



Annual Report

OCT 2019-SEPT 2020

'Enriching community through food'



CHARITY OVERVIEW

Charity name: Be Enriched Elements

Charity No: 1170219

Charity Incorporation date: 16 November 2016

Trustees Annual Report for period 1 October
2019 to 30 September 2020

Trustees for period: Ngoc Nguyen, Orlando
Wethered, Sarah Coulson, Anya Chetse,
Terence Mitchison

CEO: Kemi Akinola

Accountant: P A Consulting

International House, 6th Floor, 6 Canterbury
Crescent, London SW9 7QD
Hello@be-enriched.org

CHARITABLE OBJECTS

1. TO PREVENT AND RELIEVE POVERTY, AND TO RELIEVE AND ASSIST PEOPLE FROM SOCIALLY AND ECONOMICALLY DISADVANTAGED COMMUNITIES WHO ARE IN NEED BY REASON OF FINANCIAL HARDSHIP, BY DELIVERING FREE COMMUNITY MEALS AND BY ADVANCING HEALTH AND NUTRITION EDUCATION FOR THE PUBLIC BENEFIT.

2. TO RELIEVE, ASSIST AND PROVIDE SUPPORT FOR PEOPLE IN NEED BY REASON OF DISABILITY OR OTHER DISADVANTAGE BY PROVIDING FREE THERAPEUTIC SESSIONS FOR THE PUBLIC BENEFIT.

3. FOR THE PUBLIC BENEFIT, TO RELIEVE THOSE IN NEED BY REASON OF YOUTH, AGE, FINANCIAL HARDSHIP OR OTHER DISADVANTAGE, AND TO ADVANCE EDUCATION THROUGH EXPEDITIONS CARRIED OUT IN THE UK AND ABROAD FOR THE PURPOSE OF PROVIDING EXPERIENTIAL LEARNING AND NON-FORMAL EDUCATION AND DEVELOPING INDIVIDUAL COMPETENCIES, SKILLS AND UNDERSTANDING

4. FOR THE PUBLIC BENEFIT, TO RELIEVE THOSE IN NEED BY REASON OF YOUTH, AGE, FINANCIAL HARDSHIP OR SOCIAL OR ECONOMIC DISADVANTAGE AND TO ADVANCE EDUCATION THROUGH LEARNING OPPORTUNITIES AND NON-FORMAL EDUCATION AND MENTORING PROGRAMMES FOR AND WITH YOUNG PEOPLE, WHICH PROMOTE PARTICIPATION AND INTEGRATION IN SOCIETY AND THE DEVELOPMENT OF KEY PERSONAL SKILLS.



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WHAT WE DO?

Be Enriched is a charity based in South London that enriches community using food as the catalyst.

We believe that by coming together we can support each other with the skills and knowledge within the community.

We are doing this through these projects:

- Community Canteen
- Wandsworth Food Partnership
- Healthy Holidays
- CooksForce
- Training for young people and those excluded



'Enriching community through food'

CEO OVERVIEW

Still feeling the shockwaves and devastation of a global pandemic that began a few months before this report ends, it's difficult to reflect on the year 2019-2020.

However, despite the circumstances, Be Enriched has had a good year regarding our project delivery and finances. We have managed to weather the storm and come out with very little damage.

Throughout 2019-2020 the Be Enriched team worked tirelessly to fulfil our core mission- to enrich the community through food. We have done this in various ways, for example, community lunches, reducing sugar intake, projects with schools and emergency food bags (that we are still currently providing). The team continued to keep in touch with everyone affected by social isolation and ill health.

We have increased our reach by working with 20 beneficiaries during the year and provided many voluntary placements, including for children and young people. We worked in the London boroughs of Wandsworth, Lambeth, Southwark, Hammersmith, Kensington and Fulham to deliver community meals through the canteens project, cooking classes, our CooksForce project and SugarSmart, and through the Wandsworth Food Partnership.

December 2019, unknowingly the final time in the subsequent 15 months that we would have an in-real-life celebration, was a joyous affair with live music, dancing and Christmas lunches with all the trimmings. This was attended by some of our older guests, who have visited Be Enriched since the start, as well as some who have received support for substance misuse and are in recovery. Santa came delivering gifts which were donated through our strong corporate partnerships.

Despite the delay and continuous adaptation to the new environment, Be Enriched has been able to thrive and grow. I'm confident in the sustainability of our future.

Kemi Akinola - Founder/CEO

THE CANTEEN'S PROJECT

Be Enriched operates three Community Canteens across Southwark, Lambeth and Wandsworth. These are community meals which reduce social isolation of those excluded from society.

The canteen operated as usual with 6-8 volunteers and 25-40 guests each week. We held a Christmas party on 20th Dec 2019. Guests enjoyed a traditional Christmas dinner, Christmas songs and a present from 'Santa'.

Battersea Canteen

Battersea Canteen hosted 120 volunteers, including corporate groups, at its regular Tuesday and Christmas Canteens. Paused April 2020, due to the pandemic.

Castle Canteen

Castle Canteen hosted 120 volunteers, including corporate groups, at its regular Monday and Christmas Canteens. Paused April 2020, due to the pandemic.

Graveney Canteen

Graveney hosted 115 volunteers, including corporate groups, at its regular Friday and Christmas Canteens.

In April 2020, Graveney had to close its doors to lunch guests, but instead became a local food hub to serve the community in Wandsworth. As part of South London's COVID-19 Pandemic Emergency Response, an operational kitchen and food parcel distribution service were set up, to serve Wandsworth residents.



'My mum was so pleased to receive the vegetable biryani last night. Knowing she is receiving freshly cooked vegetarian food is reassuring.'

David, 39

'Having the fresh items in the food parcels has already helped- and the cooked meals have made it easier to feed kids during the holidays. '

Steven, 45



'Lots of thanks for six weeks of help !'

Ally, 61

'The fresh produce has really been helpful'

Emma, 48



COVID-19

In December 2019 the effects of COVID-19 started to change the way we thought about our work.

Once the virus was established in the UK most of Be Enriched's Projects had to close, in line with NHS guidance and in the interests of public safety.

Most of the vulnerable people Be Enriched Supports were advised to shield.

Many food aid providers were overwhelmed as they had to support more households than usual.

To tackle the effects of COVID to the community, Be Enriched partnered with Brixton People's Kitchen and facilitated projects providing food for those in need from March 2019- September 2020.

Be Enriched worked closely with volunteers in Lambeth and Wandsworth. Be Enriched adapted quickly pausing all sit in community meals and providing a home delivery service to up to 200 people a week in the height of need.



BENEFICIARIES

Be Enriched supported single parent families; elderly and vulnerable people living alone, people with serious underlying health conditions, people who were shielding; people in recovery, new parents, families with no recourse to public funds; carers and the recently unemployed.

In the period prior to the pandemic, Be Enriched worked with a regular group of 80 people every week through the Canteens project and other opportunities such as offering work experience and training for people with learning needs.

During the lockdown period, 20 beneficiaries who were already known to Graveney Canteen consistently received support. The majority of other beneficiaries were new, referred by Wandsworth and Lambeth council, Citizens Advice, Social services and Hestia, as well as self-referrals.

Two former beneficiaries moved on to volunteering at Graveney Canteen Kitchen, during the lockdown gaining transferable skills, in line with our theory of change,

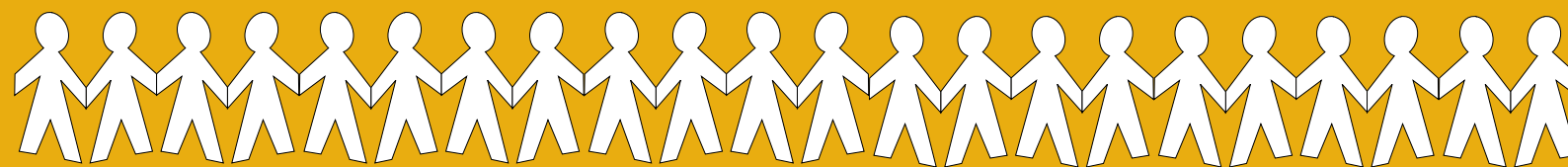
WANDSWORTH FOOD PARTNERSHIP

Sugarsmart Campaign

Wandsworth Food Partnership's SugarSmart campaign delivered a programme of digital content in July 2020, to inform the community in Wandsworth of the risks of sugar and empower them to make healthier decisions. Video content produced by Healthcare Professionals highlighted: what sugar does to the body, provided advice on how to cut down sugar intake, and lead a healthier lifestyle. SugarSmart partnered with a number of chefs to produce video cookery demonstrations of healthier alternatives to snacks that normally contain a high sugar content. It also worked with with Refill and regularly promoted the Wandsworth smartphone app and online map of refill points in the area.

London Food Roots Incubator

The Mayor of London is committed to supporting partnerships and chose the Wandsworth Food Partnership and ten other organisations to work with the London Food Roots Incubator over 2021 to tackle the issue of food insecurity in our borough over six months.



THE FOOD BUS

The Food Bus is an innovative project delivering affordable, fresh and store cupboard foods to people affected by low income or who are geographically disadvantaged.

It is the first converted double decker bus of its kind in the UK. It has a green grocer and commercial kitchen on the bottom floor and a cafe on the top deck. The refit complies with ULEZ guidance and the design utilises solar.

Because of the pandemic the project has been delayed due to ongoing engine issues. The Food Bus van is planned to be used in the meantime

'I'm happy we have the opportunity to work with the local community and that we can positively impact our communities lives providing access to healthy and affordable food.'



VOLUNTEERING

The events towards the end of 2019-2020 meant Be Enriched needed to do a volunteer recruitment drive because of the significant increase in demand food aid and support.

In April 2020, our regular volunteering opportunities were replaced with an online appeal for volunteers. This was to help prepare food parcels and provide a home-delivery service to those shielding at home, as part of the Lambeth and Wandsworth emergency response contract, resulting in over 500 new volunteers signing up. This resulted in our largest every recruitment exercise with all inductions taking place online and the creation of new temporary volunteer roles.

8 volunteer call-handlers were recruited and trained to man the referrals helpline on weekdays, using web-based telephone service.

40+ volunteers trained to prepare and pack meals and grocery parcels

60+ Volunteers: walkers, drivers and cyclists delivering the food

Impact and Value of Volunteer Contribution

- 400 regular volunteer attendances helped us to run our three Community Canteens during the period, up until the first Lockdown
- 800 volunteer attendances supported the Graveney Canteen to deliver the pandemic response operation from Apr - Sep 2020.
- 6,000 volunteer hours were given for the period Sep-2019 to Oct-2020. This equates to an economic market value of at least £250,000 (based on National Minimum Wage hourly rate calculation)



'The canteen is now a major part of my weekly routine and something I genuinely look forward to every week.

The social side of volunteering is amazing - we always have a laugh and enjoy a good chat while we prepare and cook the meals.'

DARCY



'Volunteering is a great way to contribute to your local community and help balance out some of the inequalities that exist within it. It also breaks down barriers between various groups of people in the same community that might not otherwise meet. '

LEE



'I would love to volunteer again and hopefully in a situation where we do spend more time with the people we are helping so we can get to know each other better.'

DARRYL



'I wanted to get involved and make a difference. It is also great fun. Everyone I have met has been a joy and volunteering will be part of my life for as long as I am able to do it. '

TRISH



CORPORATE PARTNERSHIPS



Be Enriched continued to work with corporate volunteer groups over the pandemic. These valuable partnerships support the Canteen's Project and ensure their sustainability. These groups bring valued expertise and ideas into the canteens by cooking and befriending beneficiaries.

Due to the pandemic, and the closure of our Canteens, in person volunteering was paused with the aim to recommence in line with government guidelines.

THE FUTURE

The past year has been taxing for us all, constantly having to learn and adapt to change.

Looking forward, Be Enriched will be moving away from the emergency food to build on what we have learned and skills gained to innovate and develop a sustainable long term structure and solution to local food insecurity.

Be Enriched will be working with the GLA and IFAN supporting the Cash First model to help people move towards financial and food security in a dignified way.

We are embedding and strengthening the practice of integrating food support and 'cash first' approaches across all projects.





CHARITY COMMISSION
FOR ENGLAND AND WALES

| | | | |
|---------------------------------------|------------|------------|------------|
| Be Simple! Charities | | No IP any? | |
| Receipts and payments accounts | | | |
| For the period from | 01/10/2017 | To | 30/09/2018 |

CC16a

Section A Receipts and payments

| | Unrestricted funds to the nearest £ | Restricted funds to the nearest £ | Endowment funds to the nearest £ | Total funds to the nearest £ | Last year to the nearest £ |
|-------------------------------------------------------|----------------------------------------|--------------------------------------|-------------------------------------|---------------------------------|-------------------------------|
| A1 Receipts | | | | | |
| Fundraising and workshops | 52,181 | 0 | - | 52,181 | 35,189 |
| Grants | 73,436 | 130,651 | - | 204,087 | 15,979 |
| Interest from investment | - | - | - | - | 4 |
| Asset transfer from CLG | - | - | - | - | 24,700 |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total (Gross income for AR) | 125,617 | 130,651 | - | 256,268 | 75,872 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 125,617 | 130,651 | - | 256,268 | 75,872 |
| A3 Payments | | | | | |
| Charitable activities | 142,228 | 31,627 | - | 173,855 | 66,721 |
| Fundraising Costs | - | 10,780 | - | 10,780 | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | 142,228 | 42,408 | - | 184,636 | 66,721 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 142,228 | 42,408 | - | 184,636 | 66,721 |
| Net of receipts/(payments) | - 16,611 | 88,243 | - | 71,633 | 9,151 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | - | - | - | - | - |
| Cash funds this year end | - 16,611 | 88,243 | - | 71,633 | 9,151 |

Section B Statement of assets and liabilities at the end of the period

| Categories | Details | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
|---------------------------------|--------------------------------------------------------|------------------------------------|----------------------------------|---------------------------------|
| B1 Cash funds | | | | |
| | Cash in Hand | 16,611 | 88,243 | - |
| | | - | - | - |
| | | - | - | - |
| | Total cash funds | 16,611 | 88,243 | - |
| | (agree balances with receipts and payments account(s)) | | | |
| B2 Other monetary assets | | | | |
| | Other Monetary Assets | - | 6,101 | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |

| | | | |
|--|---|---|---|
| | - | - | - |
|--|---|---|---|

B3 Investment assets

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

B4 Assets retained for the charity's own use

| Details | Fund to which asset belongs | Cost (optional) | Current value (optional) |
|-------------------------------|-----------------------------|-----------------|--------------------------|
| Computers and other Equipment | | 1,658 | - |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |
| | | - | - |

B5 Liabilities

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

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

| Signature | Print Name | Date of approval |
|-----------------|----------------------|------------------|
| T. A. Mitchison | TERENCE A. MITCHISON | 10/03/22 |
| | | |



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Be Enriched Elements

**On accounts for the year
ended**

30/09/2020

**Charity no
(if any)**

1170219

Set out on pages

N/A

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30 / 09 / 2020**.

**Responsibilities and
basis of report**

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

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

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

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

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

Signed:

Date:

04/03/2022

Name:

Dominique Carrie

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

| |
|--|
| |
|--|

Address:

Flat 10, 27 Lenox Road, London N4 3NR

| |
|--|
| |
| |

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

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