the customers who use the shop and other stakeholders (Woking Borough Council / St. Michael’s Church, Sheerwater) to establish what they’d like to see in the garden space. The students then went away to design the garden. In April a group consisting of volunteers,

customers, St Michael's Church and Martin Vodden went to RHS Wisley to see presentations of the proposed garden designs. From six presentations we all unanimously chose one, the building of which was to start late June 2024.

Financial Review

Foodwise is still supported by one main corporate group, but is now far less dependent on that, having been able to raise charitable income from other activities in the Sheerwater premises during the year. This model is expected to continue. However, the primary corporate donor has confirmed its willingness to continue its financial support and restated its long-term support for the charity.

Overall, the Trustees are pleased with the performance of the charity this year with diversification of income sources, success of the ShopWise model and a reduction in overhead support costs. The charity reported a £5,638 deficit for the 23/24 year (22/23 – surplus of £7,631) as donations received late in the prior year were applied to activities in the year.

Reserves Policy

The charity is a “not for profit” organisation and its funds are designated to support our local communities and fulfil the core aims of the charity. However, the trustees are committed to the long-term future of the charity and will manage its finances accordingly to ensure we hold sufficient reserves to safeguard our staff and services.

At 30 April 2024 the charity held almost £27,000 in reserves which the trustees consider to be adequate for the current size and operation of the charity and its level of commitments.

Future Developments

Foodwise is seeking a close working partnership with Fareshare which is now FareShare Sussex and Surrey. Their new depot, based in Guildford was formally opened in July 2024.

For more information about FareShare please visit <https://faresharesussexandsurrey.org.uk/>

Structure, Governance and Management

Foodwise is incorporated as a company limited by guarantee and is governed by its memorandum and articles of association.

Trustees are appointed by a majority vote of the existing board of trustees. The trustees who served during the period and up to the date of signing the report and accounts were:

Name	Date of appointment	Date of resignation
Martin Vodden (Chair)	26 April 2015	
Kay Clapp	26 April 2015	
Michelle Cupples	28 September 2015	30 December 2024

Sharon Vodden acted as Company Secretary throughout the year and continues in the role.

Registered company number: **09561460**

Registered charity number: **1164890**

No trustee received any remuneration or expenses from the company during the year for acting as a trustee (2023 - £nil).

The registered address of the company and service address for the charity is:
3 The Grove, Chipperfield Road, Kings Langley, Hertfordshire, WD4 9JF.

The trustees would like to thank all those that support and assist the charity in its endeavours, without which it could not provide the help that so many need.

Approved by the Board of Trustees and signed on its behalf on 24 January 2025 by

A handwritten signature in black ink, appearing to read 'M. Vodden', with a long horizontal flourish extending to the right.

Martin Vodden
Chair of Trustees

**Independent Examiner's Report
to the Trustees of Foodwise (TLC) Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2024.

Responsibilities and Basis of Report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

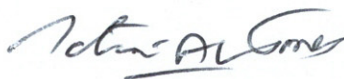
Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Signed



Martin Jones BSc ACA
9 Jersey Close
Guildford, Surrey, GU4 7FJ

24 January 2025

Foodwise (TLC) Limited
STATEMENT OF FINANCIAL ACTIVITIES
Including Summary Income and Expenditure Account
For the Year Ended 30 April 2024

Registered company number: 09561460

Registered charity number: 1164890

	£	2024 £	2023 £
INCOME			
Donations		16,645	80,593
Gift Aid recoverable		389	97
Grants		-	550
Other charitable activities		31,183	-
Total Income		<u>48,217</u>	<u>81,240</u>
EXPENDITURE			
Charitable activities:			
Course delivery costs	45,490		52,985
Support costs	7,890		16,384
Depreciation	475		4,840
Total Expenditure		<u>53,855</u>	<u>74,209</u>
Gain on disposal of fixed assets		-	600
NET (EXPENDITURE)/INCOME FOR THE YEAR		<u><u>(5,638)</u></u>	<u><u>7,631</u></u>

All the charity's income and expenditure and activities relate to unrestricted funds.

RECONCILIATION OF FUNDS
For the Year Ended 30 April 2024

	2024 Unrestricted Funds £	2023 Unrestricted Funds £
Balances b/f at 1 May	32,517	24,886
Net movement in funds for the year	(5,638)	7,631
Balances c/f at 30 April	<u><u>26,879</u></u>	<u><u>32,517</u></u>

The notes on page 10 form part of these accounts

Foodwise (TLC) Limited
BALANCE SHEET
As at 30 April 2024

Registered company number: **09561460**

Registered charity number: **1164890**

	Note	£	2024 £	2023 £
FIXED ASSETS				
Tangible fixed assets	2		-	475
Total fixed assets			-	475
CURRENT ASSETS				
Debtors and prepayments		2,000		100
Cash at Bank		26,236		32,686
Total current assets		28,236		32,786
CURRENT LIABILITIES				
Creditors (amounts falling due within one year)		1,357		744
Total current liabilities		1,357		744
NET CURRENT ASSETS			26,879	32,042
TOTAL NET ASSETS			26,879	32,517
FUNDS OF THE CHARITY				
Unrestricted Funds			26,879	32,517
			26,879	32,517

For the year ending 30 April 2024, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of the accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime.

The notes on page 10 form part of these accounts.

These financial statements were approved by the Board of Trustees on 24 January 2025 and were signed on behalf of all the trustees by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
NOTES TO THE ACCOUNTS
For the Year Ended 30 April 2024

Registered company number: **09561460**

Registered charity number: **1164890**

1 Accounting Policies

Basis of Preparation

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note to these accounts.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

Recognition of Income

Income is recognised when the charity has entitlement to the funds.

Depreciation

Items or sets of items with a cost exceeding £500 and an expected useful life exceeding one year are capitalised and depreciated on a straight line basis over their expected useful life which is estimated to be:

Motor vehicles	- 3 years
Freezers	- 3 years
IT equipment	- 4 years
Kitchen utensils	- 3 years

2 Tangible Fixed Assets

	Freezers £	IT Equipment £	Kitchen Utensils £	Total £
Cost				
At 1 May 2023	21,046	3,514	2,695	27,255
Additions	-	-	-	-
Disposals	-	-	-	-
At 30 April 2024	21,046	3,514	2,695	27,255
Depreciation				
At 1 May 2023	21,046	3,039	2,695	26,780
Charge for the Year	-	475	-	475
Disposals	-	-	-	-
At 30 April 2024	21,046	3,514	2,695	27,255
Net Book Value				
At 30 April 2024	-	-	-	-
At 30 April 2023	-	475	-	475

All tangible fixed assets are unrestricted.

FOODWISE (TLC) LIMITED

England & Wales - Charity number 1164890

Accounts

Registered company number: **09561460**
Registered charity number: **1164890**

Foodwise (TLC) Limited

A company limited by guarantee

Trustees' Report and Financial Statements
for the year ended **30 April 2023**

Registered company number: 09561460

Registered charity number: 1164890

Foodwise (TLC) Limited
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
For the Year Ended 30 April 2023

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Foodwise (TLC) Limited

TRUSTEES' AND DIRECTORS' REPORT

For the Year Ended 30 April 2023

The trustees who are also the directors of the company, are pleased to provide their report for Foodwise (TLC) Limited ("Foodwise") for the year ended 30 April 2023.

Incorporation

The company was incorporated on 26 April 2015 as a company limited by guarantee and commenced trading immediately.

The company obtained charitable status on 15 December 2015 with registered charity number 1164890.

Objectives and Activities

Foodwise's charitable aim is to relieve financial hardship through the provision of food coaching to teach people how to budget, purchase, prepare and cook nutritional food at reasonable cost. In practical terms, Foodwise runs courses where people are coached by a Food Coach to prepare and cook a variety of dishes over a six-week period. The course runs for a few hours, one day per week normally for six weeks, usually within a school term. A different meal will be cooked on each day, with the aim of increasing the cooking skills and knowledge of our attendees. The menus are available free of charge on the charity's website www.foodwisetlc.care

The courses are entirely free and the charity provides not only the location, equipment and Food Coach but also sufficient food for the participant to feed their immediate family that evening. The primary aim is to teach life skills, whilst providing much needed food for the family. Where a Food Bank will often only provide sufficient food for three main meals within a three-month period, Foodwise can triple the assistance provided over a six-week period. Participants can attend multiple courses, where space on a course is available.

The trustees have had regard to the Charity Commission's guidance on public benefit and consider that Foodwise's activities provide public benefit through providing vulnerable people with the skills to cook healthy food for themselves and their families within a manageable budget.

Cooking on a Budget Courses

The Cooking on a Budget courses are a prime aim of the charity. This can change lives, providing confidence and skills that can impact the future of a family. By cooking from scratch, we educate so that costs are reduced and meals are healthy, with less salt and a focus on healthy ingredients and new recipes are learned.

Throughout the year courses have continued to be run at various locations across Guildford and Woking. Food Coaches are generally employed by the charity, but experienced Volunteers are welcomed to run courses following training and shadowing by our Food Coaches.

The number of weekly courses varies depending on Food Coach availability, location and partner organisations. Throughout the year we ran over 26 courses (each with typically 6 teaching sessions per course) with in excess of 151 families assisted.

Free Meals to Families (primarily via schools)

Foodwise has continued supplying free meals to five schools during the year although since the end of the year, on 30 June 2023, it has closed the Kitchen in Guildford. The meals provision will continue, but using food purchased from a commercial supplier and distributed by volunteers.

Since the start of the pandemic, we have now supplied more than 80,000 meals free of charge to the public (during the pandemic) and subsequently through schools and to the Lighthouse in Woking.

Our in-house chef, Barbara Field, continued to produce around 180 to 250 meals a week from the Kitchen, with meals delivered to schools in the Woking and Guildford areas throughout the reporting year. The schools select the families on the basis of need, depending on the specific circumstances facing the family. This selection process is left entirely to the schools' Home School Link worker, who will know the families well. Although originally the idea was to support a family for initially six weeks, it was felt that the school should decide how long a family should receive meals.

We have continued working with Guildford Philanthropy <https://guildfordphilanthropy.org.uk/> throughout the year, who are especially supportive of Neat2eat CIC, our partner social enterprise, not for profit, community interest company established on 4 October 2020. See www.neat2eat.care for further information.

Donations. We are very grateful for donations received from the public and from Burpham Parish Church and St John's Church, Merrow, both based in Guildford, which continue to fund the charity regularly.

Neat2eat CIC

Neat2eat has been a wholly owned subsidiary of Foodwise since its incorporation on 4 October 2020.

Neat2eat's core aim is to employ young adults (18-24 years old) who are not in employment, education or training (NEET) to empower them to learn and develop their skills for future employment. Apprenticeships, along with close personal support are aimed at developing the individuals and changing their lives and prospects through their employment with us. The apprentices work in our kitchens and cafes to gain experience four days a week and study on a Monday in a safe, yet formal environment. See www.neat2eat.care for more information. Costs of the CIC are not subsidised by the Charity. A Resource Sharing Agreement governs the relationship between the Charity and CIC.

Two of our three apprentices qualified in the year and all three moved on to new jobs elsewhere which of course was our main aim: to change their lives and prospects for the better.

Unfortunately, due to continued losses, both our cafes at QEP Guildford and Moorcroft Centre were closed during the year and three directors resigned in late December 2023 by mutual agreement. Neat2eat CIC continues to operate on a very much reduced basis, with M Vodden as the sole director.

ShopWise - Launched 23rd March 2022

“ShopWise”, is a member only food club which, for a £3 weekly membership fee, provides each member with approximately £15 to £20 of food each week. The food is supplied through our shop in Sheerwater, primarily with food supplied by FareShare. This is “surplus food” which would never reach a supermarket shelf, but is still edible, healthy and “in date”. We supplement the food in store using some of our own funds. The most important aspect, in addition to the eco-benefits, is that people are happy to shop with dignity and choice, whilst making their money go further.

Over the year, the community element of the shop has strengthened. A group of shoppers has said it has provided them with a lifeline and they feel so welcomed and loved. Some come near the end of the month with just enough in their bank to pay their membership fee of £3.00. Each week we can give a large bag of vegetables to supplement their ten items, which is received gratefully.

We also work closely with other agencies in Sheerwater, enabling us to signpost shoppers with other needs to others that will be able to help and support them. We have a regular group of volunteers, one of whom came via the Surrey County Council Local Area Coordinator (Sheerwater and Maybury) who was concerned about the person’s wellbeing/welfare. Since coming to volunteer, this person has grown in confidence and enjoyed the camaraderie of the workplace.

Some high level statistics:

Between 1 May 2022 and 30 April 2023 the shop opened on 50 days. During this period 200+ families registered to use the shop. The shop supports an average of 26 families per week and overall approximately 52 families per month.

We receive from FareShare on average 200kg of food per week. Based on this figure, an average of 10,042kg of food has been saved from going to landfill. If any food is left over that is perishable, we donate it to the following agencies to ensure that nothing gets wasted: Knaphill Community Fridge; West Byfleet Community Fridge; Canalside Community Fridge; York Road Project; St Michael’s Church, Sheerwater and MASCOT, Sheerwater.

Financial Review

Foodwise is still supported by one main corporate group, which provides charitable donations to fund the activities of the charity. The primary corporate donor has confirmed its willingness to continue its financial support and restated its long-term support for the charity.

The Trustees are pleased with the performance of the charity this year with increased donations and increased reserves to safeguard the charity, whilst ensuring continued good delivery of support and services to those we serve.

Grants

Neat2eat CIC received a grant of £100,000 from Surrey County Council during the year (as recorded in the Neat2eat CIC accounts) to fund the kit-out of the new FareShare Depot in Guildford, which will open Q2 2024.

This will allow Foodwise, ShopWise and Neat2eat to work more closely with FareShare and possibly expand activities due to additional food supplies becoming available through the new depot.

Reserves Policy

The charity is a “not for profit” organisation and its funds are designated to support our local communities and fulfil the core aims of the charity. However, the trustees are committed to the long-term future of the charity and will manage its finances accordingly to ensure we hold sufficient reserves to safeguard our staff and services.



Thank You

Our Goodbyes

Two of our Food Coaches left the charity this year. Barbara Field whose main role was to cook and prepare meals from our kitchens and who started with us during the trials of lockdown, retired. Charlotte Fraser, another Food Coach, moved on to new opportunities. We thank them both for their service and wish them every success in the future.

Future Developments

Foodwise is seeking a close working partnership with Fareshare which is now FareShare Sussex and Surrey. The new depot, mentioned above, may lead to more Food Coaches teaching across Surrey. We are currently working with the Surrey Women's Institute <https://surreyfedwi.org.uk/> to look at extending our volunteer pool. This may also lead to mobile Food Clubs being offered in other parts of Surrey.

For more information about FareShare please visit <https://faresharesussexandsurrey.org.uk/>

Structure, Governance and Management

Foodwise is incorporated as a company limited by guarantee and is governed by its memorandum and articles of association.

Trustees are appointed by a majority vote of the existing board of trustees. The trustees who served throughout the period and up to the date of signing the report and accounts were:

Name	Date of appointment	Date of resignation
Martin Vodden (Chair)	26 April 2015	
Kay Clapp	26 April 2015	
Michelle Cupples	28 September 2015	

Sharon Vodden acted as Company Secretary throughout the year and continues in the role.

No trustee received any remuneration or expenses from the company during the year for acting as a trustee (2022 - £nil).

The registered address of the company and service address for the charity is:
3 The Grove, Chipperfield Road, Kings Langley, Hertfordshire, WD4 9JF.

The trustees would like to thank all those that support and assist the charity in its endeavours, without which it could not provide the help that so many need.

Approved by the Board of Trustees and signed on its behalf on 20 January 2024 by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
INDEPENDENT EXAMINER'S REPORT
For the Year Ended 30 April 2023

Registered company no.: 09561460

Registered charity no.: 1164890

Independent Examiner's Report
to the Trustees of Foodwise (TLC) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2023.

Responsibilities and Basis of Report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

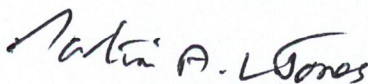
Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Signed



Martin Jones BSc ACA
9 Jersey Close
Guildford, Surrey, GU4 7FJ

21 January 2024

Foodwise (TLC) Limited
STATEMENT OF FINANCIAL ACTIVITIES
Including Summary Income and Expenditure Account
For the Year Ended 30 April 2023

Registered company number: **09561460**

Registered charity number: **1164890**

	2023	2022
£	£	£
INCOME		
Donations	80,593	65,970
Gift Aid recoverable	97	102
Grants	550	19,000
Total Income	<u>81,240</u>	<u>85,072</u>
EXPENDITURE		
Charitable activities:		
Course delivery costs	52,985	70,420
Support costs	16,384	29,134
Depreciation	4,840	9,893
Total Expenditure	<u>74,209</u>	<u>109,447</u>
Gain on disposal of fixed assets	600	-
NET INCOME FOR THE YEAR	<u><u>7,631</u></u>	<u><u>(24,375)</u></u>

All the charity's income and expenditure and activities relate to unrestricted funds.

RECONCILIATION OF FUNDS
For the Year Ended 30 April 2023

	2023	2022
	Unrestricted Funds	Unrestricted Funds
	£	£
Balances b/f at 1 May	24,886	49,261
Net movement in funds for the year	7,631	(24,375)
Balances c/f at 30 April	<u><u>32,517</u></u>	<u><u>24,886</u></u>

The notes on page 10 form part of these accounts

Foodwise (TLC) Limited
BALANCE SHEET
As at 30 April 2023

Registered company number: **09561460**

Registered charity number: **1164890**

	Note	£	2023 £	2022 £
FIXED ASSETS				
Tangible fixed assets	2		475	7,315
Total fixed assets			<u>475</u>	<u>7,315</u>
CURRENT ASSETS				
Debtors and prepayments		100		1,906
Cash at Bank		32,686		18,410
Total current assets		<u>32,786</u>		<u>20,316</u>
CURRENT LIABILITIES				
Creditors (amounts falling due within one year)		744		2,745
Total current liabilities		<u>744</u>		<u>2,745</u>
NET CURRENT ASSETS			<u>32,042</u>	<u>17,571</u>
TOTAL NET ASSETS			<u>32,517</u>	<u>24,886</u>
FUNDS OF THE CHARITY				
Unrestricted Funds			<u>32,517</u>	<u>24,886</u>
			<u>32,517</u>	<u>24,886</u>

For the year ending 30 April 2023, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of the accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime.

The notes on page 11 form part of these accounts.

These financial statements were approved by the Board of Trustees on 20 January 2024 and were signed on behalf of all the trustees by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
NOTES TO THE ACCOUNTS
For the Year Ended 30 April 2023

Registered company number: 09561460

Registered charity number: 1164890

1 Accounting Policies

Basis of Preparation

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note to these accounts.

The accounts have been prepared in accordance with the Statement of Recommended Practice; Accounting and Reporting by Charities preparing their accounts with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

Recognition of Income

Income is recognised when the charity has entitlement to the funds.

Depreciation

Items or sets of items with a cost exceeding £500 and an expected useful life exceeding one year are capitalised and depreciated on a straight line basis over their expected useful life which is estimated to be:

Motor vehicles	- 3 years
Freezers	- 3 years
IT equipment	- 4 years
Kitchen utensils	- 3 years

2 Tangible Fixed Assets

	Motor Vehicles £	Freezers £	IT Equipment £	Kitchen Utensils £	Total £
Cost					
At 1 May 2022	6,000	21,046	3,514	2,695	33,255
Additions	-	-	-	-	-
Disposals	(6,000)	-	-	-	(6,000)
At 30 April 2023	-	21,046	3,514	2,695	27,255
Depreciation					
At 1 May 2022	4,000	16,680	2,565	2,695	25,940
Charge for the Year	-	4,366	474	-	4,840
Disposals	(4,000)	-	-	-	(4,000)
At 30 April 2023	-	21,046	3,039	2,695	26,780
Net Book Value					
At 30 April 2023	-	-	475	-	475
At 30 April 2022	2,000	4,366	949	-	7,315

All tangible fixed assets are unrestricted.

FOODWISE (TLC) LIMITED

England & Wales - Charity number 1164890

Accounts

Registered company number: **09561460**
Registered charity number: **1164890**

Foodwise (TLC) Limited

A company limited by guarantee

Trustees' Report and Financial Statements
for the year ended **30 April 2022**

Registered company number: 09561460

Registered charity number: 1164890

Foodwise (TLC) Limited
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
For the Year Ended 30 April 2022

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Foodwise (TLC) Limited TRUSTEES' AND DIRECTORS' REPORT For the Year Ended 30 April 2022

The trustees who are also the directors of the company, are pleased to provide their report for Foodwise (TLC) Limited ("Foodwise") for the year ended 30 April 2022.

Incorporation

The company was incorporated on 26 April 2015 as a company limited by guarantee and commenced trading immediately.

The company obtained charitable status on 15 December 2015 with registered charity number 1164890.

Objectives and Activities

Foodwise's charitable aim is to relieve financial hardship through the provision of food coaching to teach people how to budget, purchase, prepare and cook nutritional food at reasonable cost. In practical terms, Foodwise runs courses where people are coached by a Food Coach to prepare and cook a variety of dishes over a six week period. The course runs for a few hours, one day per week for normally six weeks, usually within a school term. A different meal will be cooked on each day, with the aim of increasing the cooking skills and knowledge of our attendees. The menus are available free of charge on the charity's website www.foodwisetlc.care

The courses are entirely free and the charity provides not only the location, equipment and Food Coach but also sufficient food for the participant to feed their immediate family that evening. The primary aim is to teach life skills, whilst providing much needed food for the family. Where a Food Bank will often only provide sufficient food for three main meals within a three-month period, Foodwise can triple the assistance provided over a six-week period. Participants can attend multiple courses, where space on a course is available.

The trustees have had regard to the Charity Commission's guidance on public benefit and consider that Foodwise's activities provide public benefit through providing vulnerable people with the skills to cook healthy food for themselves and their families within a manageable budget.

FREE MEALS TO FAMILIES (Primarily via Schools)

With our expanded Food Hygiene Policy (FHP) we have continued to cook nutritional meals packed with vegetables at our kitchens. Moorcroft Centre was used until we surrendered the lease in August 2022.

We have continued to produce about a thousand meals per month during the year, with the majority of these supplied to local schools in Guildford and Woking who allocate the meals (under the guideline of our FHP) to the families of children attending their school.

Since the start of the Covid-19 pandemic we have now supplied in excess of 72,000 meals free of charge to the recipients.

Over 8,500 meals have been delivered to schools in the Woking and Guildford area throughout this reporting year. The average size families are four to five people. The schools don't necessarily give the meals to the same families each week, the allocation is

based on need. Although originally the idea was to support a family for initially six weeks, it was felt that the school should decide how long a family should receive meals. Occasionally, it has been a case of when the mother is unable to cook due to illness. Whatever the reason, the schools are extremely grateful for the meals and the additional support they can give families through Foodwise.

The meals have continued to be generated by Barbara Field, Food Coach, who has been incredible with her diligence in producing the meals, keeping them within budget, plus supporting the Neat2eat apprentices.

We have continued working with Guildford Philanthropy <https://guildfordphilanthropy.org.uk/> throughout, who are especially supportive of Neat2eat CIC, our partner social enterprise, not for profit, community interest company established 4th October 2020 (see www.neat2eat.care).

Cooking on a Budget Courses

The Cooking on a Budget courses are a prime aim of the charity. This can change lives, providing confidence and skills that can impact the future of a family. By cooking from scratch, we educate so that costs are reduced and meals are healthy with less salt and a focus on healthy ingredients.

Throughout the year, courses have continued to be run at Emmanuel Church, Stoughton for Stoughton Primary School parents (4 participants, twenty meals taken home per week) and Northmead Primary School parents (4 participants, eighteen meals taken home per week).

Kings College has had a Foodwise Coach delivering a course for year 10 students (6 students) as drop-in enrichment classes. These continued until summer 2021.

In collaboration with Woking Borough Council, courses were delivered, via zoom, in line with their 'Be your Best,' healthy eating programme. Attendance was sporadic and involved the Food Coach delivering the ingredients direct to the attendees each week.

We have supported Surrey Choices Guildford at The Hive and Oakleaf clients via zoom (due to Covid-19) with a face-to-face course delivered, as soon it was feasible, at Bramley Village Hall.

In collaboration with The Lighthouse Woking, courses have taken place through the year with three to four attendees from all ages and backgrounds (32 sessions held to date during term times)

A good relationship between Foodwise and the Angelic Network (based at Parkview Community Centre, Sheerwater) aimed to reach out to Asian ladies to promote a healthy lifestyle. Delivery has been of healthy eating rather than cookery courses. Kelly, the coach delivering this course, undertook training on Nutrition and Healthy Eating to have the confidence to deliver this effectively. These sessions have been extremely well received by the attendees.

A 4-week course was delivered at St Saviours, partnered with Meals For You with four participants attending cooking for fifteen people each week.

Additional Activities delivered by Food Coaches

Activities included:

- Picking up donations from Morrisons and Mount Alvernia Hospital.
- Running an 'open van delivery' in Bellfields where surplus food picked up from supermarkets was given to families via the van parked in a prominent place in that area.
- In November 2021, a Food Coach attended a venue in Farnham to present to a group, Brewing Friendships which was received well.
- Continued support for St Mary's Church, Byfleet assisting in their project "Love Christmas" which reached out to 250 residents in Byfleet.
- One major project during a half term in May 2021 - Recipe bag preparation delivered to 160 families. The bags had sufficient ingredients to make two recipes, focusing on families learning rather than just being given free meals. This was all funded via one of the donations from Woking Borough Council.

The Food Coaches have also supported the Neat2eat apprentices when there was a gap between chefs at Moorcroft.

The Food Coaches, Gracie Luke (Head Coach), Charlotte Fraser and Kelly Mahdaviéh have ensured that all this activity has been delivered with the conscientiousness and diligence required to ensure the Foodwise name remains as a charity, providing a high standard of courses to recipients.

Donations were received from Surrey County Council via Woking Borough Council. (total £19,000) as post-Covid support. The first tranche was used in respect of recipe bags for families, as described earlier and to offset cost of meals delivered to schools. The second tranche was used to offset the cost of the meals delivered to schools.

Partnerships – good partnerships have continued with North Guildford Foodbank, Woking Borough Council, HomeStart, Woking Mind, Woking Foodbank, The Lighthouse, Woking over the past year.

Neat2eat CIC

Neat2eat was established on 4th October 2020 as a Community Interest Company (CIC) and works closely with Foodwise TLC. Neat2eat's core aim is to employ young adults (18-24 years old) who are not in employment, education or training (NEET) to empower them to learn and develop their skills for future employment. Apprenticeship, along with close personal support, is aimed at developing the individual and changing their lives and prospects through their employment with us. The apprentices work in our kitchens and cafes to gain experience four days a week and study on a Monday in a safe, yet formal environment. See www.neat2eat.care for more information.

Costs of the CIC are not subsidised by Foodwise TLC. A Resource Sharing Agreement governs the relationship between the Charity and CIC.

Neat2eat continued to trade in the year running two cafes and hosting various events utilising the company's 24-foot catering trailer and gazebo. In September 2021 Neat2eat successfully provided the catering for the Guildford Jazz Festival held at the Castle Keep grounds in Guildford. Follow the link for more information

<https://www.facebook.com/foodwisetlc/videos/foodwise-cooking-at-guildford-jazz-festival-at-the-castle-in-guildford/440771947255482>

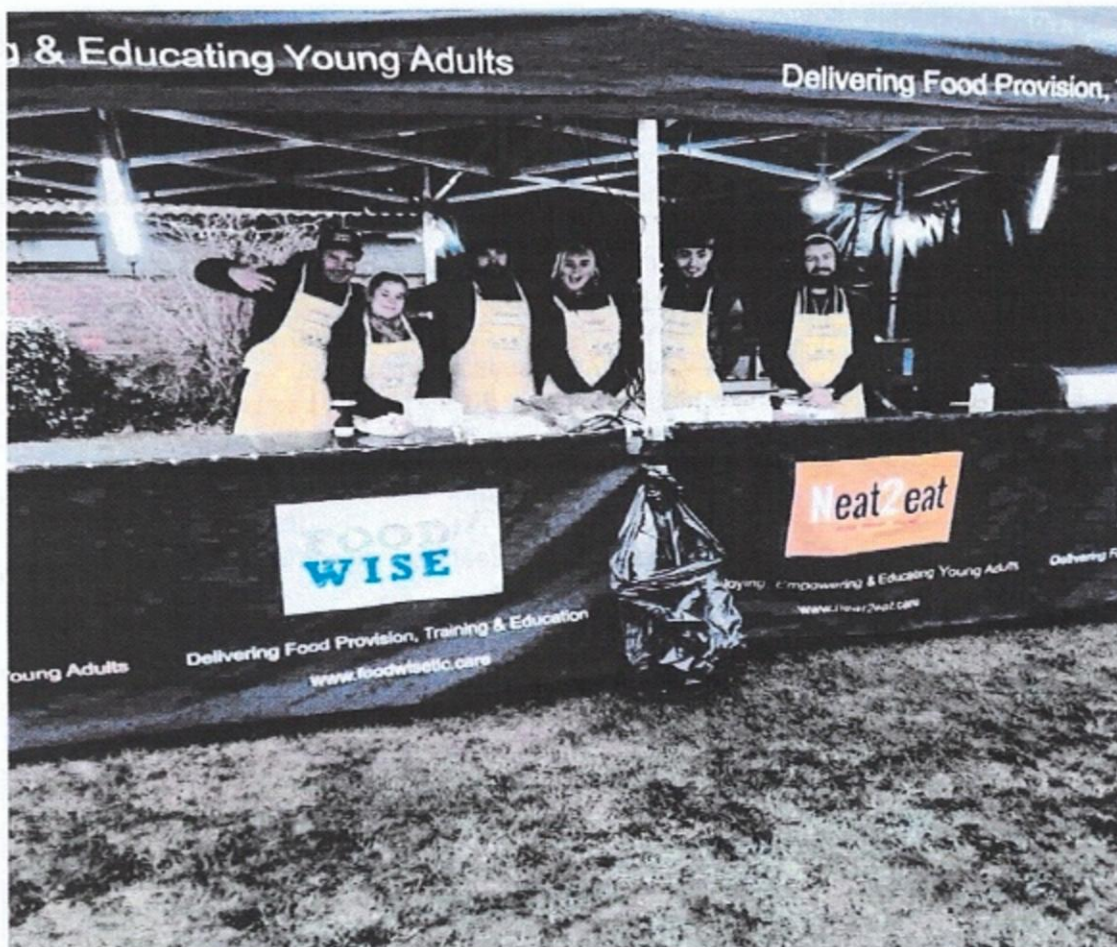


Photo above – three of our young apprentices: from the left Katie, Mia and Jasper in February 2022

ShopWise Launch

On 23rd March 2022 we launched ShopWise, located at the Sheerwater Nursery in Sheerwater, Woking. This is a food club where local residents pay £3 per week for membership allowing them to choose 10 items from the shop plus often there is free fruit and vegetables added. Often food with a value of some £20 a week can be obtained through the weekly membership providing value and access to quality food supplied by FareShare Sussex. Since launch the shop has seen some 20 to 30 families visiting the shop each week. Shani Orchard has managed the shop and works closely with Sheerwater Together to make sure we are serving the local community well.



Financial Review

Foodwise has seen a significant fall in turnover due to public and charitable donations having reduced after the increased support and activities funded during the Covid-19 pandemic. Foodwise is still supported by one main corporate group, which provides charitable donations to fund the main activities of the charity. This year donations and grants also came from the public and from churches (particularly Burpham Church and St John's Church Merrow).

The primary corporate donor has confirmed its willingness to continue its financial support and restated its long-term support for the charity.

Grants

Two main grants have been received from Woking Borough Council totalling £19,000 which paid for projects such as the recipe bags and meal production for Woking schools.

The charity continues to hold reasonable reserves, to provide a buffer against any downturn in donations to safeguard its staff, although the trustees are taking steps to reduce overheads and safeguard reserves in line with the reduced income.

Financial Results

Whilst the pandemic has reduced in its impact on daily life, the cost-of-living crisis and Brexit have all added to impact on families and the need to support families is growing.

The overheads of the charity have increased significantly during the pandemic as we expanded to provide frozen meals, alongside teaching courses. The trustees are taking steps to align income to expenditure in the financial year ending 30th April 2023, with the losses incurred this year of £14,482, excluding depreciation, being a direct result of our continued support of the families we serve.

The charity is a "not for profit" organisation and its funds are designated to support our local communities and fulfil the core aims of the charity. However, the trustees are committed to the long-term future of the charity and will manage its finances accordingly to ensure we hold sufficient reserves to safeguard our staff and services.

Future Developments

Foodwise is seeking a close working partnership with Fareshare Sussex which will become FareShare Surrey and Sussex. If successful, this would lead to Food Coaches being available in areas of need across Surrey and will reduce food waste across the county, whilst increasing surplus food supplies and provide employment opportunities through FareShare. We are currently negotiating, alongside FareShare, on a warehouse in Surrey, to house these operations which will also allow us to consider expanding the ShopWise activities across Surrey.

Structure, Governance and Management

Foodwise is incorporated as a company limited by guarantee and is governed by its memorandum and articles of association.

Trustees are appointed by a majority vote of the existing board of trustees. The trustees who served throughout the period and up to the date of signing the report and accounts were:

Name	Date of Appointment	Date of resignation
Martin Vodden (Chair)	26 April 2015	
Kay Clapp	26 April 2015	
Michelle Cupples	28 September 2015	

Sharon Vodden acted as Company Secretary throughout the year and continues in the role.

No trustee received any remuneration or expenses from the company during the year for acting as a trustee (2021 - £nil).

The registered address of the company and service address for the charity is: 3 The Grove, Chipperfield Road, Kings Langley, Hertfordshire, WD4 9JF

The trustees would like to thank all those that support and assist the charity in its endeavours, without which it could not provide the help that so many need.

Approved by the Board of Trustees and signed on its behalf on 27 January 2023 by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
INDEPENDENT EXAMINER'S REPORT
For the Year Ended 30 April 2022

Registered company no.: 09561460

Registered charity no.: 1164890

Independent Examiner's Report
to the Trustees of Foodwise (TLC) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2022.

Responsibilities and Basis of Report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

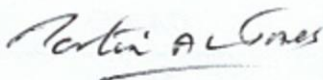
Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Signed



Martin Jones BSc ACA
9 Jersey Close
Guildford, Surrey, GU4 7FJ

27 January 2023

Foodwise (TLC) Limited

Registered company number: 09561460

STATEMENT OF FINANCIAL ACTIVITIES

Registered charity number: 1164890

Including Summary Income and Expenditure Account

For the Year Ended 30 April 2022

	£	2022 £	2021 £
INCOME			
Donations		65,970	146,253
Gift Aid recoverable		102	4,886
Grants		19,000	37,000
Total Income		<u>85,072</u>	<u>188,139</u>
EXPENDITURE			
Charitable activities:			
Course delivery costs	70,420		118,068
Support costs	29,134		30,581
Depreciation	9,893		9,894
Total Expenditure		<u>109,447</u>	<u>158,543</u>
NET INCOME FOR THE YEAR		<u><u>(24,375)</u></u>	<u><u>29,596</u></u>

All the charity's income and expenditure and activities relate to unrestricted funds.

RECONCILIATION OF FUNDS

For the Year Ended 30 April 2022

	2022 Unrestricted Funds £	2021 Unrestricted Funds £
Balances b/f at 1 May	49,261	19,665
Net movement in funds for the year	(24,375)	29,596
Balances c/f at 30 April	<u><u>24,886</u></u>	<u><u>49,261</u></u>

The notes on page 11 form part of these accounts

Foodwise (TLC) Limited
BALANCE SHEET
As at 30 April 2022

Registered company number: 09561460

Registered charity number: 1164890

	Note	£	2022 £	2021 £
FIXED ASSETS				
Tangible fixed assets	2		7,315	17,208
Total fixed assets			<u>7,315</u>	<u>17,208</u>
CURRENT ASSETS				
Debtors and prepayments		1,906		1,073
Cash at Bank		18,410		32,418
Total current assets		<u>20,316</u>		<u>33,491</u>
CURRENT LIABILITIES				
Creditors (amounts falling due within one year)		2,745		1,438
Deferred income		-		-
Total current liabilities		<u>2,745</u>		<u>1,438</u>
NET CURRENT ASSETS			<u>17,571</u>	<u>32,053</u>
TOTAL NET ASSETS			<u>24,886</u>	<u>49,261</u>
FUNDS OF THE CHARITY				
Unrestricted Funds			<u>24,886</u>	<u>49,261</u>
			<u>24,886</u>	<u>49,261</u>

For the year ending 30 April 2022, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of the accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime.

The notes on page 11 form part of these accounts.

These financial statements were approved by the Board of Trustees on 27 January 2023 and were signed on behalf of all the trustees by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
NOTES TO THE ACCOUNTS
For the Year Ended 30 April 2022

Registered company number: 09561460

Registered charity number: 1164890

1 Accounting Policies

Basis of Preparation

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note to these accounts.

The accounts have been prepared in accordance with the Statement of Recommended Practice; Accounting and Reporting by Charities preparing their accounts with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

Recognition of Income

Income is recognised when the charity has entitlement to the funds.

Depreciation

Items or sets of items with a cost exceeding £500 and an expected useful life exceeding one year are capitalised and depreciated on a straight line basis over their expected useful life which is estimated to be:

Motor vehicles	- 3 years
Freezers	- 3 years
IT equipment	- 4 years
Kitchen utensils	- 3 years

2 Tangible Fixed Assets

	Motor Vehicles £	Freezers £	IT Equipment £	Kitchen Utensils £	Total £
Cost					
At 1 May 2021	6,000	21,046	3,514	2,695	33,255
Additions	-	-	-	-	-
At 30 April 2022	6,000	21,046	3,514	2,695	33,255
Depreciation					
At 1 May 2021	2,000	9,664	1,688	2,695	16,047
Charge for the Year	2,000	7,016	877	-	9,893
At 30 April 2022	4,000	16,680	2,565	2,695	25,940
Net Book Value					
At 30 April 2022	2,000	4,366	949	-	7,315
At 30 April 2021	4,000	11,382	1,826	-	17,208

All tangible fixed assets are unrestricted.

FOODWISE (TLC) LIMITED

England & Wales - Charity number 1164890

Accounts

Registered company number: **09561460**
Registered charity number: **1164890**

Foodwise (TLC) Limited

A company limited by guarantee

Trustees' Report and Financial Statements
for the year ended **30 April 2021**

Foodwise (TLC) Limited
TRUSTEES' REPORT AND FINANCIAL STATEMENTS
For the Year Ended 30 April 2021

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Reconciliation of Funds	7
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Foodwise (TLC) Limited TRUSTEES' AND DIRECTORS' REPORT For the Year Ended 30 April 2021

The trustees who are also the directors of the company, are pleased to provide their report for Foodwise (TLC) Limited ("Foodwise") for the year ended 30 April 2021.

Incorporation

The company was incorporated on 26 April 2015 as a company limited by guarantee and commenced trading immediately.

The company obtained charitable status on 15 December 2015 with registered charity number 1164890.

Objectives and Activities

Foodwise's charitable aim is to relieve financial hardship through the provision of food coaching to teach people how to budget, purchase, prepare and cook nutritional food at reasonable cost. In practical terms, Foodwise runs courses where people are coached by a Food Coach to prepare and cook a variety of dishes over a six week period. The course runs for a few hours, one day per week normally for six weeks, usually within a school term. A different meal will be cooked on each day, with the aim of increasing the cooking skills and knowledge of our attendees. The menus are available free of charge on the charity's website www.foodwisetlc.care

The courses are entirely free and the charity provides not only the location, equipment and Food Coach but also sufficient food for the participant to feed their immediate family that evening. The primary aim is to teach life skills, whilst providing much needed food for the family. Where a Food Bank will often only provide sufficient food for three main meals within a three-month period, Foodwise can triple the assistance provided over a six week period. Participants can attend multiple courses, where space on a course is available.

The trustees have had regard to the Charity Commissions guidance on public benefit and consider that Foodwise's activities provide public benefit through providing vulnerable people with the skills to cook healthy food for themselves and their families within a manageable budget.

COVID-19 Phase (Lockdown) 1

From March 2020, which saw the onset of the Covid-19 pandemic in the UK, the transformation of Foodwise continued. Face-to-face courses stopped in March 2020 and through to the end of August 2020 we delivered some 32,000 meals, working closely with Stoke Community Support.

The Food Hygiene Policy (FHP) was expanded in 2020 to allow cold, hot and frozen meals to be supplied by our Kitchens and through our cafes, the latter run by Neat2eat CIC, our social enterprise, not-for-profit community interest company, established on 4th October 2020 and with whom the company has a resource sharing agreement. See www.neat2eat.care.

We have also continued working with Guildford Philanthropy <https://guildfordphilanthropy.org.uk/> throughout, who are especially supportive of Neat2eat CIC.

COVID-19 Phase 2 September to November 2020 - Freezers in Schools

During September to November 2020, freezers were placed into eight locations across Guildford and Woking for the purpose of enabling Foodwise meals to be distributed to various families. Schools selected the families to be supported and meals were distributed, usually on a Friday. The meals would be used to feed the families over the weekend, so the children continued to receive cooked meals and, hopefully, the family would eat together. In Woking, HomeStart provided volunteers to assist the schools to deliver this service. During the period September to December 2020, a total of 4,322 meals were distributed to an average of 32 families per week.

Just before Christmas the Moorcroft kitchen cooked over 600 Christmas meals including desert. Love your Neighbour (Emmaus Church) were given 120 meals to distribute, Guildford Action Group requested 20 and the remainder were distributed via the schools. However, as one of the schools finished earlier, their allocation was delivered in the Woking area by Woking Football Club players who also supplied mince pies and crackers!

COVID-19 Phase 3 January – April 2021

Another lockdown meant that the schools were not able to distribute the Foodwise meals. A smaller version of the Covid Phase 1 arrangement was put into place. Two Distribution Hubs were set up at QEP Baptist Church, Guildford and St Andrew's Church, Woking, staffed by volunteers and overseen by the Foodwise Operations Manager. Over 7,300 meals were delivered to an average of 60 families per week during this period by an amazing team of volunteers and were cooked via the team at the Moorcroft kitchen. Many thanks to both QEP Baptist Church, Guildford and St Andrew's Church, Goldsworth Park, Woking for offering their premises as distribution hubs.

Cooking on a Budget Courses

Food courses have been severely restricted due to COVID-19, but have run at Emmanuel Church, Stoughton for Stoughton Primary School parents (4 participants) and Northmead Primary School parents (4 participants). Kings College has had a Foodwise Coach delivering a course for year 10 students (7 students). Another Food Coach has been delivering via Zoom throughout the Covid-19 situation to Oakleaf clients (mental health charity in Guildford), with an 'in person' course as soon it was feasible at Bramley Village Hall.

Grants were received from Surrey County Council via Woking Borough Council with total receipts of £12,000. This was allocated in various ways in supporting Foodwise to enhance and support our food deliveries and quantities. Half the grant was specifically used by Charlotte Fraser, our food coach, to create 'Recipe Bags' providing recipes and the ingredients required to cook them. Some 260 bags were delivered to families.

Partnerships – good working partnerships have been forged with HomeStart, North Guildford Foodbank, Woking Borough Council, Woking Mind, Woking Foodbank, The Lighthouse, Woking over the past year. The Hive, Park Barn in Guildford has a Foodwise freezer, from which families receive meals during the school holidays. Just before Christmas 2020, Foodwise assisted St Mary's, Byfleet by providing them with recipes to go into hampers, that were delivered to 250 Byfleet residents. Lastly, Food Coaches have been involved with Enactus at the University of Surrey organising cook-along videos and social media campaigns.

Neat2eat CIC

Neat2eat was established on 4th October 2020 as a Community Interest Company and works closely with Foodwise TLC.

Neat2eat's core aim is to employ young adults (18-24 years old) who are not in employment, education or training (NEET) to empower them to learn and develop their skills for future employment. Apprenticeships, along with close personal support is aimed at developing the individuals and changing their lives and prospects through their employment with us. The apprentices work in kitchens and cafes to gain experience four days a week and study on a Monday in a safe, yet formal environment. See www.neat2eat.care for more information.

Costs of the CIC are not subsidised by Foodwise TLC. A Resource Sharing Agreement governs the relationship between the Charity and CIC.

Neat2eat provides Foodwise with essential support, as it cooks the meals Foodwise supplies, free of charge, to families and creates a much more resilient group, to deliver our activities.

Financial Review

As discussed in last year's accounts, Foodwise has seen a significant rise in turnover due to public and charitable donations during the COVID-19 crisis. Foodwise is still supported by one main corporate group, which provides charitable donations to fund the main activities of the charity. This year donations and grants also came from the public, Guildford Philanthropy (through Community Foundation for Surrey / National Emergency Trust), churches (particularly Burpham Church), private charities, resulting in our turnover increasing substantially. This will not continue in the long term, as much of this income is pandemic related.

The primary corporate donator has confirmed its willingness to continue its financial support and restated its long-term support for the charity.

The Charity continues to hold reasonable reserves, to provide a buffer against any downturn in donations to safeguard its staff.

Future Developments

Foodwise is seeking a close working partnership with Fareshare Sussex and Neat2eat to develop a warehouse distribution operation, with Cloud Kitchens on site, to serve the whole of Surrey. For further information please see <http://www.foodwisetlc.care/your-fund-surrey>. If successful, this would lead to Food Coaches being available in areas of need across Surrey, will reduce food waste across the county and provide employment opportunities, whilst providing free meals to numerous families. **PLEASE** use the link and back our cause. ***No child should go hungry in the country and our food courses can teach skills that can change lives.***

Structure, Governance and Management

Foodwise is incorporated as a company limited by guarantee and is governed by its memorandum and articles of association.

Trustees are appointed by a majority vote of the existing board of trustees. The trustees who served throughout the period and up to the date of signing the report and accounts were:

Name	Date of Appointment	Date of resignation
Martin Vodden (Chair)	26 April 2015	
Kay Clapp	26 April 2015	
Michelle Cupples	28 September 2015	

Sharon Vodden acted as Company Secretary throughout the year and continues in the role.

No trustee received any remuneration or expenses from the company during the year for acting as a trustee (2020 - £nil).

The registered address of the company and service address for the charity is:
3 The Grove, Chipperfield Road, Kings Langley, Hertfordshire, WD4 9JF

The trustees would like to thank all those that support and assist the charity in its endeavours, without which it could not provide the help that so many need.

Approved by the Board of Trustees and signed on its behalf on 27 January 2022 by



Martin Vodden
Chair of Trustees

**Independent Examiner's Report
to the Trustees of Foodwise (TLC) Limited ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2021.

Responsibilities and Basis of Report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Signed



Martin Jones BSc ACA
9 Jersey Close
Guildford, Surrey, GU4 7FJ

27 January 2022

Foodwise (TLC) Limited
STATEMENT OF FINANCIAL ACTIVITIES
Including Summary Income and Expenditure Account
For the Year Ended 30 April 2021

Registered company number: 09561460

Registered charity number: 1164890

	£	2021 £	2020 £
INCOME			
Donations		146,253	52,362
Gift Aid recoverable		4,886	-
Grants		37,000	-
Total Income		<u>188,139</u>	<u>52,362</u>
EXPENDITURE			
Charitable activities:			
Course delivery costs	118,068		31,211
Support costs	30,581		7,044
Depreciation	9,894		3,052
Total Expenditure		<u>158,543</u>	<u>41,307</u>
NET INCOME FOR THE YEAR		<u><u>29,596</u></u>	<u><u>11,055</u></u>

All the charity's income and expenditure and activities relate to unrestricted funds.

RECONCILIATION OF FUNDS
For the Year Ended 30 April 2021

	2021 Unrestricted Funds £	2020 Unrestricted Funds £
Balances b/f at 1 May	19,665	8,610
Net movement in funds for the year	29,596	11,055
Balances c/f at 30 April	<u><u>49,261</u></u>	<u><u>19,665</u></u>

The notes on page 9 form part of these accounts

Foodwise (TLC) Limited
BALANCE SHEET
As at 30 April 2021

Registered company number: 09561460

Registered charity number: 1164890

	Note	£	2021 £	2020 £
FIXED ASSETS				
Tangible fixed assets	2		17,208	6,104
Total fixed assets			<u>17,208</u>	<u>6,104</u>
CURRENT ASSETS				
Debtors and prepayments		1,073		20,971
Cash at Bank		32,418		59,483
Total current assets		<u>33,491</u>		<u>80,454</u>
CURRENT LIABILITIES				
Creditors (amounts falling due within one year)		1,438		6,072
Deferred income		-		60,821
Total current liabilities		<u>1,438</u>		<u>66,893</u>
NET CURRENT ASSETS			<u>32,053</u>	<u>13,561</u>
TOTAL NET ASSETS			<u><u>49,261</u></u>	<u><u>19,665</u></u>
FUNDS OF THE CHARITY				
Unrestricted Funds			<u>49,261</u>	<u>19,665</u>
			<u><u>49,261</u></u>	<u><u>19,665</u></u>

For the year ending 30 April 2021, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of the accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime.

The notes on page 9 form part of these accounts.

These financial statements were approved by the Board of Trustees on 27 January 2022 and were signed on behalf of all the trustees by

Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
NOTES TO THE ACCOUNTS
For the Year Ended 30 April 2021

Registered company number: 09561460

Registered charity number: 1164890

1 Accounting Policies

Basis of Preparation

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note to these accounts.

The accounts have been prepared in accordance with the Statement of Recommended Practice; Accounting and Reporting by Charities preparing their accounts with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

Recognition of Income

Income is recognised when the charity has entitlement to the funds.

Depreciation

Items or sets of items with a cost exceeding £500 and an expected useful life exceeding one year are capitalised and depreciated on a straight line basis over their expected useful life which is estimated to be:

Motor vehicles	- 3 years
Freezers	- 3 years
IT equipment	- 4 years
Kitchen utensils	- 3 years

2 Tangible Fixed Assets

	Motor Vehicles	Freezers	IT Equipment	Kitchen Utensils	Total
	£	£	£	£	£
Cost					
At 1 May 2020	-	7,944	1,618	2,695	12,257
Additions	6,000	13,102	1,896	-	20,998
At 30 April 2021	6,000	21,046	3,514	2,695	33,255
Depreciation					
At 1 May 2020	-	2,648	810	2,695	6,153
Charge for the Year	2,000	7,016	878	-	9,894
At 30 April 2021	2,000	9,664	1,688	2,695	16,047
Net Book Value					
At 30 April 2021	4,000	11,382	1,826	-	17,208
At 30 April 2020	-	5,296	808	-	6,104

All tangible fixed assets are unrestricted.