

FEAST WITH US

England & Wales · Charity number 1172884

Details

Status Registered

Legal form CIO

Registered 2017-05-04

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

Contact

Address 2A The Quadrant
Epsom
Surrey
KT17 4RH

Phone 02078710094

Email info@feastwithus.org.uk

Website www.feastwithus.org.uk

Activities

Objects: The relief of financial hardship and the protection and promotion of nutrition, health and wellbeing for vulnerable individuals in the UK through the provision of nutritious meals (including on a community basis), healthy eating programmes and campaigning for policy change.

Activities: FEAST aims to improve the nutrition, well-being and health of people at risk of food insecurity in London. We work with charity and community partners and volunteers to provide regular nutritious community meals using surplus food, and healthy eating on a budget programmes, to nourish and empower vulnerable people in homeless hostels, mental health day centres and community centres across London.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- Barnet
- Camden
- Haringey
- Islington

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£434,088	£491,944	-	-
2023-12-31	£348,778	£364,666	-	-
2022-12-31	£264,101	£224,782	-	-
2021-12-31	£261,829	£201,943	-	-
2020-12-31	£80,051	£65,696	-	-

Trustees

Name	Role	Appointed
Helen Burgess	Chair	2023-03-21
Chris Christofi		2023-09-25
Daniel Heller		2022-08-23
HANNAH STYLE		2017-06-01
Jane Wilson		2023-05-05
Leonardus Paulus Hendrikus Maria Aarts		2026-03-17
Sasha Maisel		2026-03-17
Tim O'Neill		2026-03-17
Ulyana Charikova		2023-09-17

Accounts



TRUSTEES' ANNUAL REPORT AND UNAUDITED ACCOUNTS FY2024



FEAST

— With Us —

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VISION & MISSION

OUR VISION

FEAST = FEEDING AND EMPOWERING ALL SUSTAINABLY TOGETHER

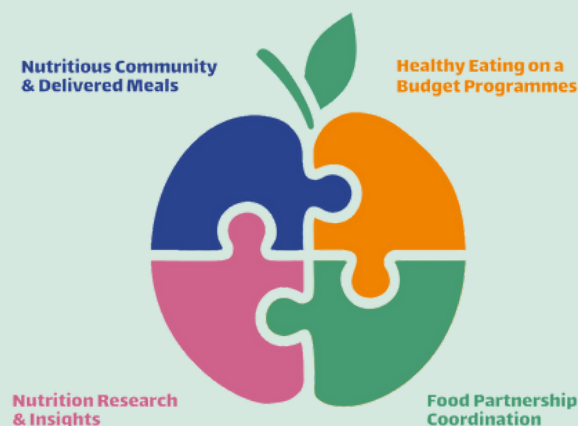
OUR MISSION

Improve the nutrition, wellbeing and health of people at risk of food insecurity in the UK.

WHAT WE DO

We work with charity and community partners to provide services and programmes in homeless hostels, mental health day centres, community centres and faith centres in Camden, Islington, Barnet, Westminster, Hackney and Redbridge.

- Nourish those who need it most with nutritious cooked meals
- Support wellbeing and reduce loneliness through community dining and volunteering
- Empower people with skills and knowledge so they can climb the food ladder
- Promote sustainability by using surplus food as much as possible
- Influence change through research and sharing what we learn



ALL OF OUR WORK IS UNDERPINNED BY OUR VALUES:



COLLABORATIVE

We work together as one team and with our stakeholders openly and respectfully – bringing diverse skills and experiences to design and deliver our services and achieve our vision and mission.

INCLUSIVE

We value equality, fairness and dignity, and create positive and inclusive environments for our team, volunteers and service users and are committed to learning.

EMPOWERING

We provide inspiration, opportunities, and support to enable our team, volunteers and service users to develop capabilities, confidence, and independence

INNOVATIVE

We are curious and creative - proactively seeking new ideas to improve ourselves, the organisation, and our services to make a bigger and longer term positive impact for our stakeholders.

EMPATHETIC

We are sensitive and understanding - we actively listen and learn from our team, volunteers, and service users to better appreciate and adapt to their situations, challenges and perspectives.

LEGAL & ADMINISTRATIVE INFORMATION

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 December 2024.

Reference & Administrative Details	Company No. CE009898 Charity No. 1172884 England & Wales
Registered Office	2A The Quadrant Epsom Surrey KT17 4RH

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006.

The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Trustees	The Trustees of the charity are its Directors for the purposes of charity and company law. The following Director and Trustee served during the year: Helen Burgess – Chair Chris Christofi – Treasurer Hannah Style Tarryn Gorre (<i>resigned 31 March 2025</i>) Daniel Heller Jane Wilson Anna Prag Ulyana Charikova
Senior Personnel	Caroline Monkhouse Flower - CEO
Accountants	Love Your Accountants Ltd 2A The Quadrant Upper High Street Epsom Surrey KT17 4RH
Bankers	Metro Bank One Southampton Row London WC1B 5HA
Website	www.feastwithus.org.uk

MESSAGE FROM THE CHAIR OF THE BOARD OF TRUSTEES

As the Chair of FEAST, I am pleased to present our annual accounts for the year ending 31st December 2024.

These accounts show an increase in income of 24% compared to last year which is a remarkable achievement given the tough economic environment, rising costs, and increasing demand for services that all charities have experienced during this time. It is a testament to the resilience, commitment, and belief of everyone connected to our charity and represents not just a financial achievement, but a real vote of confidence in our work and our mission.

We could not have done this without the incredible support of our funders, who have continued to back us when the needs in our community are greater than ever. I also want to offer my heartfelt thanks to our extraordinary volunteers, whose generosity of time and spirit remains the lifeblood of FEAST, and to our dedicated staff team, who bring skill, compassion, and relentless energy to everything they do.

Thanks to your collective efforts, we have been able to reach more people, offer more support, and invest in the future of our services. There is still much to do, but with such a strong foundation and community behind us, we move forward with hope and determination, as we enter our 10 year anniversary in 2025!

With very best wishes,



Helen Burgess

Chair of the Board of Trustees



TRUSTEES' REPORT

The Trustees have pleasure in presenting their report and the financial statements of FEAST With Us Charity ("the Charity" or "FEAST") for the year ended 31 December 2024. The Financial Statements comply with the Charities Act 2011, and Accounting and Reporting by Charities: Statement of Recommended Practice (the "Charities SORP") applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

FEAST started in 2015, as a weekly community meal at a hostel for homeless people, using food that would otherwise be thrown away. The Charity, registration number 1172884, is a Charitable Incorporated Organisation (CIO) registered in England on 7 May 2017.

In November 2024 the Charity amended its objects to acknowledge the broader reach and impact of our charity in terms of the populations we serve, our areas of focus, and the wider range of our activities to:

The relief of financial hardship and the protection and promotion of nutrition, health and wellbeing for vulnerable individuals in the UK through the provision of nutritious meals (including on a community basis), healthy eating programmes and campaigning for policy change.

The updated charitable objects reflect a more sustainable approach to reducing food insecurity among vulnerable populations in the UK, which is more appropriate in the current economic climate. This will ensure that resources are directed in a focussed and targeted manner to solutions with long-term benefits for our service users. In addition, research into the nutritional status of vulnerable populations is novel and not generally explored or understood within food poverty charities, which means this is a new area of growth and exploration for FEAST With Us.

Appointment of Trustees

The Charity is governed by a Board of Trustees which takes all medium- and longer-term strategic decisions. Day to day running of the Charity is overseen by the CEO, who was appointed on 20 March 2023, and prior to this date, it was overseen by the Operations Manager. Together the Trustees are responsible for delivery of the long-term strategy approved by them. The names of the Members of the Board of Trustees are shown on page 4 of this report.

The Treasurer takes the lead on all financial matters, including accounting, banking and management of cash and reserves.

The Charity carries out regular skills assessments of Trustees and identifies any gaps that may exist. Steps are taken to recruit new Trustees to fill skill gaps when appropriate. The Board completed a skills audit in June 2024 which concluded that it had the appropriate balance of skills, experience, backgrounds and knowledge to be an effective Board. Board diversity was noted as being important for driving objective decision making that has the best chance of creating positive change in the communities FEAST exists to serve and, as such, would be taken forward as part of the EDI work being conducted across the organisation in 2025.

All new Trustees receive a copy of the Governing Document, latest Annual Accounts, an induction and are asked to sign a Code of Conduct, which the Board has approved.

Each Trustee is appointed by a resolution at a properly convened Trustee Meeting and will have an initial three-year term of office with the option of renewal for a further term of three years by agreement between the Trustee seeking reappointment and the other Trustees, and a further option of renewal after six consecutive years, by agreement between the Trustee seeking reappointment and the other Trustees. Each Trustee must stand down after they have served for nine consecutive years. They may reapply to join the Board but must have been absent from the Board for a minimum of one year before doing so.

Risk Management

The Board and CEO conduct regular reviews of major risks to which the Charity is exposed and maintain a risk register, which is reviewed monthly. Appropriate policies, systems and procedures are identified to mitigate major risks.

STRATEGY & ACTIVITIES

KEY HIGHLIGHTS

At FEAST we believe that everyone deserves access to healthy food and nutrition support, regardless of circumstances and challenges, and we are very proud to have been able to make an even bigger impact in 2024;

- Developed and published our first Theory of Change, a framework that maps out how and why our strategy will achieve its long-term goals. It helps us define our impact, identify assumptions, and track progress through measurable outcomes.
- Our operational team grew to 16 people, including new roles in our nutrition, chef and fundraising teams.
- Collected and delivered more surplus food using our new FEAST van funded by the National Lottery Community Fund.
- Completed our first FEAST challenge event, hiking 25km across the beautiful Peak District with a wonderful team of Trustees, staff and supporters, raising £5,085.

Nutritious Community & Delivered Meals

We provided more nutritious meals supporting people experiencing food insecurity, with 16 regular cooking and meal venues, serving a total of 28,710 community and delivered meals, an increase of 6% on 2023. We launched new regular community meals for local residents at Somers Town Community Association and older people at The Finchley Charities sheltered accommodation. Each meal is nutritious, co-designed with service users, aligned with the Eatwell Guide and tailored to meet health needs and dietary preferences.

More than just a meal, we create inclusive and welcoming spaces, that strengthen service users' emotional and social wellbeing, support mental health, and build community connections, helping individuals feel valued and supported in overcoming challenges.

FEAST meals are made using mostly donated surplus food, supporting sustainability and reducing food waste.

Healthy Eating on a Budget Programme

Developed by FEAST nutritionists and dietitians, this programme empowers people experiencing food insecurity to independently meet their nutritional needs, make informed choices, and improve dietary behaviours on a budget.

After a successful pilot in late 2023, this programme grew significantly over 2024, reaching eight venues across four London boroughs. More than just a cooking course, with nutrition at its heart, it equips participants with the knowledge, practical skills and confidence to prepare balanced, affordable meals, manage portions, and budget effectively for lasting change.

We've partnered with local authorities, community centres, homeless hostels, and supported living settings, delivering a flexible programme that responds and adapts to need, improving nutrition across various types of communities.

Nutrition, Research & Insights

Our unique focus on nutrition science has made a seminal contribution to the evidence base informing food policy related to food insecurity. We aim to improve the dietary outcomes for people experiencing food insecurity through the following objectives:

- Improve understanding in nutrition services for people experiencing food insecurity.
- Improve sector understanding of the evidence base and good nutritional practice.
- Increase policy implementation.
- Increase the use of nutrition and food insecurity screening tools.

This work both informs FEAST services and strengthens systems supporting vulnerable populations, promoting sustainable impact.

In partnership with UCL, FEAST conducted novel research (2023–2025) exploring the diet of people experiencing homelessness (PEH) —the first study of its kind, led by Hannah Style (FEAST founder, Trustee, and research dietitian) and Adrian Brown (UCL research fellow).

The research revealed a high prevalence of malnutrition in PEH linked to food insecurity, poor dietary quality, and mental illness. Many participants highlighted barriers to accessing a dignified, healthy diet.

For more details and a comprehensive analysis of the findings and recommendations see our [impact report](#), or the [clinical report](#) for a deeper dive.

Food Partnerships Coordination

Our food partnership work in the London boroughs of Camden and Redbridge empowers local communities to become stronger and more resilient in addressing and preventing food insecurity. By collaborating with local authorities, charities, and community organisations, we create networks that deliver sustainable solutions to food challenges in urban areas.

We continued to lead and coordinate the **Camden Food Partnership** (CFP) a network of 90+ organisations tackling food-related challenges in Camden. The CFP supports Camden Council's Food Mission that by 2030, all residents will eat well every day with nutritious, affordable, and sustainable food.

Led by a steering group of local organisations, surplus food suppliers, Camden Council, and Public Health, the CFP drives action through forums, workshops, and open discussions.

2024 highlights include:

- Achieved Sustainable Food Places status for promoting healthy, sustainable food systems.
- Recognised in Sustain's Good Food Local London report for our leadership in tackling food poverty.
- Expanded the network from 60 to 90 organisations, including community centres, social supermarkets, businesses, and schools.

2024 marked the launch of the **Redbridge Food Partnership**, the first in the borough, hosted and coordinated by FEAST and funded by the Greater London Authority (GLA). The Redbridge Food Partnership (RFP) is a cross-sector network

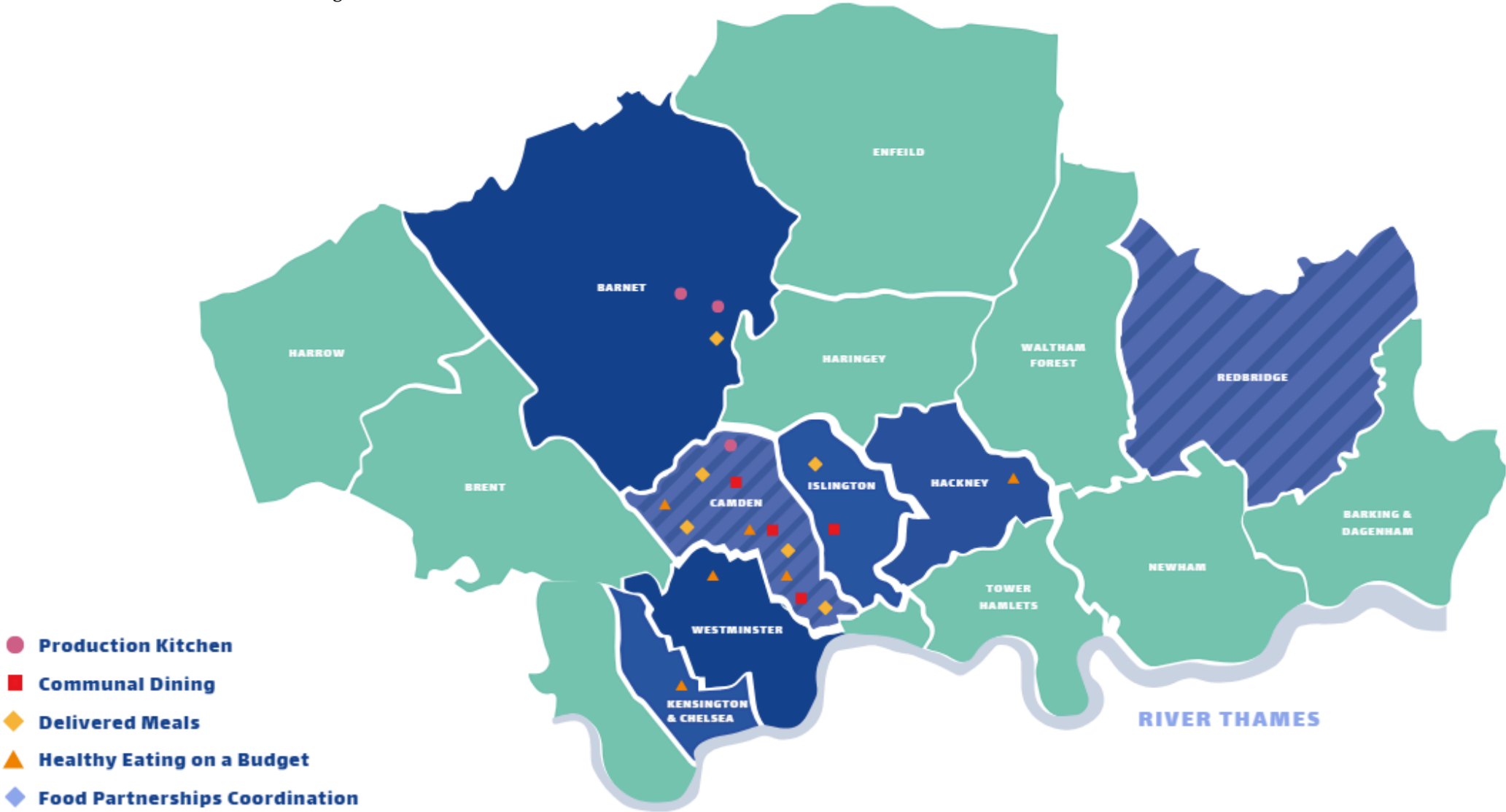
bringing together Redbridge Council, local VCS organisations, surplus food suppliers, and healthcare providers to build a more joined-up approach to food provision.

2024 highlights include:

- Grew the partnership to 27 members, including food banks, social supermarkets, children's centres, and youth groups.
- Developed an interactive map showcasing local food provision.
- Strengthened relationships between VCS organisations and surplus food suppliers.
- Promoted the Healthy Start scheme through collaboration with Public Health, Citizens Advice, researchers and local volunteers.

PARTNERSHIPS & SERVICES

In 2024 we delivered our services and programmes in 23 community and charity partner venues across seven London Boroughs.



STRATEGY DEVELOPMENT

At the end of 2024 the Board conducted a review of our 2024 – 2027 strategic objectives, to monitor progress and ensure it remains relevant.

2024-27 STRATEGIC OBJECTIVES

OBJECTIVE	DESCRIPTION	2024 PROGRESS UPDATE
Increase the number and impact of community meals delivered	FEAST meals serve many purposes – nourishment, community, belonging, skills sharing. Increasing the number of meals we deliver to create as many positive outcomes as possible is a fundamental part of our strategy.	- Increased total meals provided (community and delivered) by +6% to 28,710, and community meals by 13% - Launched 2 new community meals services for older people - Evaluated the nutritional quality of our meals against the Eatwell guide 90% of service users feel well-nourished after a FEAST meal
Empower service users to independently meet their nutritional needs	FEAST's healthy eating programmes provide individuals experiencing food insecurity with opportunities to further their nutrition knowledge, to develop cooking skills and to help make healthy dietary choices accessible.	- Delivered 48 healthy eating on a budget sessions to 67 participants - Expanded programme with new delivery partners in Hackney and Kensington & Chelsea 100% of participants demonstrated increased nutritional knowledge, 90% modified recipes to make them healthier and 91% felt more confident engaging socially
Build the resilience of FEAST	Ensure that FEAST can continue to deliver impact and support people up the Food Ladder by focusing on resilience and sustainability in an uncertain funding environment.	- Expanded team to 16, including roles in nutrition, chefs and fundraising - Increased funding income to £428,391, an increase of 24% - Increased individual active volunteers to 312 (+82% vs 2023) - Diversified income; reduced Trusts & Foundations (45.6% to 40.5%) and increased Partnerships (20.1% to 25.8%) and Community & Events (1.9% to 2.7%) - Secured two new multi-year Trusts & Foundations grants
Influence food insecurity policy	Use research and experience to influence government policy at a national and local level.	- Completed novel nutrition research producing valuable contribution to the evidence base informing food policy related to food insecurity - Through our partnership with Camden Council to coordinate the Camden Food Partnership, we achieved Sustainable Food Places status for Camden, promoting healthy, sustainable food systems. Camden was also recognised in Sustain's Good Food Local London report for leadership in tackling food poverty.

2024 Impact in Numbers

Services delivered in

23 venues across
7 London boroughs



28,710

meals cooked for service users

16,713
Community Meals

12,537
Delivered Meals



We saved **12,871 KG** of surplus food from going to waste



equating to
34,752 KG
CO2
emissions



Healthy Eating on a Budget

48 sessions delivered to
67 participants

1 nutrition research project



with over **200** participants

312 & 458
Regular Volunteers Corporate Volunteers



Donated
5,798 hours
of their time, with an
estimate value of



£77,358

FUNDRAISING

Through 2024 we saw an increasingly challenging funding environment for the charity sector as a whole. As a result of reduced statutory funding, many Trusts & Foundations experienced significant increases in numbers of applications (3 times in some cases), whilst others closed or reprioritised their funds, reducing likelihood of success. This shift reinforced our strategy to diversify our income streams to reduce risk and increase resilience.

In spite of this context, 2024 was another significant year of income growth for FEAST, up 24% compared to 2023, with a total raised of £434,089. Funding growth propelled FEAST forwards, strengthening our capacity to deliver and expand services, and grow our operations team including expanding our nutrition, chef and fundraising teams.

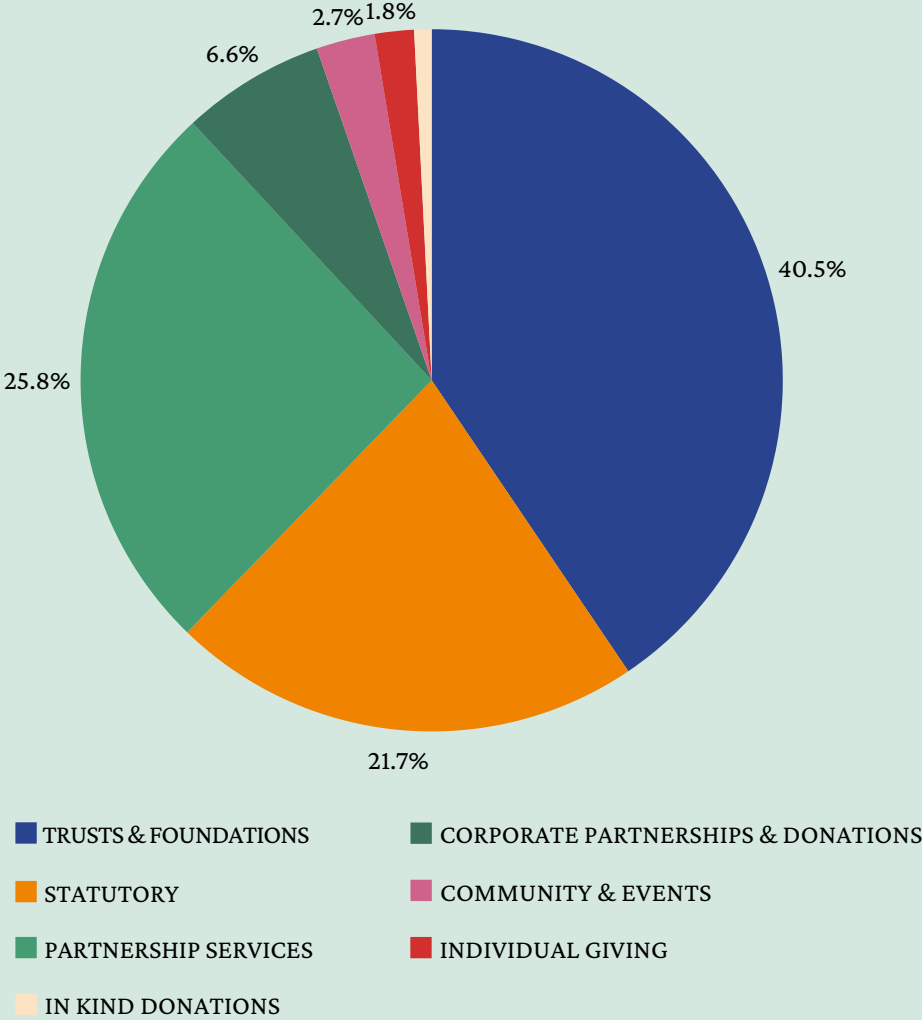
Most notably, Partnership Services income increased by 59% to £111,852, making up 25.8% of income. Although share of total income from Trusts & Foundations reduced from 2023 to 2024, income continued to grow from new and existing funders increasing by 11% to £175,957, contributing to 40.5% of total income raised.

We increased our Statutory Income by 12% to £94,406, including funding from Camden Council to continue to chair and coordinate the Camden Food Partnership to March 2025, and from the Greater London Authority (GLA), from their Food Roots 2 programme to continue Redbridge Food Partnership development and coordination until May 2025.

Our corporate partnerships income also grew significantly, up 27% on 2023 to £28,629, with 42 businesses donating for 458 of their employees to volunteer with us from a wide portfolio of well-known brands and businesses, as listed below.

Finally, we saw a huge 77% increase in Community & Events Income, from £6,655 in 2023 to £11,809 in 2024. This was achieved predominantly through our first FEAST challenge event where nine FEAST staff, Trustees and supporters hiked 25km across the Peak District, and our World Hunger Day crowdfunding appeal.

SOURCES OF FUNDING



KEY SOURCES OF INCOME

TRUSTS & FOUNDATIONS

In 2024, 36% of our income was raised through 13 Trusts & Foundations generously supporting our work through unrestricted and restricted grants and in-kind donations, totalling £157,999. We would like to wholeheartedly thank the below funders for their incredible support:

Kusuma Trust UK ~ Hedley Foundation ~ Landsec Futures ~ London Community Foundation ~ Meeting Needs ~ Morris Charitable Trust ~ Souter Charitable Trust ~ The Cranswick Charitable Trust ~ The Jansen Foundation ~ The John Horseman Trust ~ The National Lottery Community Fund ~ The Stewarts Foundation ~ William Kessler Charitable Trust

Our National Lottery Community Fund Cost of Living grant supported six months of staff salaries and delivery costs, as well as funding a hybrid electric van to enable us to collect more surplus food.

The Jansen Foundation donated six-months' supply of long-life food for our kitchens to cook our nutritious meals.

The London Community Foundation awarded a two-year grant to deliver healthy eating on a budget programmes in partnership with Hackney Foodbank and the Salvation Army, supporting their clients with nutrition and cooking skills support using food typically received in food bank parcels.

The John Horseman Trust provided three-year unrestricted funding to support delivery of our nutritious meal services and healthy eating on a budget programmes.

CORPORATE SPONSORSHIP & VOLUNTEERING

During 2024, FEAST was supported by 42 companies through sponsorship or corporate volunteer sessions that contributed to the core costs of service delivery. We would like to thank and mention the following businesses for their support:

During 2024, FEAST was supported by 42 companies through sponsorship or corporate volunteering donations that contributed to core costs. We would like to thank the following businesses:

Alliance Community Fund - AccorInvest - Action Funder - Adobe - Arriva - Avaloq - BCG - Buzz Bike - Bywaters - Canva - Central District Alliance - Centrica - Chainalysis - The Cranmere Group - Dentons - Ernst & Young - FullFat Gate One - Gousto - Graysons - Here We Flo - In Digital JMW - JP Morgan Chase - Kin Group - LPIO - LSH - Lyondell Basell - Mace - MBW - MediaBrands - Metro Bank - Moorhouse Consulting - MSI Choices - Naked Ideas - Ocean Bottle - On Hand - Ono Pharma - Park High School - Pltfrm PPRO - Service Now - Shaw Trust - Tapestry - Today Tix Video Week - WTWco - Yahoo

PARTNERSHIPS

FEAST's delivery partnerships developed in 2024 (from £70,134, 20.1% of total income in 2023 to £111,852, 25.8% in 2024). We continued our strong partnership with Single Homeless Project, serving daily nutritious meals in two hostels in Kings Cross, and delivering weekly meals to hostels in Barnet and Islington.

We expanded our long-standing meal partnerships with Sapphire Independent Housing, to deliver healthy eating on a budget programmes to their clients, and established new partnerships with the Finchley Charities for older people, New Horizons Youth Centre for young people experiencing homelessness, and St Giles' Pantry for people experiencing food insecurity.

We partnered with three universities to host nutrition and dietetics student placements, welcoming 16 students over 18 weeks from King's College London (KCL), London Metropolitan University and University College London (UCL). They supported key projects including: annual evaluations of our meals services; nutritional analysis of our meals; mapping food services against deprivation data; developing healthy eating on a budget course content.

With funding from the British Dietetic Association, FEAST also partnered with UCL to conduct novel research exploring the diet of people experiencing homelessness — the first study of its kind. Led by Hannah Style (FEAST founder, Trustee, and research dietitian) and Adrian Brown (UCL research fellow), the study assessed 200 people experiencing homelessness across 18 London hostels in seven London Boroughs using standardised nutritional tools.

FINANCIAL SUMMARY

In 2024 we experienced salary cost increases due to cost-of-living increases, increasing the size of our staff to support our growing operational activities, and increased food and supply costs as surplus food continued to be difficult to source consistently for new services because of increased demand.

In addition, despite a very strong first half of the year, we experienced an increasingly challenging fundraising environment, and our actual income was -16.7% against overall target, caused by lower than expected income from Statutory (-27.6%), Corporate (-34.2%) and Trusts & Foundations (-14.4%). This situation has been experienced widely across the charity sector and it meant we needed to draw on unrestricted reserves to support operating costs.

As part of our budgeting process for 2025, we conducted a detailed review of our projects and services, and expenditure, and identified actions to address the deficit through reducing or pausing services not supported by restricted funding, agree grant or contract uplifts with our partners, and reduce any discretionary costs. These will be implemented in 2025 by the CEO. The Treasurer and CEO will continue to work closely to review income and expenditure in detail throughout 2025 and identify further actions as necessary to ensure the charity remains resilient and solvent.

	2023	2024
NUMBER OF MEALS	27,056	28,710
TOTAL INCOME	£348,778	£434,088
TOTAL COSTS	£364,666	£491,944
TOTAL RESERVES AT Y/E (£)	£156,449	£98,593
MONTHS	5.2	2.7
UNRESTRICTED RESERVES AT Y/E (£)	£150,792	£88,491
MONTHS	5	2.3

Reserves Policy

Our reserves policy is to aim to retain total reserves to fund the Charity’s core work and delivery of strategic objectives of at least six months, and unrestricted reserves of at least 3 months, based on forecast operating costs. As of 31st December 2024, our total reserves were £98,593 (2.6 months) and unrestricted reserves £88,491 (2.3 months).

Value for Money

From every £1 raised in 2024, FEAST spent 90.6% on charitable activities and 9.4% on fundraising.

The Trustees’ annual report has been approved by the Trustees on 1 October 2025 and signed on their behalf by:



Chris Christofi
Treasurer



Helen Burgess
Chair of the Board of Trustees

INDEPENDENT EXAMINERS REPORT

ON THE ACCOUNTS

I report to the Trustees on my examination of the accounts of the above charity (“the Trust”) for the year ended 31st December 2024.

Responsibilities and Basis for Report

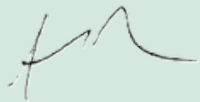
As the charity Trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (“the Act”).

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 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.



Andy Mildner
Love Your Accountants Ltd
2A The Quadrant
Upper High Street
Epsom
Surrey KT17 4RH

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 December 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:					
Donations and legacies	4	102,250	-	102,250	154,524
Charitable activities	5	-	331,838	331,838	194,254
Total		102,250	331,838	434,088	348,778
Expenditure on:					
Raising funds	6	40,988	-	40,988	39,149
Charitable activities	8	123,563	327,393	450,956	325,517
Total		164,551	327,393	491,944	364,666
Net gains on investments		-	-	-	-
Net (expenditure)/income	9	(62,301)	4,445	(57,856)	(15,888)
Net expenditure before other gains/(losses)		(62,301)	4,445	(57,856)	(15,888)
Other gains and losses					
Net movement in funds		(62,301)	4,445	(57,856)	(15,888)
Reconciliation of funds:					
Total funds brought forward		150,792	5,657	156,449	172,337
Total funds carried forward		88,491	10,102	98,593	156,449

SUMMARY INCOME AND EXPENDITURE ACCOUNT

For the year ended 31 December 2024

	2024 £	2023 £
Income	434,088	348,778
Gross income for the year	<u>434,088</u>	<u>348,778</u>
Expenditure	487,371	363,942
Depreciation of fixed assets	4,573	724
Total expenditure for the year	<u>491,944</u>	<u>364,666</u>
Net expenditure before tax for the year	(57,856)	(15,888)
Net expenditure for the year	<u>(57,856)</u>	<u>(15,888)</u>

BALANCE SHEET

For the year ended 31 December 2024

Company No. CE009898	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	11	20,253	1,694
		<u>20,253</u>	<u>1,694</u>
Current assets			
Debtors	12	6,703	20,369
Cash at bank and in hand		119,904	217,371
		<u>126,607</u>	<u>237,740</u>
Creditors: Amount falling due within one year	13	(48,267)	(82,985)
Net current assets		78,340	154,755
Total assets less current liabilities		<u>98,593</u>	<u>156,449</u>
Net assets excluding pension asset or liability		98,593	156,449
Total net assets		<u>98,593</u>	<u>156,449</u>
The funds of the charity			
Restricted funds			
Restricted income funds	14	10,102	5,657
		<u>10,102</u>	<u>5,657</u>
Unrestricted funds			
General funds	14	88,491	150,792
		<u>88,491</u>	<u>150,792</u>
Total funds		<u>98,593</u>	<u>156,449</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 December 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 1 October 2025.

And signed on its behalf by:



Helen Burgess

Chair of the Board of Trustees



Chris Christofi

Treasurer

NOTES TO THE ACCOUNTS

For the year ended 31 December 2024

1 ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund Accounting

Unrestricted funds These are available for use at the discretion of the Trustees in furtherance of the general objects of the charity.

Designated funds These are unrestricted funds earmarked by the Trustees for particular purposes.

Revaluation funds These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

Restricted funds These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

NOTES TO THE ACCOUNTS

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Expenditure Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

NOTES TO THE ACCOUNTS

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the Trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Taxation The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Plant & machinery	20% Straight line
Motor vehicles	20% Straight line
Computer equipment	20% Straight line

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

NOTES TO THE ACCOUNTS

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period. Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

NOTES TO THE ACCOUNTS

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

NOTES TO THE ACCOUNTS

2 Legal status

The entity is a charity run by trustees and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies	154,374	150	154,524
Charitable activities	-	194,254	194,254
Total	154,374	194,404	348,778
Expenditure on:			
Raising funds	39,149	-	39,149
Charitable activities	135,816	189,701	325,517
Total	174,965	189,701	364,666
Net income	(20,591)	4,703	(15,888)
Net income before other gains/(losses)	(20,591)	4,703	(15,888)
Other gains and losses:			
Net movement in funds	(20,591)	4,703	(15,888)
Reconciliation of funds:			
Total funds brought forward	171,383	954	172,337
Total funds carried forward	150,792	5,657	156,449

4 Income from donations and legacies

	Unrestricted £	Total 2024 £	Total 2023 £
Trusts and foundations	43,098	43,098	120,104
Corporate & service delivery partnerships	35,908	35,908	21,828
Individual giving & community events	19,667	19,667	12,592
In kind donations	3,577	3,577	-
	102,250	102,250	154,524

NOTES TO THE ACCOUNTS

5 Income from charitable activities

	Restricted	Total 2024	Total 2023
	£	£	£
Trusts and foundations	132,859	132,859	38,984
Statutory income	94,406	94,406	84,419
Corporate & service delivery partnerships	104,573	104,573	70,851
	<u>331,838</u>	<u>331,838</u>	<u>194,254</u>

6 Expenditure on raising funds

	Unrestricted	Total 2024	Total 2023
	£	£	£
Staff wages	40,988	40,988	39,149
	<u>40,988</u>	<u>40,988</u>	<u>39,149</u>

7 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2024	Total 2023
Provision of food (containers and meals)	7,679	7,047	14,726	7,724
Special events	1,184	284	1,468	-
Unrestricted income used in restricted activities	(68,530)	68,530	-	-
Employee costs	160,742	235,311	396,053	291,852
Motor and travel costs	5,531	6,051	11,582	5,673
Premises costs	600	930	1,530	900
Depreciation of fixed assets	4,573	-	4,573	724
General administrative costs	8,099	8,818	16,917	11,170
Legal and professional costs	3,685	422	4,107	7,474
	<u>123,563</u>	<u>327,393</u>	<u>450,956</u>	<u>325,517</u>

8 Net expenditure before transfers

	2024	2023
	£	£
This is stated after charging: Depreciation of owned fixed assets	4,573	724

NOTES TO THE ACCOUNTS

9 Staff costs

	2024	2023
Salaries and wages	345,979	254,139
Social security costs	19,478	17,466
Pension costs	7,125	4,860
	<u>372,582</u>	<u>276,465</u>

No employee received emoluments in excess of £60,000.

10 Tangible fixed assets

	Plant & machinery £	Motor vehicles £	Computer equipment £	Total £
Cost or revaluation				
At 1 January 2024	2,206	-	1,415	3,621
Additions	-	23,132	-	23,132
At 31 December 2024	<u>2,206</u>	<u>23,132</u>	<u>1,415</u>	<u>26,753</u>
Depreciation and impairment				
At 1 January 2024	1,444	-	483	1,927
Depreciation charge for the year	435	3,855	283	4,573
At 31 December 2024	<u>1,879</u>	<u>3,855</u>	<u>766</u>	<u>6,500</u>
Net book values				
At 31 December 2024	<u>327</u>	<u>19,277</u>	<u>649</u>	<u>20,253</u>
At 31 December 2023	<u>762</u>	<u>-</u>	<u>932</u>	<u>1,694</u>

11 Debtors

	2024	2023
	£	£
Trade debtors	4,554	9,610
Other debtors	2,149	2,149
Prepayments and accrued income	-	8,610
	<u>6,703</u>	<u>20,369</u>

NOTES TO THE ACCOUNTS

12 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	6,521	29,452
Other taxes and social security	8,872	9,635
Other creditors	1,246	1,319
Deferred income	31,628	42,579
	<u>48,267</u>	<u>82,985</u>

13 Movement in funds

	At 1 January 2024	Incoming resources (including other gains/losses) £	Resources expended £	At 31 December 2024 £
Restricted funds	5,657	331,838	(327,393)	10,102
General funds	150,792	102,250	(164,551)	88,491
	<u>156,449</u>	<u>434,088</u>	<u>(491,944)</u>	<u>98,593</u>

14 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fixed assets	20,253	-	20,253
Net current assets	68,238	10,102	78,340
	<u>88,491</u>	<u>10,102</u>	<u>98,593</u>

15 Reconciliation of net debt

	At 1 January 2024 £	In year movement £	At 31 December 2024 £
Cash and cash equivalents	217,371	(97,467)	119,904
	<u>217,371</u>	<u>(97,467)</u>	<u>119,904</u>
Net debt	<u>217,371</u>	<u>(97,467)</u>	<u>119,904</u>

NOTES TO THE ACCOUNTS

16 Commitments *Pension commitments*

	2024 £	2023 £
The pension cost charge to the company amounted to:	<u>7,125</u>	<u>4,860</u>

17 Related party disclosures *Controlling party*

The entity is a charity and has no share capital; instead the charity is controlled by the trustees collectively and therefore no single party is in control of the charity.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 December 2024

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:				
Donations and legacies				
Trusts and foundations	43,098	-	43,098	120,104
Corporate & service delivery partnerships	35,908	-	35,908	21,828
Individual giving & community events	19,667	-	19,667	12,592
In kind donations	3,577	-	3,577	-
	<u>102,250</u>	<u>-</u>	<u>102,250</u>	<u>154,524</u>
Charitable activities				
Trusts and foundations	-	132,859	132,859	38,984
Statutory income	-	94,406	94,406	84,419
Corporate & service delivery partnerships	-	104,573	104,573	70,851
	<u>-</u>	<u>331,838</u>	<u>331,838</u>	<u>194,254</u>
Total income and endowments	102,250	331,838	434,088	348,778
Expenditure on:				
Raising funds				
Staff wages	40,988	-	40,988	39,149
	<u>40,988</u>	<u>-</u>	<u>40,988</u>	<u>39,149</u>
Total of expenditure on raising funds	40,988	-	40,988	39,149
Charitable activities				
Other expenditure				
Provision of food (containers and meals)	7,679	7,047	14,726	7,724
Special events	1,184	284	1,468	-
Unrestricted income used in restricted activities	(68,530)	68,530	-	-
	<u>(59,667)</u>	<u>75,861</u>	<u>16,194</u>	<u>7,724</u>
Employee costs				
Staff wages	140,691	205,288	345,979	254,139
Employer's NIC	5,082	14,396	19,478	17,466
Pension costs	3,299	3,826	7,125	4,860
Staff recruitment	89	-	89	1,327
Staff training	626	396	1,022	2,141
Staff welfare	32	-	32	1,543
Temporary staff	10,924	11,404	22,328	10,376
	<u>160,742</u>	<u>235,311</u>	<u>396,053</u>	<u>291,852</u>

Motor and travel costs				
Vehicle costs	1,210	4,678	5,888	-
Travel and subsistence	4,321	1,373	5,694	5,673
	<u>5,531</u>	<u>6,051</u>	<u>11,582</u>	<u>5,673</u>
Premises costs				
Rent	600	930	1,530	900
	<u>600</u>	<u>930</u>	<u>1,530</u>	<u>900</u>
General administrative costs, including depreciation and amortisation				
Depreciation of Plant & machinery	435	-	435	441
Depreciation of Motor vehicles	3,855	-	3,855	-
Depreciation of Computer equipment	283	-	283	283
Bank charges	283	-	283	273
Equipment leasing and hire charges	558	1,318	1,876	2,278
General insurances	956	1,754	2,710	1,194
In kind donations received	-	3,577	3,577	-
Software, IT support and related costs	2,306	715	3,021	4,391
Stationery and printing	964	361	1,325	359
Subscriptions	957	600	1,557	898
Sundry expenses	102	-	102	215
Telephone, fax and broadband	1,973	493	2,466	1,562
	<u>12,672</u>	<u>8,818</u>	<u>21,490</u>	<u>11,894</u>
Legal and professional costs				
Accountancy and bookkeeping	1,872	468	2,340	1,950
Solicitor's fees	-	-	-	2,875
Other legal and professional costs	1,813	(46)	1,767	2,649
	<u>3,685</u>	<u>422</u>	<u>4,107</u>	<u>7,474</u>
Total expenditure on charitable activities	123,563	327,393	450,956	325,517
Total expenditure	164,551	327,393	491,944	364,666
Net gains on investments	-	-	-	-
	<u>(62,301)</u>	<u>4,445</u>	<u>(57,856)</u>	<u>(15,888)</u>
Net expenditure	(62,301)	4,445	(57,856)	(15,888)
Net expenditure before other gains/(losses)	(62,301)	4,445	(57,856)	(15,888)
Other Gains	-	-	-	-
	<u>(62,301)</u>	<u>4,445</u>	<u>(57,856)</u>	<u>(15,888)</u>
Net movement in funds	(62,301)	4,445	(57,856)	(15,888)
Reconciliation of funds:				
Total funds brought forward	150,792	5,657	156,449	172,337
Total funds carried forward	<u>88,491</u>	<u>10,102</u>	<u>98,593</u>	<u>156,449</u>

FEAST

— With Us —

TRUSTEES' ANNUAL REPORT AND UNAUDITED ACCOUNTS FY2024

FEAST With Us

Registered address:

2A The Quadrant, Epsom, KT17 4RH

020787 10094

info@feastwithus.org.uk

www.feastwithus.org.uk

Registered Charity in England and Wales.

Charity number 1172884



Feast With Us

Charity No. 1172884

Company No. CE009898

Trustee's Report and Unaudited Accounts

31 December 2024

	Pages
Trustee's Annual Report	2
Statement of Financial Activities	4
Summary Income and Expenditure Account	5
Balance Sheet	6
Notes to the Accounts	7 to 13
Detailed Statement of Financial Activities	14 to 15

The trustees, who are also a directors of the charity for the purposes of the Companies Act 2006, presents their report with the unaudited financial statements of the charity for the year ended 31 December 2024.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE009898

Charity No. 1172884

Registered Office

2A The Quadrant
Epsom
Surrey
KT17 4RH

Directors, Trustees and Chairperson

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Director and Trustee served as Chairperson during the year:

Helen Burgess

Directors of Corporate Trustees

Chris Christofi	Ulyana Charikova	Anna Prag
Jane Wilson	Daniel Heller	Tarryn Gorre
Hannah Style		

Accountants

Love Your Accountants Ltd
2A The Quadrant
Upper High Street
Epsom
Surrey
KT17 4RH

Bankers

Metro Bank
One Southampton Row
London
WC1B 5HA

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Feast With Us
Trustees Annual Report

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

H. Burgess
Trustee
1 October 2025

Feast With Us
Statement of Financial Activities
for the year ended 31 December 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
	Notes				
Income and endowments from:					
Donations and legacies	4	102,250	-	102,250	154,524
Charitable activities	5	-	331,838	331,838	194,254
Total		102,250	331,838	434,088	348,778
Expenditure on:					
Raising funds	6	40,988	-	40,988	39,149
Charitable activities	7	123,563	327,393	450,956	325,517
Total		164,551	327,393	491,944	364,666
Net gains on investments		-	-	-	-
Net (expenditure)/income	8	(62,301)	4,445	(57,856)	(15,888)
Net expenditure before other gains/(losses)		(62,301)	4,445	(57,856)	(15,888)
Other gains and losses					
Net movement in funds		(62,301)	4,445	(57,856)	(15,888)
Reconciliation of funds:					
Total funds brought forward		150,792	5,657	156,449	172,337
Total funds carried forward		88,491	10,102	98,593	156,449

Feast With Us
Summary Income and Expenditure Account
for the year ended 31 December 2024

	2024 £	2023 £
Income	434,088	348,778
Gross income for the year	<u>434,088</u>	<u>348,778</u>
Expenditure	487,371	363,942
Depreciation of fixed assets	4,573	724
Total expenditure for the year	<u>491,944</u>	<u>364,666</u>
Net expenditure before tax for the year	(57,856)	(15,888)
Net expenditure for the year	<u>(57,856)</u>	<u>(15,888)</u>

Feast With Us
Balance Sheet
at 31 December 2024

Company No. CE009898	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	10	20,253	1,694
		<u>20,253</u>	<u>1,694</u>
Current assets			
Debtors	11	6,703	20,369
Cash at bank and in hand		119,904	217,371
		<u>126,607</u>	<u>237,740</u>
Creditors: Amount falling due within one year	12	(48,267)	(82,985)
Net current assets		<u>78,340</u>	<u>154,755</u>
Total assets less current liabilities		<u>98,593</u>	<u>156,449</u>
Net assets excluding pension asset or liability		<u>98,593</u>	<u>156,449</u>
Total net assets		<u><u>98,593</u></u>	<u><u>156,449</u></u>
The funds of the charity			
Restricted funds			
Restricted income funds	13	10,102	5,657
		<u>10,102</u>	<u>5,657</u>
Unrestricted funds			
General funds	13	88,491	150,792
		<u>88,491</u>	<u>150,792</u>
Total funds		<u><u>98,593</u></u>	<u><u>156,449</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 December 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 1 October 2025

And signed on its behalf by:

H. Burgess
Trustee
1 October 2025

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
-----------------------	---

Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
---------------------------------	--

Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
------------------------	--

Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
-------------------------------------	---

Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
---------------------------------	--

Volunteer help	The value of any volunteer help received is not included in the accounts.
----------------	---

Investment income	This is included in the accounts when receivable.
-------------------	---

Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
---	---

Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
-------------------------------------	--

Feast With Us

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Plant & machinery	20% Straight line
Motor vehicles	20% Straight line
Computer equipment	20% Straight line

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period.

Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation.

Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term.

In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The entity is a charity run by trustees and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies	154,374	150	154,524
Charitable activities	-	194,254	194,254
Total	154,374	194,404	348,778
Expenditure on:			
Raising funds	39,149	-	39,149
Charitable activities	135,816	189,701	325,517
Total	174,965	189,701	364,666
Net income	(20,591)	4,703	(15,888)
Net income before other gains/(losses)	(20,591)	4,703	(15,888)
Other gains and losses:			
Net movement in funds	(20,591)	4,703	(15,888)
Reconciliation of funds:			
Total funds brought forward	171,383	954	172,337
Total funds carried forward	150,792	5,657	156,449

4 Income from donations and legacies

	Unrestricted £	Total 2024 £	Total 2023 £
Trusts and foundations	43,098	43,098	120,104
Corporate & service delivery partnerships	35,908	35,908	21,828
Individual giving & community events	19,667	19,667	12,592
In kind donations	3,577	3,577	-
	102,250	102,250	154,524

5 Income from charitable activities

	Restricted	Total 2024	Total 2023
	£	£	£
Trusts and foundations	132,859	132,859	38,984
Statutory income	94,406	94,406	84,419
Corporate & service delivery partnerships	104,573	104,573	70,851
	<u>331,838</u>	<u>331,838</u>	<u>194,254</u>

6 Expenditure on raising funds

	Unrestricted	Total 2024	Total 2023
	£	£	£
Staff wages	40,988	40,988	39,149
	<u>40,988</u>	<u>40,988</u>	<u>39,149</u>

7 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2024	Total 2023
Provision of food (containers and meals)	7,679	7,047	14,726	7,724
Special events	1,184	284	1,468	-
Unrestricted income used in restricted activities	(68,530)	68,530	-	-
Employee costs	160,742	235,311	396,053	291,852
Motor and travel costs	5,531	6,051	11,582	5,673
Premises costs	600	930	1,530	900
Depreciation of fixed assets	4,573	-	4,573	724
General administrative costs	8,099	8,818	16,917	11,170
Legal and professional costs	3,685	422	4,107	7,474
	<u>123,563</u>	<u>327,393</u>	<u>450,956</u>	<u>325,517</u>

8 Net expenditure before transfers

	2024	2023
	£	£
This is stated after charging: Depreciation of owned fixed assets	4,573	724

9 Staff costs

	2024	2023
Salaries and wages	345,979	254,139
Social security costs	19,478	17,466
Pension costs	7,125	4,860
	<u>372,582</u>	<u>276,465</u>

No employee received emoluments in excess of £60,000.

10 Tangible fixed assets

	Plant & machinery	Motor vehicles	Computer equipment	Total
	£	£	£	£
Cost or revaluation				
At 1 January 2024	2,206	-	1,415	3,621
Additions	-	23,132	-	23,132
At 31 December 2024	<u>2,206</u>	<u>23,132</u>	<u>1,415</u>	<u>26,753</u>
Depreciation and impairment				
At 1 January 2024	1,444	-	483	1,927
Depreciation charge for the year	435	3,855	283	4,573
At 31 December 2024	<u>1,879</u>	<u>3,855</u>	<u>766</u>	<u>6,500</u>
Net book values				
At 31 December 2024	<u>327</u>	<u>19,277</u>	<u>649</u>	<u>20,253</u>
At 31 December 2023	<u>762</u>	<u>-</u>	<u>932</u>	<u>1,694</u>

11 Debtors

	2024	2023
	£	£
Trade debtors	4,554	9,610
Other debtors	2,149	2,149
Prepayments and accrued income	-	8,610
	<u>6,703</u>	<u>20,369</u>

12 Creditors:
amounts falling due within one year

	2024	2023
	£	£
Trade creditors	6,521	29,452
Other taxes and social security	8,872	9,635
Other creditors	1,246	1,319
Deferred income	31,628	42,579
	<u>48,267</u>	<u>82,985</u>

13 Movement in funds

	At 1 January 2024	Incoming resources (including other gains/losses) £	Resources expended £	At 31 December 2024 £
Restricted funds	5,657	331,838	(327,393)	10,102
General funds	150,792	102,250	(164,551)	88,491
	<u>156,449</u>	<u>434,088</u>	<u>(491,944)</u>	<u>98,593</u>

14 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fixed assets	20,253	-	20,253
Net current assets	68,238	10,102	78,340
	<u>88,491</u>	<u>10,102</u>	<u>98,593</u>

15 Reconciliation of net debt

	At 1 January 2024 £	In year movement £	At 31 December 2024 £
Cash and cash equivalents	217,371	(97,467)	119,904
	<u>217,371</u>	<u>(97,467)</u>	<u>119,904</u>
Net debt	<u>217,371</u>	<u>(97,467)</u>	<u>119,904</u>

16 Commitments

Pension commitments

	2024 £	2023 £
The pension cost charge to the company amounted to:	<u>7,125</u>	<u>4,860</u>

17 Related party disclosures

Controlling party

The entity is a charity and has no share capital; instead the charity is controlled by the trustees collectively and therefore no single party is in control of the charity.

Feast With Us
Detailed Statement of Financial Activities
for the year ended 31 December 2024

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:				
Donations and legacies				
Trusts and foundations	43,098	-	43,098	120,104
Corporate & service delivery partnerships	35,908	-	35,908	21,828
Individual giving & community events	19,667	-	19,667	12,592
In kind donations	3,577	-	3,577	-
	<u>102,250</u>	<u>-</u>	<u>102,250</u>	<u>154,524</u>
Charitable activities				
Trusts and foundations	-	132,859	132,859	38,984
Statutory income	-	94,406	94,406	84,419
Corporate & service delivery partnerships	-	104,573	104,573	70,851
	<u>-</u>	<u>331,838</u>	<u>331,838</u>	<u>194,254</u>
Total income and endowments	102,250	331,838	434,088	348,778
Expenditure on:				
Raising funds				
Staff wages	40,988	-	40,988	39,149
	<u>40,988</u>	<u>-</u>	<u>40,988</u>	<u>39,149</u>
Total of expenditure on raising funds	40,988	-	40,988	39,149
Charitable activities				
Other expenditure				
Provision of food (containers and meals)	7,679	7,047	14,726	7,724
Special events	1,184	284	1,468	-
Unrestricted income used in restricted activities	(68,530)	68,530	-	-
	<u>(59,667)</u>	<u>75,861</u>	<u>16,194</u>	<u>7,724</u>
Employee costs				
Staff wages	140,691	205,288	345,979	254,139
Employer's NIC	5,082	14,396	19,478	17,466
Pension costs	3,299	3,826	7,125	4,860
Staff recruitment	89	-	89	1,327
Staff training	626	396	1,022	2,141
Staff welfare	32	-	32	1,543
Temporary staff	10,924	11,404	22,328	10,376
	<u>160,742</u>	<u>235,311</u>	<u>396,053</u>	<u>291,852</u>
Motor and travel costs				
Vehicle costs	1,210	4,678	5,888	-

Detailed Statement of Financial Activities

Travel and subsistence	4,321	1,373	5,694	5,673
	<u>5,531</u>	<u>6,051</u>	<u>11,582</u>	<u>5,673</u>
Premises costs				
Rent	600	930	1,530	900
	<u>600</u>	<u>930</u>	<u>1,530</u>	<u>900</u>
General administrative costs, including depreciation and amortisation				
Depreciation of Plant & machinery	435	-	435	441
Depreciation of Motor vehicles	3,855	-	3,855	-
Depreciation of Computer equipment	283	-	283	283
Bank charges	283	-	283	273
Equipment leasing and hire charges	558	1,318	1,876	2,278
General insurances	956	1,754	2,710	1,194
In kind donations received	-	3,577	3,577	-
Software, IT support and related costs	2,306	715	3,021	4,391
Stationery and printing	964	361	1,325	359
Subscriptions	957	600	1,557	898
Sundry expenses	102	-	102	215
Telephone, fax and broadband	1,973	493	2,466	1,562
	<u>12,672</u>	<u>8,818</u>	<u>21,490</u>	<u>11,894</u>
Legal and professional costs				
Accountancy and bookkeeping	1,872	468	2,340	1,950
Solicitor's fees	-	-	-	2,875
Other legal and professional costs	1,813	(46)	1,767	2,649
	<u>3,685</u>	<u>422</u>	<u>4,107</u>	<u>7,474</u>
Total expenditure on charitable activities	<u>123,563</u>	<u>327,393</u>	<u>450,956</u>	<u>325,517</u>
Total expenditure	<u>164,551</u>	<u>327,393</u>	<u>491,944</u>	<u>364,666</u>
Net gains on investments	-	-	-	-
Net expenditure	<u>(62,301)</u>	<u>4,445</u>	<u>(57,856)</u>	<u>(15,888)</u>
Net expenditure before other gains/(losses)	<u>(62,301)</u>	<u>4,445</u>	<u>(57,856)</u>	<u>(15,888)</u>
Other Gains	-	-	-	-
Net movement in funds	<u>(62,301)</u>	<u>4,445</u>	<u>(57,856)</u>	<u>(15,888)</u>
Reconciliation of funds:				
Total funds brought forward	150,792	5,657	156,449	172,337
Total funds carried forward	<u>88,491</u>	<u>10,102</u>	<u>98,593</u>	<u>156,449</u>



Section A

Independent Examiner's Report

Report to the trustees

Charity Name
FEAST WITH US

On accounts for the year
ended

31 Dec 2024

Charity no
(if any)

1172884

Set out on pages

1-15

(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 31/12/2024

Responsibilities and
basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Chartered Institute of Management Accountants.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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:

Date: 20 August 2025

Name:

Andrew Mildner

Relevant professional
qualification(s) or body

CIMA

(if any):

Address:

Section B	Disclosure
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Only complete if the examiner needs to highlight material 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.

Accounts



TRUSTEE'S REPORT AND UNAUDITED ACCOUNTS 2023



FEAST

— With Us —

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VISION & MISSION

OUR VISION

FEAST = FEEDING AND EMPOWERING ALL SUSTAINABLY TOGETHER

OUR MISSION

Improve the nutrition, wellbeing and health of people at risk of food insecurity in the UK.

WHAT WE DO

We work with charity and community partners to provide services and programmes in homeless hostels, mental health day centres, community centres and faith centres in Camden, Islington, Barnet, Westminster and Redbridge.



ALL OF OUR WORK IS UNDERPINNED BY OUR VALUES:

COLLABORATIVE

We work together as one team and with our stakeholders openly and respectfully – bringing diverse skills and experiences to design and deliver our services and achieve our vision and mission.

INCLUSIVE

We value equality, fairness and dignity, and create a positive and inclusive environments for our team, volunteers and service users and are committed to learning.

EMPOWERING

We provide inspiration, opportunities, and support to enable our team, volunteers and service users to develop capabilities, confidence, and independence

INNOVATIVE

We are curious and creative - proactively seeking new ideas to improve ourselves, the organisation, and our services to make a bigger and longer term positive impact for our stakeholders.

EMPATHETIC

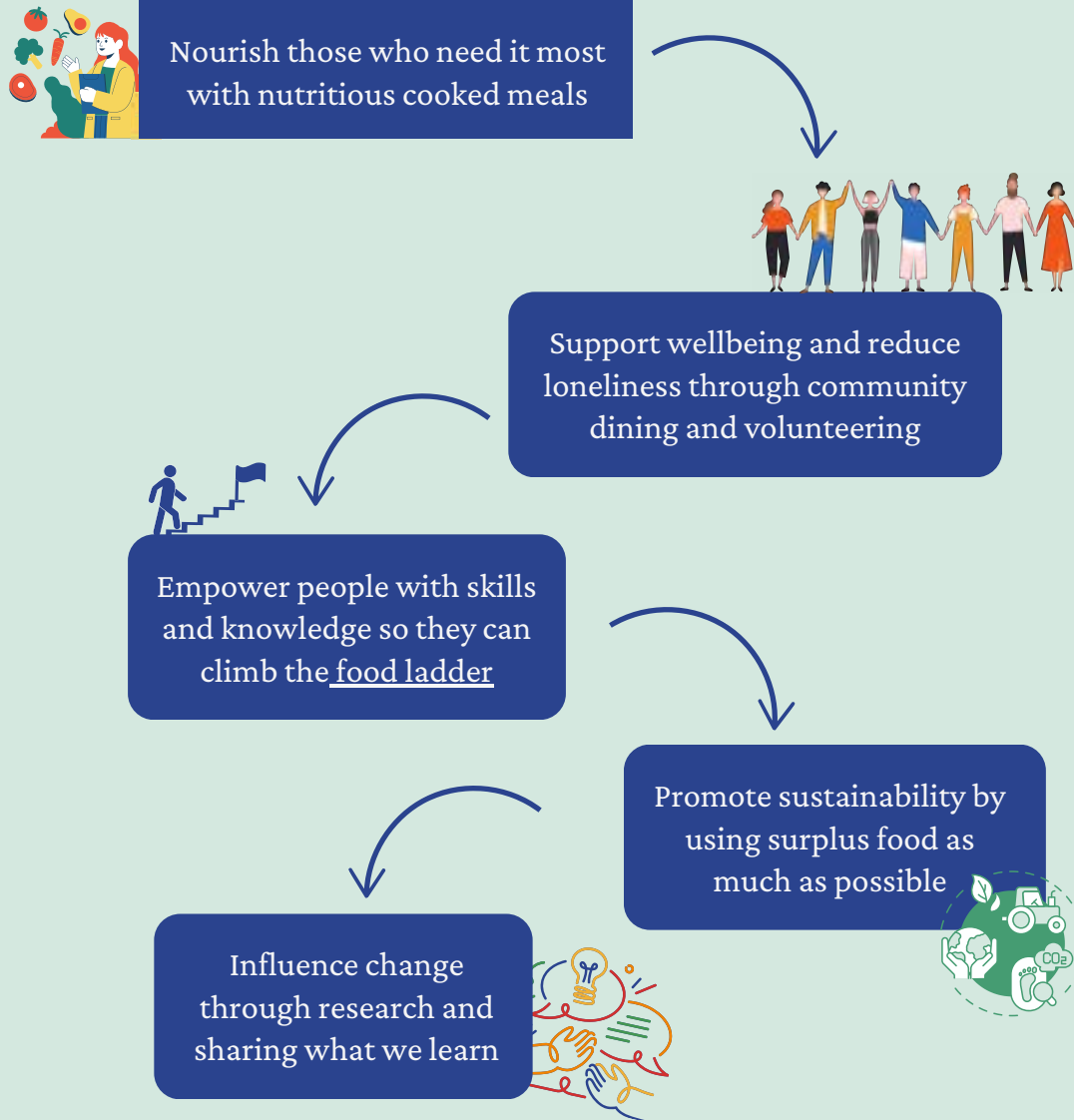
We are sensitive and understanding - we actively listen and learn from our team, volunteers, and service users to better appreciate and adapt to their situations, challenges and perspectives.

FEAST is so much more than just a meal.

Through our services we:



and ... our meals are aligned with the government's **Eatwell Guide** to ensure they are nutritious.



**Food Ladders: a tool that helps organisations and local authorities understand food systems and highlight where interventions are needed, from emergency support, collaborative networks and social projects and self-organised community change.*

LEGAL & ADMINISTRATIVE INFORMATION

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 December 2023.

Reference & Administrative Details

Company No. CE009898
Charity No. 1172884 England & Wales

Registered Office

2A The Quadrant Epsom
Surrey
KT17 4RH

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006.

The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Trustees

The Trustees of the charity are its Directors for the purposes of charity and company law. The following Director and Trustee served during the year:

Helen Burgess – Chair (*appointed 21/03/23*)
Chris Christofi – Treasurer (*appointed 25/09/23*)
Hannah Style
Tarryn Gorre
Daniel Heller
Jane Wilson (*appointed 05/05/23*)
Anna Prag (*appointed 08/05/23*)
Ulyana Charikova (*appointed 17/09/23*)
Simon Style (*resigned as Treasurer 24/09/23*)

Senior Personnel

Caroline Monkhouse Flower - CEO (*appointed 20/03/23, resigned as Chair 19/03/23*)

Accountants

Love Your Accountants Ltd
2A The Quadrant
Upper High Street
Epsom
Surrey KT17 4RH

Bankers

Metro Bank
One Southampton Row London
WC1B 5HA

Website

www.feastwithus.org.uk

MESSAGE FROM THE CHAIR OF THE BOARD OF TRUSTEES

As the Chair of FEAST With Us (FEAST), I am pleased to present our annual accounts for the year ending 31 December 2023. I joined the Board as Chair part way through the year these accounts relate to and have watched FEAST continue to grow from strength to strength.

We have increased our provision of nutritious meals by 21% compared to 2022 (up to 27,056), grown our income from £264,101 to £348,778 (+32%), and recruited 4 more permanent staff and 5 part-time contract chefs to help manage the growth.

This matters because it means we are having more impact for the people we exist to serve and our impact is wide-ranging. From tackling food waste, reducing loneliness and social isolation through community dining, to upskilling and educating people to help them move up the 'food ladder', FEAST is so much more than a meal.

One particular area of FEAST's work that has been growing in momentum is our Healthy Eating on a Budget Programme, which we developed and launched in 2023. This is a unique and trailblazing food and nutrition education programme for vulnerable people experiencing food insecurity. It provides knowledge, skills and a qualification that helps participants move up the food ladder and achieve longer-term nutritional independence.

It is only through the dedication and hard work of our volunteers, staff and partner organisations, that any of this is made possible. The generous contributions received from our donors have also allowed us to expand our services and reach a wider audience and we have worked diligently to ensure that every pound donated is utilised effectively to maximise our impact.

On behalf of everyone at FEAST I would like to thank all of volunteers, donors and staff for the invaluable contribution to our cause. Together, we can make a lasting impact and bring positive change to the lives of those who need it most.

With very best wishes,



Helen Burgess

Chair of the Board of Trustees



TRUSTEES' REPORT

The Trustees have pleasure in presenting their report and the financial statements of FEAST With Us Charity (“the Charity” or “FEAST”) for the year ended 31 December 2023. The Financial Statements comply with the Charities Act 2011, and Accounting and Reporting by Charities: Statement of Recommended Practice (the “Charities SORP”) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

FEAST started in 2015, as a weekly community meal at a hostel for homeless people, using food that would otherwise be thrown away. The Charity, registration number 1172884, is a Charitable Incorporated Organisation (CIO) registered in England on 7 May 2017. The Charity’s objects are the relief of financial hardship and the protection and promotion of health amongst vulnerable adults living in the UK by providing such persons with regular nutritious meals, which they could not otherwise afford through lack of means.

Appointment of Trustees

The Charity is governed by a Board of Trustees which takes all medium- and longer-term strategic decisions. Day to day running of the Charity is overseen by the CEO, who was appointed on 20 March 2023, and prior to this date, it was overseen by the Operations Manager. Together the Trustees are responsible for delivery of the long-term strategy approved by them. The names of the Members of the Board of Trustees are shown on page 3 of this report.

The Treasurer takes the lead on all financial matters, including accounting, banking and management of cash and reserves.

The Charity carries out regular skills assessments of Trustees and identifies any gaps that may exist. Steps are taken to recruit new Trustees to fill skill gaps when appropriate. In 2023 we recruited new Trustees to strengthen the Board, including on:

- Fundraising
- Homeless and inclusion nutrition and health
- Finance
- Law

We recruited four new trustees and a Chair between March and September 2023. This included a new Treasurer following the resignation of Simon Style after seven years serving the Board. We are incredibly grateful to Simon for the hard work, passion and generosity he showed throughout those seven years. All new trustees receive a copy of the Governing Document, latest Annual Accounts, an induction and are asked to sign a Code of Conduct, which the Board has approved.

Each Trustee is appointed by a resolution at a properly convened Trustee Meeting and will have an initial three-year term of office with the option of renewal for a further term of three years by agreement between the Trustee seeking reappointment and the other Trustees, and a further option of renewal after six consecutive years, by agreement between the Trustee seeking reappointment and the other Trustees. Each Trustee must stand down after they have served for nine consecutive years. They may reapply to join the Board but must have been absent from the Board for a minimum of one year before doing so.

Risk Management

The Board and CEO conduct regular reviews of major risks to which the Charity is exposed and maintain a risk register, which is reviewed monthly. Appropriate policies, systems and procedures are identified to mitigate major risks.

STRATEGY & ACTIVITIES

KEY HIGHLIGHTS

2023 was a pivotal year for FEAST. With the launch of our Healthy Eating on a Budget Programme and three new nutritious meal services, initiating a brand new voluntary and community sector (VCS) food partnership in Redbridge, and embarking on our first novel clinical nutrition research project. We've made significant progress towards our mission - to improve the nutrition, health and wellbeing of people at risk of food insecurity.

Provided more nutritious meals supporting more people experiencing food insecurity

In June 2023, we started weekly delivered nutritious meals to Likewise Community Centre in Camden, who support the wellbeing of marginalised and isolated people, and in July we launched new weekly community meals for older people at Queens Crescent Community Centre, Camden. We ended the year with 14 regular meal venues, compared to 12 the previous year, and provided a total of 27,056 meals, an increase of 21%.

Launched new Healthy Eating on a Budget Programme

With funding from Camden Council, we recruited our first in-house registered nutritionist to lead the development and delivery of our new Healthy Eating on a Budget programme for vulnerable people experiencing food insecurity; to gain nutrition knowledge, and cooking skills and help develop longer-term nutritional independence.

The programme was co-designed with the staff and residents of Sapphire Independent Housing's Conway House, a temporary homeless hostel in Camden, the first FEAST venue we started in 2015. By the end of 2023 we had delivered 3 cohorts at Conway House, as well as additional one-day sessions in Calthorpe Community Gardens and SHAK community centre in Camden, reaching a total of 31 participants.

Led food partnerships to help improve access to affordable, nutritious and sustainable food

We continued to coordinate and chair the Camden Food Partnership (CFP), which grew to a network of over 60 organisations. We also launched a new Redbridge Food Partnership (RFP) in October 2023, with funding from the GLA. These partnerships bring VCS, council, healthcare and commercial organisations together to work collaboratively to improve local food systems that meet the needs of their communities, help tackle food insecurity, its underlying causes and impacts, and influence local food policy.

Initiated a clinical nutrition research project in partnership with UCL

In partnership with UCL and funded by the British Dietetic Association (BDA) General and Education Trust (GET) Fund we launched an 18-month cross-sectional study in May 2023, assessing the nutritional status of homeless adults residing in temporary accommodation. This novel research is much needed to identify dietary health inequalities and solutions to support this disadvantaged population group who are known to experience food insecurity, and likely malnutrition. Early research findings will be disseminated from May 2024, and the full report will be published at the end of 2024.

PARTNERSHIPS & SERVICES

By December 2023, we were working in partnership with 11 community and charity partners in 15 different venues across North London; preparing, serving and delivering nutritious meals to people experiencing food insecurity, and providing Healthy Eating on a Budget Sessions. We also initiated a new food partnership network in Redbridge.



STRATEGY DEVELOPMENT

In November 2022, after a series of collaborative workshops involving the Trustees and the operations team, we launched our 2023 strategic objectives and developed an operational work plan, and include here some key outcomes against each area:

2023 STRATEGIC OBJECTIVE

UPDATE

Deliver more community meals, more efficiently

- Increased meals provided by +21% to 27,056
- Launched 2 new community and 2 new delivered meal services
- Improved reporting and analysis of project costs vs budgets to identify and address operational efficiencies
- Implemented operational plans linked to strategic objectives
- Created a standard process for launching new meal services

Support more vulnerable groups in the community

- Launched a new community meal service for older people, and a new community meal service for people with mental health challenges
- With Camden Council, conducted surveys of Camden food partnership organisations to better understand the needs of the local community and identify additional support requirements

Recruit, develop and retain more volunteers

- Increased total volunteers hours donated by 24% to 4,597 hours
- Facilitated 82 corporate volunteers sessions, involving over 550 volunteers, an increase of 551%
- Added new volunteer roles, including befriender, website designer and graphic designer

Do more than crisis community food provision

- Launched our Healthy Eating on a Budget Programme
- Started BDA funded nutrition research project in partnership with UCL
- Initiated new food partnership in Redbridge

STRATEGY DEVELOPMENT

At the end of 2023 we conducted a further review of our strategic objectives, taking into account our growth in size and the additional programmes and services we were now providing, and the Board agreed the following new strategic objectives for 2024-2027:

2024-27 STRATEGIC OBJECTIVES

Increase the number and impact of community meals delivered	• FEAST meals serve many purposes – nourishment, community, belonging, skills sharing. Increasing the number of meals we deliver to create as many positive outcomes as possible is a fundamental part of our strategy.
Empower service users to independently meet their nutritional needs	• FEAST's healthy eating programmes provide individuals experiencing food insecurity with opportunities to further their nutrition knowledge, to develop cooking skills and to help make healthy dietary choices accessible.
Build the resilience of FEAST	• Ensure that FEAST can continue to deliver impact and support people up the Food Ladder by focusing on resilience and sustainability in an uncertain funding environment.
Influence food insecurity policy	• Use research and experience to influence government policy at a national and local level.

2023 Impact in Numbers

**27,056
Meals**

14,257
Community
Meals

12,799
Delivered
Meals

15 Venues

Providing meals and Healthy
Eating on a Budget

13 Permanent Staff

4 New Permanent Jobs

5 Contractors

**171
Regular
Volunteers***

- 94 Cooks
- 32 In Multiple Roles
- 16 in Media
- 11 Drivers & Cyclists
- 11 Remote
- 7 in Marketing & Comms

**553 Corporate
Volunteers**



**4,597
Volunteer Hours**

With a estimated value of

£54,934

Healthy Eating on a Budget

34 Participants
27 Sessions Delivered
3 Venues

**3 New Meal
Projects**

*This number is lower than 2022 as it includes only active volunteers



“ Living on your own is hard. I enjoy eating together at FEAST because it's nice to have company around me.

“ I've given up on cooking. I live alone now and just have a kitchenette so I depend on [FEAST] meals a lot.

“ When you are living on low budgets, these meals help me a lot even once a week.

“ I like coming in, and the reason I come, is because you meet people who are in the same boat as you, it helps you a lot, and the love is tremendous.

“ I like the conversation, sharing food, it's lovely, it's a bit like a hub around which the day revolves. It's good for my wellbeing.



SERVICE USERS

100%

of service users feel their mental health has improved as a result of FEAST

84%

of service users feel well fed and nourished after a FEAST

68%

of service users feel less isolated as a result of FEAST

72%

of service users say FEAST influences their happiness and wellbeing

95%

of service users would like to continue accessing FEAST meals

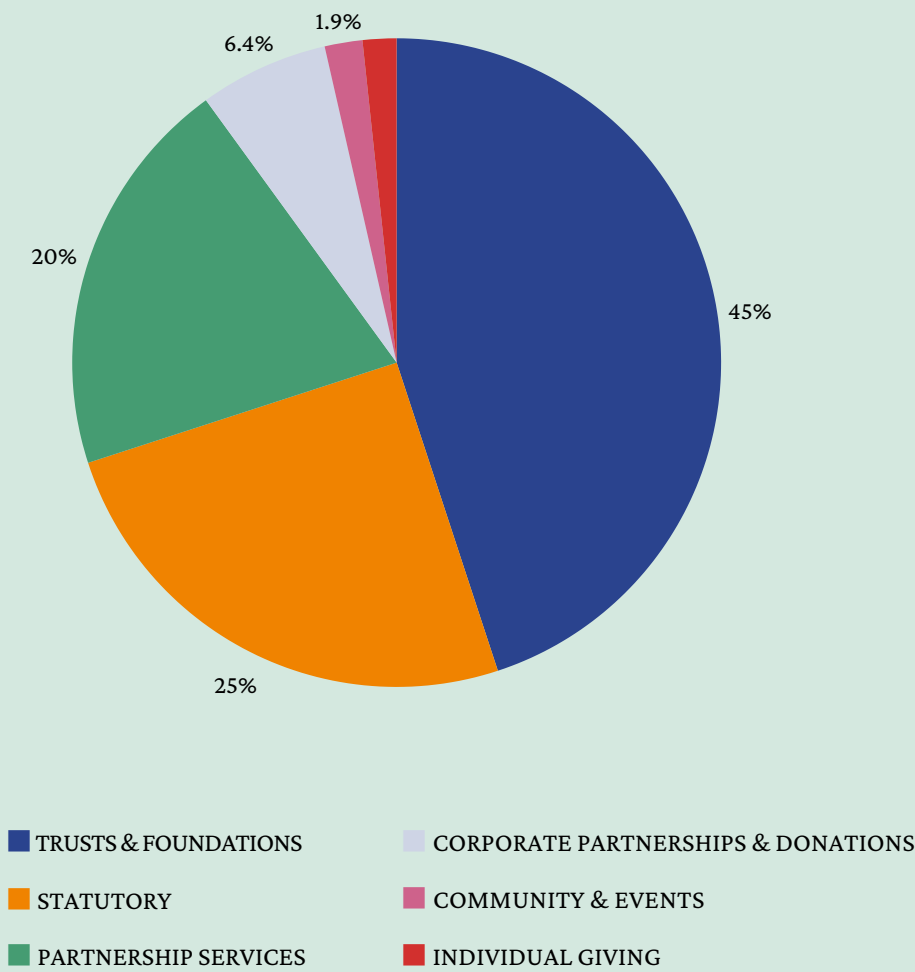
FUNDRAISING

2023 was a hugely significant year for FEAST with income growth of 32% compared to 2022, raising £348,778 in total income. Most notably, Trusts and Foundations income from new and existing funders, increased by 96% compared to 2022, and made up 45% of total income raised. This included FEAST’s first multiyear grant, three years’ funding from The National Lottery Community Fund and a second grant provided by The Government’s Community Organisations Cost of Living Fund and managed through The National Lottery Community Fund. We focused on building relationships with Trusts and Foundations, and established new relationships with John Horseman Trust, The Grace Trust, Souter Charitable Trust, Ambergate Charitable Trust, The Central District Alliance and The Jansen Foundation. Two grants were also secured from the Greater London Authority (GLA).

Funding growth propelled FEAST forward, strengthening our capacity to deliver and expand services, and grow our operations team including recruiting FEAST’s first CEO, Caroline Monkhouse Flower, and first registered nutritionist, Sandra Jacome.

Our corporate partnerships income also grew significantly, up 191% on 2022 to £22,544, with 34 businesses donating to volunteer with us, from a wide portfolio of well-known brands and businesses, as listed on Page 15. To strengthen our position as a trustworthy and compliant organisation, we registered with the Fundraising Regulator and we started to refine our Gift Aid processes. Through establishing a presence on Localgiving and some incredible fundraising feats, we raised £6,655 through sponsored challenge events including two young boys, who ran a 5k fun run in the rain through Regents Park, raising over £1,900 in one weekend!

SOURCES OF FUNDING



KEY SOURCES OF INCOME

TRUSTS & FOUNDATIONS

In 2023, 45% of our income was raised through 11 Trusts & Foundations generously supporting our work through unrestricted and restricted grants and donations, totalling £159,088. We would like to wholeheartedly thank the below funders for their incredible support.

Ambergate Charitable Trust • Benefact Group • Forrester Family Trust • The John Horseman Trust • The National Lottery Community Fund • Shroder Charitable Trust • Souter Charitable Trust • The Stewarts Foundation • Tesco Stronger Starts • Women of the Year Foundation

CORPORATE SPONSORSHIP AND VOLUNTEERING

We would like to mention the following businesses for their support.

Alliance Community Fund • American Express • Aptos • Aria Grace Law • Atkins • Avaloq • Brigad • Britvic • Bywaters • Canva • Central District • Alliance • Denzo • Deutsche Bank • Ernst & Young • Google • Gousto • Grubby • Jamf • MAPP • Marsden • Metro Bank • Nestle • NG Bailey • Perlego • Premier Foods • Preqin • Propeller • Ricoh • Salesforce • Samsara • SKAI • Tony's Chocolonely • Viridian Nutrition Charity • WTW • Yahoo

STATUTORY FUNDING AND PARTNERSHIP SERVICES

FEAST's partnership work evolved notably through 2023. Our key partnership with Camden Council, coordinating the Camden Food Partnership (CFP) through collaborating with voluntary and community sector (VCS) organisations across the borough, grew significantly, helping to tackle key challenges in food supply and sharing learnings, with membership growing from 40 to 60 organisations. Working across council departments, the goal is to transform the local food system, addressing not only food insecurity but also the underlying issues within the food system itself.

During the year we won two separate grants from the Greater London Authority (GLA); an initial Food Roots Crisis Grant enabled us to strengthen our work coordinating CFP with Camden Council, including carrying out a vital desk-based research piece of work. A second Food Roots 2 grant, positioned us to launch and establish a new food partnership network in the London Borough of Redbridge, alongside bolstering the coordination of CFP and sharing key learnings from this established network.

Our core partnership with Single Homeless Project (SHP) has continued to develop, delivering nutritious meals and community dining services at two SHP venues in Kings Cross for vulnerable people experiencing homelessness and food insecurity, as well as providing regular delivered meals to three additional SHP hostels.

FINANCIAL SUMMARY

In 2023 we experienced salary cost increases due to increasing the size of our staff to support our growing operational activities, to help alleviate the impact of the cost of living rises, and increased food and supply costs as surplus food became more difficult to source consistently because of increased demand.

	2023	2022
NUMBER OF MEALS	27,056	22,346
INCOME	£348,778	£264,101
TOTAL COSTS	£364,666	£224,781
TOTAL RESERVES AT Y/E (£ / MONTHS)	£156,449 / 5.2	£172,337 / 8
UNRESTRICTED RESERVES AT Y/E (£ / MONTHS)	£150,792 / 5	

From every £1 raised, FEAST spent 93% of resources on charitable activities and 7% on fundraising costs.

The trustees' annual report has been approved by the trustees on 4 October 2024 and signed on their behalf by:



Chris Christofi
Treasurer



Helen Burgess
Chair of the Board of Trustees

INDEPENDENT EXAMINERS REPORT ON THE ACCOUNTS

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2023.

Responsibilities and Basis for 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 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.



Andy Mildner
Love Your Accountants Ltd
2A The Quadrant
Upper High Street
Epsom
Surrey KT17 4RH

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 December 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:					
Donations and legacies	4	154,374	150	154,524	89,917
Charitable activities	5	-	194,254	194,254	174,184
Total		154,374	194,404	348,778	264,101
Expenditure on:					
Raising funds	6	39,149	-	39,149	17,550
Charitable activities	7	135,816	189,701	325,517	207,231
Total		174,965	189,701	364,666	224,781
Net gains on investments		-	-	-	-
Net (expenditure)/income	8	(20,591)	4,703	(15,888)	39,320
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		(20,591)	4,703	(15,888)	39,320
Other gains and losses		-	-	-	-
Net movement in funds		(20,591)	4,703	(15,888)	39,320
Reconciliation of funds:					
Total funds brought forward		171,383	954	172,337	133,017
Total funds carried forward		150,792	5,657	156,449	172,337

SUMMARY INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2023

	2023 £	2022 £
Income	348,778	264,100
Gross income for the year	348,778	264,100
Expenditure	363,942	224,531
Depreciation and charges for impairment of fixed assets	724	250
Total expenditure for the year	364,666	224,781
Net (expenditure)/income before tax for the year	(15,888)	39,319
Net (expenditure)/income for the year	(15,888)	39,319

BALANCE SHEET

for the year ended 31 December 2023

Company No. CE009898	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	10	1,694	2,418
		<u>1,694</u>	<u>2,418</u>
Current assets			
Debtors	11	20,369	13,704
Cash at bank and in hand		217,371	159,780
		<u>237,740</u>	<u>173,484</u>
Creditors: Amount falling due within one year	12	(82,985)	(3,565)
Net current assets		<u>154,755</u>	<u>169,919</u>
Total assets less current liabilities		<u>156,449</u>	<u>172,337</u>
Net assets excluding pension asset or liability		<u>156,449</u>	<u>172,337</u>
Total net assets		<u>156,449</u>	<u>172,337</u>
The funds of the charity			
Restricted funds			
Restricted income funds	13	5,657	954
		<u>5,657</u>	<u>954</u>
Unrestricted funds			
General funds	13	150,792	171,383
		<u>150,792</u>	<u>171,383</u>
Total funds		<u>156,449</u>	<u>172,337</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 December 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 4 October 2024.

And signed on its behalf by:



Helen Burgess

Chair of the Board of Trustees

4 October 2024



Chris Christofi

Treasurer

4 October 2024

NOTES TO THE ACCOUNTS

for the year ended 31 December 2023

1 ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund Accounting

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

Designated funds These are unrestricted funds earmarked by the trustees for particular purposes.

Revaluation funds These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

Restricted funds These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

NOTES TO THE ACCOUNTS

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Expenditure Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

NOTES TO THE ACCOUNTS

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Taxation The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Plant & machinery	20% Straight line
Computer equipment	20% Straight line

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

NOTES TO THE ACCOUNTS

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period. Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

NOTES TO THE ACCOUNTS

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

NOTES TO THE ACCOUNTS

2 Legal status

The entity is a charity run by trustees and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2022	Restricted funds 2022	Total funds 2022
	£	£	£
Income and endowments from:			
Donations and legacies	84,917	5,000	89,917
Charitable activities	-	174,184	174,184
Total	84,917	179,184	264,101
Expenditure on:			
Raising funds	17,550	-	17,550
Charitable activities	13,514	193,718	207,232
Total	31,064	193,718	224,782
Net income	53,853	(14,534)	39,319
Transfers between funds	(14,534)	14,534	-
Net income before other gains/(losses)	39,319	-	39,319
Other gains and losses:			
Net movement in funds	39,319	-	39,319
Reconciliation of funds:			
Total funds brought forward	132,064	954	133,018
Total funds carried forward	171,383	954	172,337

4 Income from donations and legacies

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Trusts and foundations	120,104	-	120,104	89,917
Corporate partnerships and volunteers	21,678	150	21,828	-
Individual giving	5,937	-	5,937	-
Community and events	6,655	-	6,655	-
	154,374	150	154,524	89,917

NOTES TO THE ACCOUNTS

5 Income from charitable activities

	Restricted	Total 2023	Total 2022
	£	£	£
Trusts and foundations	38,984	38,984	174,184
Corporate partnerships and volunteers	70,851	70,851	-
Statutory income	84,419	84,419	-
	<u>194,254</u>	<u>194,254</u>	<u>174,184</u>

6 Expenditure on raising funds

	Unrestricted	Total 2023	Total 2022
	£	£	£
<i>Expenditure on charitable activities</i>			
Trusts and foundations	-	-	6,551
Staff wages	39,149	39,149	10,999
<i>Governance costs</i>			
	<u>39,149</u>	<u>39,149</u>	<u>17,550</u>

7 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Provision of food (containers and meals)	3,515	4,208	7,723	-
Unrestricted costs used for restricted projects	(10,006)	10,006	-	-
Employee costs	129,207	162,645	291,852	203,823
Motor and travel costs	4,290	1,383	5,673	2,042
Premises costs	-	900	900	-
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	724	-	724	250
General administrative costs	5,926	5,245	11,171	1,116
Legal and professional costs	2,160	5,314	7,474	-
	<u>135,816</u>	<u>189,701</u>	<u>325,517</u>	<u>207,231</u>

8 Net (expenditure)/income before transfers

	2023	2022
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	724	250

NOTES TO THE ACCOUNTS

9 Staff costs

	2023	2022
Salaries and wages	254,139	179,871
Social security costs	17,466	17,180
Pension costs	4,860	3,272
	<u>276,465</u>	<u>200,323</u>

No employee received emoluments in excess of £60,000.

10 Tangible fixed assets

	Plant & machinery £	Computer equipment £	Total £
Cost or revaluation			
At 1 January 2023	2,206	1,415	3,621
At 31 December 2023	<u>2,206</u>	<u>1,415</u>	<u>3,621</u>
Depreciation and impairment			
At 1 January 2023	1,003	200	1,203
Depreciation charge for the year	441	283	724
At 31 December 2023	<u>1,444</u>	<u>483</u>	<u>1,927</u>
Net book values			
At 31 December 2023	<u>762</u>	<u>932</u>	<u>1,694</u>
At 31 December 2022	<u>1,203</u>	<u>1,215</u>	<u>2,418</u>

11 Debtors

	2023 £	2022 £
Trade debtors	9,610	-
Other debtors	2,149	2,149
Prepayments and accrued income	8,610	11,555
	<u>20,369</u>	<u>13,704</u>

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	29,452	-
Other taxes and social security	9,635	2,735
Other creditors	1,319	830
Accruals	42,579	-
	<u>82,985</u>	<u>3,565</u>

NOTES TO THE ACCOUNTS

13. Movement in funds

	At 1 January 2023	Incoming resources (including other gains/losses) £	Resources expended £	At 31 December 2023 £
Restricted funds				
Restricted income funds:	954	194,404	(189,701)	5,657
Total Restricted funds	954	194,404	(189,701)	5,657
Unrestricted funds				
General funds:	171,383	154,374	(174,965)	150,792
Total unrestricted funds	172,337	348,778	(364,666)	156,449

14. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fixed assets	1,694	-	1,694
Net current assets	149,098	5,657	154,755
	150,792	5,657	156,449

15. Reconciliation of net debt

	At 1 January 2023 £	In year movement £	At 31 December 2023 £
Cash and cash equivalents	159,780	57,591	217,371
	159,780	57,591	217,371
Net debt	159,780	57,591	217,371

16. Commitments

Pension commitments

	2023 £	2022 £
The pension cost charge to the company amounted to:	4,860	3,272

17. Related party disclosures

Controlling party

The entity is a charity and has no share capital; instead the charity is controlled by the trustees collectively and therefore no single party is in control of the charity.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 December 2023

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:				
Donations and legacies				
Trusts and foundations	120,104	-	120,104	89,917
Corporate partnerships and volunteers	21,678	150	21,828	-
Individual giving	5,937	-	5,937	-
Community and events	6,655	-	6,655	-
	154,374	150	154,524	89,917
Charitable activities				
Trusts and foundations	-	38,984	38,984	174,184
Corporate partnerships and volunteers	-	70,851	70,851	-
Statutory income	-	84,419	84,419	-
	-	194,254	194,254	174,184
Total income and endowments	154,374	194,404	348,778	264,101
Expenditure on:				
Raising funds				
Trusts and foundations	-	-	-	6,551
Staff wages	39,149	-	39,149	10,999
	39,149	-	39,149	17,550
Charitable activities				
Other expenditure				
Provision of food (containers and meals)	3,515	4,208	7,723	-
Unrestricted costs used for restricted projects	(10,006)	10,006	-	-
	(6,491)	14,214	7,723	-
Employee costs				
Staff wages	113,727	140,412	254,139	179,871
Employer's NIC	6,720	10,746	17,466	17,180
Pension costs	2,356	2,504	4,860	3,272
Staff recruitment	163	1,164	1,327	-
Staff training	1,693	449	2,141	3,149
Staff welfare	1,523	20	1,543	-
Temporary staff	3,026	7,350	10,376	351
	129,207	162,645	291,852	203,823
Motor and travel costs				
Travel and subsistence	4,290	1,383	5,673	2,042
	4,290	1,383	5,673	2,042
Premises costs				
Rent	-	900	900	-
	-	900	900	-

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

General administrative costs, including depreciation and amortisation

Depreciation of Plant & machinery	441	-	441	212
Depreciation of Computer equipment	283	-	283	38
Bank charges	185	88	273	-
Equipment leasing and hire charges	1,005	1,273	2,278	-
General insurances	767	427	1,194	157
Software, IT support and related costs	2,182	2,209	4,391	355
Stationery and printing	108	251	359	-
Subscriptions	532	366	898	228
Sundry expenses	87	129	216	-
Telephone, fax and broadband	1,060	502	1,562	376
	<u>6,650</u>	<u>5,245</u>	<u>11,895</u>	<u>1,366</u>

Legal and professional costs

Accountancy and bookkeeping	1,324	626	1,950	-
Solicitor's fees	500	2,375	2,875	-
Other legal and professional costs	336	2,313	2,649	-
	<u>2,160</u>	<u>5,314</u>	<u>7,474</u>	<u>-</u>

Total of expenditure on charitable activities 135,816 189,701 325,517 207,231

Total expenditure 174,965 189,701 364,666 224,781

Net gains on investments - - - -

Net (expenditure)/income (20,591) 4,703 (15,888) 39,320

Net (expenditure)/income before other gains/(losses) (20,591) 4,703 (15,888) 39,320

Other Gains - - - -

Net movement in funds (20,591) 4,703 (15,888) 39,320

Reconciliation of funds:

Total funds brought forward 171,383 954 172,337 133,017

Total funds carried forward 150,792 5,657 156,449 172,337



FEAST

— With Us —

TRUSTEE'S REPORT AND UNAUDITED ACCOUNTS 2023

FEAST With Us

2A The Quadrant, Epsom, KT17 4RH

020787 10094

info@feastwithus.org.uk

www.feastwithus.org.uk

Registered Charity in England and Wales.

Charity number 1172884





TRUSTEE'S REPORT AND UNAUDITED ACCOUNTS 2023



FEAST

— With Us —

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VISION & MISSION

OUR VISION

FEAST = FEEDING AND EMPOWERING ALL SUSTAINABLY TOGETHER

OUR MISSION

Improve the nutrition, wellbeing and health of people at risk of food insecurity in the UK.

WHAT WE DO

We work with charity and community partners to provide services and programmes in homeless hostels, mental health day centres, community centres and faith centres in Camden, Islington, Barnet, Westminster and Redbridge.



ALL OF OUR WORK IS UNDERPINNED BY OUR VALUES:

COLLABORATIVE

We work together as one team and with our stakeholders openly and respectfully – bringing diverse skills and experiences to design and deliver our services and achieve our vision and mission.

INCLUSIVE

We value equality, fairness and dignity, and create a positive and inclusive environments for our team, volunteers and service users and are committed to learning.

EMPOWERING

We provide inspiration, opportunities, and support to enable our team, volunteers and service users to develop capabilities, confidence, and independence

INNOVATIVE

We are curious and creative - proactively seeking new ideas to improve ourselves, the organisation, and our services to make a bigger and longer term positive impact for our stakeholders.

EMPATHETIC

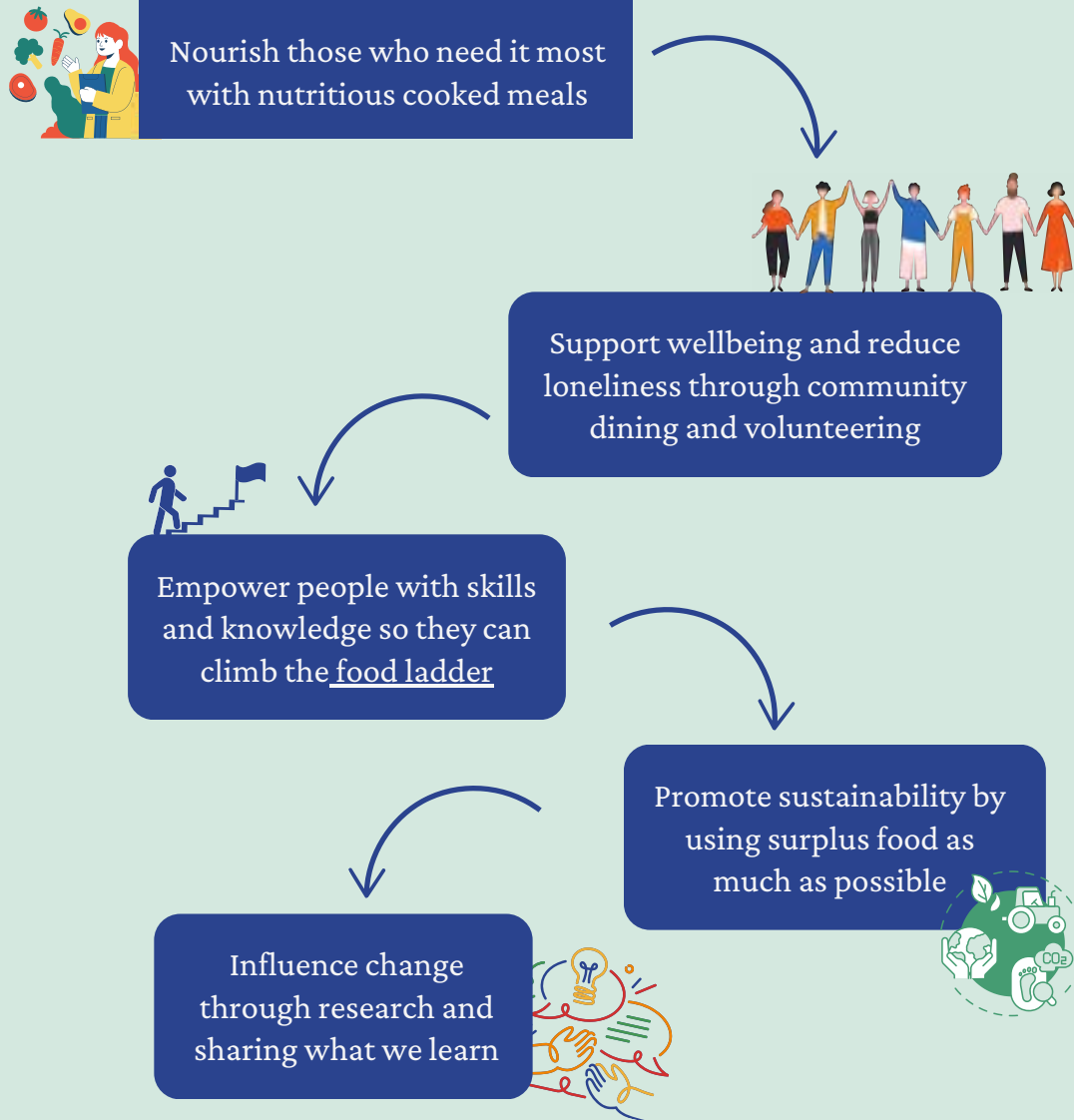
We are sensitive and understanding - we actively listen and learn from our team, volunteers, and service users to better appreciate and adapt to their situations, challenges and perspectives.

FEAST is so much more than just a meal.

Through our services we:



and ... our meals are aligned with the government's **Eatwell Guide** to ensure they are nutritious.



**Food Ladders: a tool that helps organisations and local authorities understand food systems and highlight where interventions are needed, from emergency support, collaborative networks and social projects and self-organised community change.*

LEGAL & ADMINISTRATIVE INFORMATION

The Trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the year ended 31 December 2023.

Reference & Administrative Details

Company No. CE009898
Charity No. 1172884 England & Wales

Registered Office

2A The Quadrant Epsom
Surrey
KT17 4RH

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006.

The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Trustees

The Trustees of the charity are its Directors for the purposes of charity and company law. The following Director and Trustee served during the year:

Helen Burgess – Chair (*appointed 21/03/23*)
Chris Christofi – Treasurer (*appointed 25/09/23*)
Hannah Style
Tarryn Gorre
Daniel Heller
Jane Wilson (*appointed 05/05/23*)
Anna Prag (*appointed 08/05/23*)
Ulyana Charikova (*appointed 17/09/23*)
Simon Style (*resigned as Treasurer 24/09/23*)

Senior Personnel

Caroline Monkhouse Flower - CEO (*appointed 20/03/23, resigned as Chair 19/03/23*)

Accountants

Love Your Accountants Ltd
2A The Quadrant
Upper High Street
Epsom
Surrey KT17 4RH

Bankers

Metro Bank
One Southampton Row London
WC1B 5HA

Website

www.feastwithus.org.uk

MESSAGE FROM THE CHAIR OF THE BOARD OF TRUSTEES

As the Chair of FEAST With Us (FEAST), I am pleased to present our annual accounts for the year ending 31 December 2023. I joined the Board as Chair part way through the year these accounts relate to and have watched FEAST continue to grow from strength to strength.

We have increased our provision of nutritious meals by 21% compared to 2022 (up to 27,056), grown our income from £264,101 to £348,778 (+32%), and recruited 4 more permanent staff and 5 part-time contract chefs to help manage the growth.

This matters because it means we are having more impact for the people we exist to serve and our impact is wide-ranging. From tackling food waste, reducing loneliness and social isolation through community dining, to upskilling and educating people to help them move up the 'food ladder', FEAST is so much more than a meal.

One particular area of FEAST's work that has been growing in momentum is our Healthy Eating on a Budget Programme, which we developed and launched in 2023. This is a unique and trailblazing food and nutrition education programme for vulnerable people experiencing food insecurity. It provides knowledge, skills and a qualification that helps participants move up the food ladder and achieve longer-term nutritional independence.

It is only through the dedication and hard work of our volunteers, staff and partner organisations, that any of this is made possible. The generous contributions received from our donors have also allowed us to expand our services and reach a wider audience and we have worked diligently to ensure that every pound donated is utilised effectively to maximise our impact.

On behalf of everyone at FEAST I would like to thank all of volunteers, donors and staff for the invaluable contribution to our cause. Together, we can make a lasting impact and bring positive change to the lives of those who need it most.

With very best wishes,



Helen Burgess

Chair of the Board of Trustees



TRUSTEES' REPORT

The Trustees have pleasure in presenting their report and the financial statements of FEAST With Us Charity (“the Charity” or “FEAST”) for the year ended 31 December 2023. The Financial Statements comply with the Charities Act 2011, and Accounting and Reporting by Charities: Statement of Recommended Practice (the “Charities SORP”) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

FEAST started in 2015, as a weekly community meal at a hostel for homeless people, using food that would otherwise be thrown away. The Charity, registration number 1172884, is a Charitable Incorporated Organisation (CIO) registered in England on 7 May 2017. The Charity’s objects are the relief of financial hardship and the protection and promotion of health amongst vulnerable adults living in the UK by providing such persons with regular nutritious meals, which they could not otherwise afford through lack of means.

Appointment of Trustees

The Charity is governed by a Board of Trustees which takes all medium- and longer-term strategic decisions. Day to day running of the Charity is overseen by the CEO, who was appointed on 20 March 2023, and prior to this date, it was overseen by the Operations Manager. Together the Trustees are responsible for delivery of the long-term strategy approved by them. The names of the Members of the Board of Trustees are shown on page 3 of this report.

The Treasurer takes the lead on all financial matters, including accounting, banking and management of cash and reserves.

The Charity carries out regular skills assessments of Trustees and identifies any gaps that may exist. Steps are taken to recruit new Trustees to fill skill gaps when appropriate. In 2023 we recruited new Trustees to strengthen the Board, including on:

- Fundraising
- Homeless and inclusion nutrition and health
- Finance
- Law

We recruited four new trustees and a Chair between March and September 2023. This included a new Treasurer following the resignation of Simon Style after seven years serving the Board. We are incredibly grateful to Simon for the hard work, passion and generosity he showed throughout those seven years. All new trustees receive a copy of the Governing Document, latest Annual Accounts, an induction and are asked to sign a Code of Conduct, which the Board has approved.

Each Trustee is appointed by a resolution at a properly convened Trustee Meeting and will have an initial three-year term of office with the option of renewal for a further term of three years by agreement between the Trustee seeking reappointment and the other Trustees, and a further option of renewal after six consecutive years, by agreement between the Trustee seeking reappointment and the other Trustees. Each Trustee must stand down after they have served for nine consecutive years. They may reapply to join the Board but must have been absent from the Board for a minimum of one year before doing so.

Risk Management

The Board and CEO conduct regular reviews of major risks to which the Charity is exposed and maintain a risk register, which is reviewed monthly. Appropriate policies, systems and procedures are identified to mitigate major risks.

STRATEGY & ACTIVITIES

KEY HIGHLIGHTS

2023 was a pivotal year for FEAST. With the launch of our Healthy Eating on a Budget Programme and three new nutritious meal services, initiating a brand new voluntary and community sector (VCS) food partnership in Redbridge, and embarking on our first novel clinical nutrition research project. We've made significant progress towards our mission - to improve the nutrition, health and wellbeing of people at risk of food insecurity.

Provided more nutritious meals supporting more people experiencing food insecurity

In June 2023, we started weekly delivered nutritious meals to Likewise Community Centre in Camden, who support the wellbeing of marginalised and isolated people, and in July we launched new weekly community meals for older people at Queens Crescent Community Centre, Camden. We ended the year with 14 regular meal venues, compared to 12 the previous year, and provided a total of 27,056 meals, an increase of 21%.

Launched new Healthy Eating on a Budget Programme

With funding from Camden Council, we recruited our first in-house registered nutritionist to lead the development and delivery of our new Healthy Eating on a Budget programme for vulnerable people experiencing food insecurity; to gain nutrition knowledge, and cooking skills and help develop longer-term nutritional independence.

The programme was co-designed with the staff and residents of Sapphire Independent Housing's Conway House, a temporary homeless hostel in Camden, the first FEAST venue we started in 2015. By the end of 2023 we had delivered 3 cohorts at Conway House, as well as additional one-day sessions in Calthorpe Community Gardens and SHAK community centre in Camden, reaching a total of 31 participants.

Led food partnerships to help improve access to affordable, nutritious and sustainable food

We continued to coordinate and chair the Camden Food Partnership (CFP), which grew to a network of over 60 organisations. We also launched a new Redbridge Food Partnership (RFP) in October 2023, with funding from the GLA. These partnerships bring VCS, council, healthcare and commercial organisations together to work collaboratively to improve local food systems that meet the needs of their communities, help tackle food insecurity, its underlying causes and impacts, and influence local food policy.

Initiated a clinical nutrition research project in partnership with UCL

In partnership with UCL and funded by the British Dietetic Association (BDA) General and Education Trust (GET) Fund we launched an 18-month cross-sectional study in May 2023, assessing the nutritional status of homeless adults residing in temporary accommodation. This novel research is much needed to identify dietary health inequalities and solutions to support this disadvantaged population group who are known to experience food insecurity, and likely malnutrition. Early research findings will be disseminated from May 2024, and the full report will be published at the end of 2024.

PARTNERSHIPS & SERVICES

By December 2023, we were working in partnership with 11 community and charity partners in 15 different venues across North London; preparing, serving and delivering nutritious meals to people experiencing food insecurity, and providing Healthy Eating on a Budget Sessions. We also initiated a new food partnership network in Redbridge.



STRATEGY DEVELOPMENT

In November 2022, after a series of collaborative workshops involving the Trustees and the operations team, we launched our 2023 strategic objectives and developed an operational work plan, and include here some key outcomes against each area:

2023 STRATEGIC OBJECTIVE

UPDATE

Deliver more community meals, more efficiently

- Increased meals provided by +21% to 27,056
- Launched 2 new community and 2 new delivered meal services
- Improved reporting and analysis of project costs vs budgets to identify and address operational efficiencies
- Implemented operational plans linked to strategic objectives
- Created a standard process for launching new meal services

Support more vulnerable groups in the community

- Launched a new community meal service for older people, and a new community meal service for people with mental health challenges
- With Camden Council, conducted surveys of Camden food partnership organisations to better understand the needs of the local community and identify additional support requirements

Recruit, develop and retain more volunteers

- Increased total volunteers hours donated by 24% to 4,597 hours
- Facilitated 82 corporate volunteers sessions, involving over 550 volunteers, an increase of 551%
- Added new volunteer roles, including befriender, website designer and graphic designer

Do more than crisis community food provision

- Launched our Healthy Eating on a Budget Programme
- Started BDA funded nutrition research project in partnership with UCL
- Initiated new food partnership in Redbridge

STRATEGY DEVELOPMENT

At the end of 2023 we conducted a further review of our strategic objectives, taking into account our growth in size and the additional programmes and services we were now providing, and the Board agreed the following new strategic objectives for 2024-2027:

2024-27 STRATEGIC OBJECTIVES

Increase the number and impact of community meals delivered	• FEAST meals serve many purposes – nourishment, community, belonging, skills sharing. Increasing the number of meals we deliver to create as many positive outcomes as possible is a fundamental part of our strategy.
Empower service users to independently meet their nutritional needs	• FEAST's healthy eating programmes provide individuals experiencing food insecurity with opportunities to further their nutrition knowledge, to develop cooking skills and to help make healthy dietary choices accessible.
Build the resilience of FEAST	• Ensure that FEAST can continue to deliver impact and support people up the Food Ladder by focusing on resilience and sustainability in an uncertain funding environment.
Influence food insecurity policy	• Use research and experience to influence government policy at a national and local level.

2023 Impact in Numbers

**27,056
Meals**

14,257
Community
Meals

12,799
Delivered
Meals

15 Venues

Providing meals and Healthy
Eating on a Budget

13 Permanent Staff

4 New Permanent Jobs

5 Contractors

**171
Regular
Volunteers***

- 94 Cooks
- 32 In Multiple Roles
- 16 in Media
- 11 Drivers & Cyclists
- 11 Remote
- 7 in Marketing & Comms

Healthy Eating on a Budget

34 Participants
27 Sessions Delivered
3 Venues

**553 Corporate
Volunteers**



**4,597
Volunteer Hours**

With a estimated value of

£54,934

**3 New Meal
Projects**

*This number is lower than 2022 as it includes only active volunteers



“ Living on your own is hard. I enjoy eating together at FEAST because it’s nice to have company around me.

“ I’ve given up on cooking. I live alone now and just have a kitchenette so I depend on [FEAST] meals a lot.

“ When you are living on low budgets, these meals help me a lot even once a week.

“ I like coming in, and the reason I come, is because you meet people who are in the same boat as you, it helps you a lot, and the love is tremendous.

“ I like the conversation, sharing food, it’s lovely, it’s a bit like a hub around which the day revolves. It’s good for my wellbeing.



SERVICE USERS

100%

of service users feel their mental health has improved as a result of FEAST

84%

of service users feel well fed and nourished after a FEAST

68%

of service users feel less isolated as a result of FEAST

72%

of service users say FEAST influences their happiness and wellbeing

95%

of service users would like to continue accessing FEAST meals

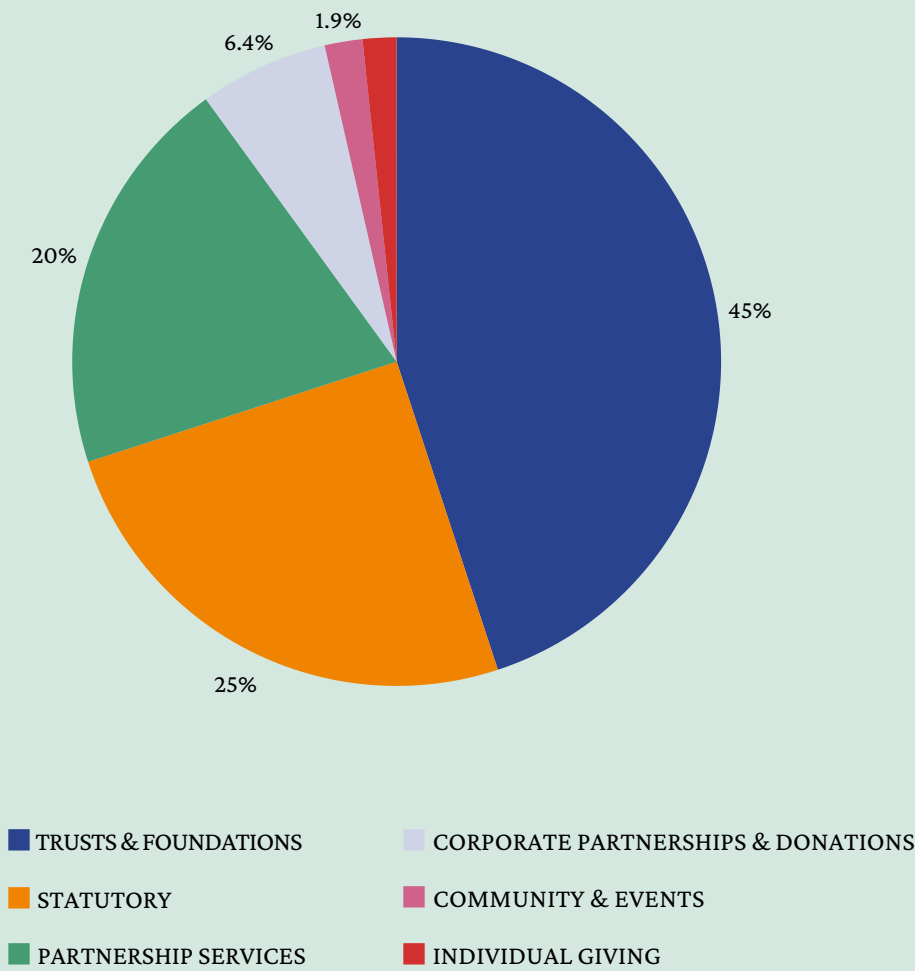
FUNDRAISING

2023 was a hugely significant year for FEAST with income growth of 32% compared to 2022, raising £348,778 in total income. Most notably, Trusts and Foundations income from new and existing funders, increased by 96% compared to 2022, and made up 45% of total income raised. This included FEAST’s first multiyear grant, three years’ funding from The National Lottery Community Fund and a second grant provided by The Government’s Community Organisations Cost of Living Fund and managed through The National Lottery Community Fund. We focused on building relationships with Trusts and Foundations, and established new relationships with John Horseman Trust, The Grace Trust, Souter Charitable Trust, Ambergate Charitable Trust, The Central District Alliance and The Jansen Foundation. Two grants were also secured from the Greater London Authority (GLA).

Funding growth propelled FEAST forward, strengthening our capacity to deliver and expand services, and grow our operations team including recruiting FEAST’s first CEO, Caroline Monkhouse Flower, and first registered nutritionist, Sandra Jacome.

Our corporate partnerships income also grew significantly, up 191% on 2022 to £22,544, with 34 businesses donating to volunteer with us, from a wide portfolio of well-known brands and businesses, as listed on Page 15. To strengthen our position as a trustworthy and compliant organisation, we registered with the Fundraising Regulator and we started to refine our Gift Aid processes. Through establishing a presence on Localgiving and some incredible fundraising feats, we raised £6,655 through sponsored challenge events including two young boys, who ran a 5k fun run in the rain through Regents Park, raising over £1,900 in one weekend!

SOURCES OF FUNDING



KEY SOURCES OF INCOME

TRUSTS & FOUNDATIONS

In 2023, 45% of our income was raised through 11 Trusts & Foundations generously supporting our work through unrestricted and restricted grants and donations, totalling £159,088. We would like to wholeheartedly thank the below funders for their incredible support.

Ambergate Charitable Trust • Benefact Group • Forrester Family Trust • The John Horseman Trust • The National Lottery Community Fund • Shroder Charitable Trust • Souter Charitable Trust • The Stewarts Foundation • Tesco Stronger Starts • Women of the Year Foundation

CORPORATE SPONSORSHIP AND VOLUNTEERING

We would like to mention the following businesses for their support.

Alliance Community Fund • American Express • Aptos • Aria Grace Law • Atkins • Avaloq • Brigad • Britvic • Bywaters • Canva • Central District • Alliance • Denzo • Deutsche Bank • Ernst & Young • Google • Gousto • Grubby • Jamf • MAPP • Marsden • Metro Bank • Nestle • NG Bailey • Perlego • Premier Foods • Preqin • Propeller • Ricoh • Salesforce • Samsara • SKAI • Tony's Chocolonely • Viridian Nutrition Charity • WTW • Yahoo

STATUTORY FUNDING AND PARTNERSHIP SERVICES

FEAST's partnership work evolved notably through 2023. Our key partnership with Camden Council, coordinating the Camden Food Partnership (CFP) through collaborating with voluntary and community sector (VCS) organisations across the borough, grew significantly, helping to tackle key challenges in food supply and sharing learnings, with membership growing from 40 to 60 organisations. Working across council departments, the goal is to transform the local food system, addressing not only food insecurity but also the underlying issues within the food system itself.

During the year we won two separate grants from the Greater London Authority (GLA); an initial Food Roots Crisis Grant enabled us to strengthen our work coordinating CFP with Camden Council, including carrying out a vital desk-based research piece of work. A second Food Roots 2 grant, positioned us to launch and establish a new food partnership network in the London Borough of Redbridge, alongside bolstering the coordination of CFP and sharing key learnings from this established network.

Our core partnership with Single Homeless Project (SHP) has continued to develop, delivering nutritious meals and community dining services at two SHP venues in Kings Cross for vulnerable people experiencing homelessness and food insecurity, as well as providing regular delivered meals to three additional SHP hostels.

FINANCIAL SUMMARY

In 2023 we experienced salary cost increases due to increasing the size of our staff to support our growing operational activities, to help alleviate the impact of the cost of living rises, and increased food and supply costs as surplus food became more difficult to source consistently because of increased demand.

	2023	2022
NUMBER OF MEALS	27,056	22,346
INCOME	£348,778	£264,101
TOTAL COSTS	£364,666	£224,781
TOTAL RESERVES AT Y/E (£ / MONTHS)	£156,449 / 5.2	£172,337 / 8
UNRESTRICTED RESERVES AT Y/E (£ / MONTHS)	£150,792 / 5	

From every £1 raised, FEAST spent 93% of resources on charitable activities and 7% on fundraising costs.

The trustees' annual report has been approved by the trustees on 4 October 2024 and signed on their behalf by:



Chris Christofi
Treasurer



Helen Burgess
Chair of the Board of Trustees

INDEPENDENT EXAMINERS REPORT ON THE ACCOUNTS

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2023.

Responsibilities and Basis for 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 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.



Andy Mildner
Love Your Accountants Ltd
2A The Quadrant
Upper High Street
Epsom
Surrey KT17 4RH

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31 December 2023

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:					
Donations and legacies	4	154,374	150	154,524	89,917
Charitable activities	5	-	194,254	194,254	174,184
Total		154,374	194,404	348,778	264,101
Expenditure on:					
Raising funds	6	39,149	-	39,149	17,550
Charitable activities	7	135,816	189,701	325,517	207,231
Total		174,965	189,701	364,666	224,781
Net gains on investments		-	-	-	-
Net (expenditure)/income	8	(20,591)	4,703	(15,888)	39,320
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		(20,591)	4,703	(15,888)	39,320
Other gains and losses		-	-	-	-
Net movement in funds		(20,591)	4,703	(15,888)	39,320
Reconciliation of funds:					
Total funds brought forward		171,383	954	172,337	133,017
Total funds carried forward		150,792	5,657	156,449	172,337

SUMMARY INCOME AND EXPENDITURE ACCOUNT

for the year ended 31 December 2023

	2023 £	2022 £
Income	348,778	264,100
Gross income for the year	<u>348,778</u>	<u>264,100</u>
Expenditure	363,942	224,531
Depreciation and charges for impairment of fixed assets	724	250
Total expenditure for the year	<u>364,666</u>	<u>224,781</u>
Net (expenditure)/income before tax for the year	(15,888)	39,319
Net (expenditure)/income for the year	<u>(15,888)</u>	<u>39,319</u>

BALANCE SHEET

for the year ended 31 December 2023

Company No. CE009898	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	10	1,694	2,418
		<u>1,694</u>	<u>2,418</u>
Current assets			
Debtors	11	20,369	13,704
Cash at bank and in hand		217,371	159,780
		<u>237,740</u>	<u>173,484</u>
Creditors: Amount falling due within one year	12	(82,985)	(3,565)
Net current assets		<u>154,755</u>	<u>169,919</u>
Total assets less current liabilities		<u>156,449</u>	<u>172,337</u>
Net assets excluding pension asset or liability		<u>156,449</u>	<u>172,337</u>
Total net assets		<u>156,449</u>	<u>172,337</u>
The funds of the charity			
Restricted funds			
Restricted income funds	13	5,657	954
		<u>5,657</u>	<u>954</u>
Unrestricted funds			
General funds	13	150,792	171,383
		<u>150,792</u>	<u>171,383</u>
Total funds		<u>156,449</u>	<u>172,337</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 31 December 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 4 October 2024.

And signed on its behalf by:



Helen Burgess

Chair of the Board of Trustees

4 October 2024



Chris Christofi

Treasurer

4 October 2024

NOTES TO THE ACCOUNTS

for the year ended 31 December 2023

1 ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund Accounting

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

Designated funds These are unrestricted funds earmarked by the trustees for particular purposes.

Revaluation funds These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.

Restricted funds These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

NOTES TO THE ACCOUNTS

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Expenditure Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

NOTES TO THE ACCOUNTS

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Taxation The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Plant & machinery	20% Straight line
Computer equipment	20% Straight line

Freehold investment property

Investment properties are measured initially at cost and subsequently at fair value at each balance sheet date and are not depreciated. All gains or losses are taken to the Statement of Financial Activities as they arise.

Stocks

Stock is included at the lower of cost or net realisable value. Donated items of stock are recognised at fair value which is the amount the charity would have been willing to pay for the items on the open market.

NOTES TO THE ACCOUNTS

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Research and development

Expenditure on research and development is written off in the year in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in currencies other than the functional currency of the charity are translated at the rates of exchange prevailing at the end of the reporting period. Transactions in currencies other than the functional currency of the charity are recorded at the rate of exchange on the date that the transaction occurred.

All exchange differences are taken into account in arriving at net income/expenditure.

NOTES TO THE ACCOUNTS

Leased assets

Where the charity enters into a lease which entails taking substantially all the risks and rewards of ownership of an asset, the lease is treated as a finance lease.

Leases which do not transfer substantially all the risks and rewards of ownership to charity are classified as operating leases.

Assets held under finance leases are initially recognised as assets of the charity at their fair value at the inception of the lease or, if lower, at the present value of the minimum lease payments. The corresponding liability to the lessor is included in the balance sheet date as a finance lease obligation. Lease payments are apportioned between finance expenses and reduction of the lease obligation so as to achieve a constant rate of interest on the remaining balance of the liability. Finance expenses are recognised immediately, unless they are directly attributable to qualifying assets, in which case they are capitalised in accordance with the charity's policy on borrowing costs.

Assets held under finance leases are depreciated in the same way as owned assets.

Operating lease payments are recognised as an expense on a straight-line basis over the lease term. In the event that lease incentives are received to enter into operating leases, such incentives are recognised as a liability. The aggregate benefit of incentives is recognised as a reduction of rental expense on a straight-line basis.

Pension costs

The charity operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations. The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

NOTES TO THE ACCOUNTS

2 Legal status

The entity is a charity run by trustees and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2022	Restricted funds 2022	Total funds 2022
	£	£	£
Income and endowments from:			
Donations and legacies	84,917	5,000	89,917
Charitable activities	-	174,184	174,184
Total	84,917	179,184	264,101
Expenditure on:			
Raising funds	17,550	-	17,550
Charitable activities	13,514	193,718	207,232
Total	31,064	193,718	224,782
Net income	53,853	(14,534)	39,319
Transfers between funds	(14,534)	14,534	-
Net income before other gains/(losses)	39,319	-	39,319
Other gains and losses:			
Net movement in funds	39,319	-	39,319
Reconciliation of funds:			
Total funds brought forward	132,064	954	133,018
Total funds carried forward	171,383	954	172,337

4 Income from donations and legacies

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Trusts and foundations	120,104	-	120,104	89,917
Corporate partnerships and volunteers	21,678	150	21,828	-
Individual giving	5,937	-	5,937	-
Community and events	6,655	-	6,655	-
	154,374	150	154,524	89,917

NOTES TO THE ACCOUNTS

5 Income from charitable activities

	Restricted	Total 2023	Total 2022
	£	£	£
Trusts and foundations	38,984	38,984	174,184
Corporate partnerships and volunteers	70,851	70,851	-
Statutory income	84,419	84,419	-
	<u>194,254</u>	<u>194,254</u>	<u>174,184</u>

6 Expenditure on raising funds

	Unrestricted	Total 2023	Total 2022
	£	£	£
<i>Expenditure on charitable activities</i>			
Trusts and foundations	-	-	6,551
Staff wages	39,149	39,149	10,999
<i>Governance costs</i>			
	<u>39,149</u>	<u>39,149</u>	<u>17,550</u>

7 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
Provision of food (containers and meals)	3,515	4,208	7,723	-
Unrestricted costs used for restricted projects	(10,006)	10,006	-	-
Employee costs	129,207	162,645	291,852	203,823
Motor and travel costs	4,290	1,383	5,673	2,042
Premises costs	-	900	900	-
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	724	-	724	250
General administrative costs	5,926	5,245	11,171	1,116
Legal and professional costs	2,160	5,314	7,474	-
	<u>135,816</u>	<u>189,701</u>	<u>325,517</u>	<u>207,231</u>

8 Net (expenditure)/income before transfers

	2023	2022
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	724	250

NOTES TO THE ACCOUNTS

9 Staff costs

	2023	2022
Salaries and wages	254,139	179,871
Social security costs	17,466	17,180
Pension costs	4,860	3,272
	<u>276,465</u>	<u>200,323</u>

No employee received emoluments in excess of £60,000.

10 Tangible fixed assets

	Plant & machinery £	Computer equipment £	Total £
Cost or revaluation			
At 1 January 2023	2,206	1,415	3,621
At 31 December 2023	<u>2,206</u>	<u>1,415</u>	<u>3,621</u>
Depreciation and impairment			
At 1 January 2023	1,003	200	1,203
Depreciation charge for the year	441	283	724
At 31 December 2023	<u>1,444</u>	<u>483</u>	<u>1,927</u>
Net book values			
At 31 December 2023	<u>762</u>	<u>932</u>	<u>1,694</u>
At 31 December 2022	<u>1,203</u>	<u>1,215</u>	<u>2,418</u>

11 Debtors

	2023 £	2022 £
Trade debtors	9,610	-
Other debtors	2,149	2,149
Prepayments and accrued income	8,610	11,555
	<u>20,369</u>	<u>13,704</u>

12 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	29,452	-
Other taxes and social security	9,635	2,735
Other creditors	1,319	830
Accruals	42,579	-
	<u>82,985</u>	<u>3,565</u>

NOTES TO THE ACCOUNTS

13. Movement in funds

	At 1 January 2023	Incoming resources (including other gains/losses) £	Resources expended £	At 31 December 2023 £
Restricted funds				
Restricted income funds:	954	194,404	(189,701)	5,657
Total Restricted funds	954	194,404	(189,701)	5,657
Unrestricted funds				
General funds:	171,383	154,374	(174,965)	150,792
Total unrestricted funds	172,337	348,778	(364,666)	156,449

14. Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Fixed assets	1,694	-	1,694
Net current assets	149,098	5,657	154,755
	150,792	5,657	156,449

15. Reconciliation of net debt

	At 1 January 2023 £	In year movement £	At 31 December 2023 £
Cash and cash equivalents	159,780	57,591	217,371
	159,780	57,591	217,371
Net debt	159,780	57,591	217,371

16. Commitments

Pension commitments

	2023 £	2022 £
The pension cost charge to the company amounted to:	4,860	3,272

17. Related party disclosures

Controlling party

The entity is a charity and has no share capital; instead the charity is controlled by the trustees collectively and therefore no single party is in control of the charity.

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 31 December 2023

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income and endowments from:				
Donations and legacies				
Trusts and foundations	120,104	-	120,104	89,917
Corporate partnerships and volunteers	21,678	150	21,828	-
Individual giving	5,937	-	5,937	-
Community and events	6,655	-	6,655	-
	154,374	150	154,524	89,917
Charitable activities				
Trusts and foundations	-	38,984	38,984	174,184
Corporate partnerships and volunteers	-	70,851	70,851	-
Statutory income	-	84,419	84,419	-
	-	194,254	194,254	174,184
Total income and endowments	154,374	194,404	348,778	264,101
Expenditure on:				
Raising funds				
Trusts and foundations	-	-	-	6,551
Staff wages	39,149	-	39,149	10,999
	39,149	-	39,149	17,550
Charitable activities				
Other expenditure				
Provision of food (containers and meals)	3,515	4,208	7,723	-
Unrestricted costs used for restricted projects	(10,006)	10,006	-	-
	(6,491)	14,214	7,723	-
Employee costs				
Staff wages	113,727	140,412	254,139	179,871
Employer's NIC	6,720	10,746	17,466	17,180
Pension costs	2,356	2,504	4,860	3,272
Staff recruitment	163	1,164	1,327	-
Staff training	1,693	449	2,141	3,149
Staff welfare	1,523	20	1,543	-
Temporary staff	3,026	7,350	10,376	351
	129,207	162,645	291,852	203,823
Motor and travel costs				
Travel and subsistence	4,290	1,383	5,673	2,042
	4,290	1,383	5,673	2,042
Premises costs				
Rent	-	900	900	-
	-	900	900	-

DETAILED STATEMENT OF FINANCIAL ACTIVITIES

General administrative costs, including depreciation and amortisation

Depreciation of Plant & machinery	441	-	441	212
Depreciation of Computer equipment	283	-	283	38
Bank charges	185	88	273	-
Equipment leasing and hire charges	1,005	1,273	2,278	-
General insurances	767	427	1,194	157
Software, IT support and related costs	2,182	2,209	4,391	355
Stationery and printing	108	251	359	-
Subscriptions	532	366	898	228
Sundry expenses	87	129	216	-
Telephone, fax and broadband	1,060	502	1,562	376
	<u>6,650</u>	<u>5,245</u>	<u>11,895</u>	<u>1,366</u>

Legal and professional costs

Accountancy and bookkeeping	1,324	626	1,950	-
Solicitor's fees	500	2,375	2,875	-
Other legal and professional costs	336	2,313	2,649	-
	<u>2,160</u>	<u>5,314</u>	<u>7,474</u>	<u>-</u>

Total of expenditure on charitable activities 135,816 189,701 325,517 207,231

Total expenditure 174,965 189,701 364,666 224,781

Net gains on investments - - - -

Net (expenditure)/income (20,591) 4,703 (15,888) 39,320

Net (expenditure)/income before other gains/(losses) (20,591) 4,703 (15,888) 39,320

Other Gains - - - -

Net movement in funds (20,591) 4,703 (15,888) 39,320

Reconciliation of funds:

Total funds brought forward 171,383 954 172,337 133,017

Total funds carried forward 150,792 5,657 156,449 172,337



FEAST

— With Us —

TRUSTEE'S REPORT AND UNAUDITED ACCOUNTS 2023

FEAST With Us

2A The Quadrant, Epsom, KT17 4RH

020787 10094

info@feastwithus.org.uk

www.feastwithus.org.uk

Registered Charity in England and Wales.

Charity number 1172884





Section A

Independent Examiner's Report

Report to the trustees

Charity Name
FEAST WITH US

On accounts for the year
ended

31 Dec 2023

Charity no
(if any)

1172884

Set out on pages

1-15

(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 31/12/2023

Responsibilities and
basis of report

As the charity's trustees, 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 all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent
examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Chartered Institute of Management Accountants.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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:

Date: 3 Oct 2024

Name:

Andrew Mildner

Relevant professional

CIMA

qualification(s) or body
(if any):

--

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material 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.

--

Accounts

FEAST WITH US

TRUSTEES' ANNUAL REPORT AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2022

**REGISTERED CHARITY
NO. 1172884**





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Detailed Statement of Income and Expenses

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Helen Burgess - Chair (*appointed Mar 2023*)

Hannah Style - Founder & Trustee (*Chair from May 2017 to Sept 2022*)

Simon Style - Treasurer

Tarryn Gorre - Trustee (*appointed Feb 2022*)

Daniel Heller - Trustee (*appointed Aug 2022*)

Anna Prag - Trustee (*appointed May 2023*)

Jane Wilson - Trustee (*appointed May 2023*)

Kara Anderson - Trustee (*resigned Nov 22*)

Senior Personnel

Caroline Monkhouse Flower - CEO (*appointed Mar 2023, previously Chair from Sept 2022 - Mar 2023*)

Charity Number 1172884
Registered Address 2A The Quadrant
Epsom
Surrey
KT17 4RH

Accountants Love Your Accountants Limited (from 3 Mar 2023)
2A The Quadrant
Epsom
Surrey
KT17 4RH

Accountability Solutions Ltd (to 2 Mar 2023)
6 Willow Dene
Bushey Heath
Hertfordshire
WD23 1PS

Bankers Metro Bank
One Southampton Row
London
WC1B 5HA

Website www.feastwithus.org.uk

VISION AND MISSION

OUR VISION: FEEDING & EMPOWERING ALL SUSTAINABLY TOGETHER

OUR MISSION:

1. Improve the nutrition & health of those vulnerable to food poverty & insecurity

Our mission is to empower individuals to make informed choices and improve dietary behaviours by meeting their nutritional needs through regular access to nutritious community meals, aligned with Eatwell Guide recommendations. Further supporting this goal, our 'Healthy Eating on a Budget' programme helps upskill people supporting them on their journey out of food poverty. Additionally, our pioneering research, investigating the nutritional needs of vulnerable individuals, will allow us to make evidence-based dietary programme recommendations to inform food policy-makers.

2. Build community & create opportunities to socialise

We invite people to cook with and for others in inclusive and informal settings, fostering a sense of equality while dining together. Using existing infrastructure and resources, we build and sustain local community partnerships to facilitate social interactions between diverse members of society creating awareness of our services for vulnerable individuals experiencing food poverty providing opportunities and skills training through our 'Healthy Eating on a Budget' programme.

3. Reduce food & packaging waste

Adopting a reduce, reuse, recycle approach to minimise waste in our operations, we source and redirect food surplus to cook nutritious meals with food that would have otherwise ended up in landfill. Additionally, we use recycled, biodegradable food containers for packing our meals delivered to venues for collection.



OUR VALUES:

INCLUSIVE

COLLABORATIVE

EMPATHETIC

EMPOWERING

INNOVATIVE



A MESSAGE FROM THE CHAIR OF THE BOARD OF TRUSTEES

As the Chair of FEAST, I am pleased to present our annual accounts for the year ending 31st December 2022.

Since joining the Board in March 2023, I have been blown away by FEAST and everything it does. Whilst providing regular nutritious meals to people living in food poverty is a core part of our offering, we do so much more. By creating meals from surplus food that otherwise goes to waste, community dining to combat loneliness and break down social barriers, a healthy eating programme to upskill and empower our service users, to pioneering research into the nutritional needs of homeless people, FEAST provides much more than a just a meal.

I am delighted that we were able to provide over 22,000 meals in 2022. It is only through the dedication and hard work of our volunteers, staff, and partner organisations, that this is made possible.

The generous contributions received from our donors have also allowed us to expand our services and reach a wider audience, and we have worked diligently to ensure that every pound donated is utilised effectively to maximise our impact.

On behalf of all Trustees, I would like to thank all of our volunteers, donors and staff for the invaluable contribution to our cause. Together, we can make a lasting impact and bring positive change to the lives of those who need it the most.

With very best wishes,

HELEN BURGESS

CHAIR OF THE BOARD OF TRUSTEES

TRUSTEES' REPORT

The Trustees have pleasure in presenting their report and the financial statements of FEAST With Us Charity ("the Charity" or "FEAST") for the year ended 31 December 2022.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Structure, Governance & Management

Governing Document

The Charity, registration number 1172884, is a Charitable Incorporated Organisation (CIO) registered in England on 7 May 2017. The Charity's objects are the relief of financial hardship and the protection and promotion of health amongst vulnerable adults living in the UK by providing such persons with regular nutritious meals, which they could not otherwise afford through lack of means.



TRUSTEES' REPORT

Appointment of Trustees

The Charity is governed by a Board of Trustees which takes all medium and longer term strategic decisions. Day to day running of the Charity is overseen by the CEO, who was appointed on 20 March 2023, and prior to this date, it was overseen by the Operations Manager. Together the Trustees are responsible for the delivery of the long-term strategy approved by them. The names of the Members of the Board of Trustees are shown on page 3 of this report.

The Treasurer takes the lead on all financial matters, including accounting, banking and management of cash and reserves.

The charity carries out regular skills assessments of Trustees and identifies any gaps that may exist. Steps are taken to recruit new Trustees to fill skill gaps when appropriate. In Q1 2022 we undertook a skills audit of trustees to identify the following gaps:

- Fundraising
- Leadership development
- Operations management
- Volunteering

We recruited two new trustees and a Chair between February and August 2022. All new trustees receive a copy of the Governing Document, the latest Annual Accounts, and induction and are asked to sign a Code of Conduct, which the Board has approved.

Each Trustee is appointed by a resolution at a properly convened Trustee Meeting and will have an initial three-year term of office with the option of renewal for a further term of three years by agreement between the Trustee seeking reappointment and the other Trustees, and a further option of renewal after six consecutive years, by agreement between the Trustee seeking reappointment and the other Trustees. Each Trustee must stand down after they have served for nine consecutive years. They may reapply to join the Board but must have been absent from the board for a minimum of one year before doing so.

Risk Management

The Board and CEO / Operations Manager conduct regular reviews of major risks to which the Charity is exposed and maintain a risk register, which is reviewed monthly. Appropriate policies, systems and procedures are identified to mitigate major risks.

TRUSTEES' REPORT

Strategy & Activities

Key Highlights

We have had another very busy year at FEAST, but we were grateful to be able to start to return to our pre-Covid operating model, as London finally came out of lockdown and restrictions were eased on gathering in public. We reintroduced community dining in many of our partner venues, away from a centralised meal production model. During 2022, as well as expanding our nutritious meal services using surplus food prepared by our chefs and volunteers, we launched new projects to provide longer-term support to people experiencing food poverty.

Expanded meal services – in Q4 we increased our community meals service at MIND in Camden, from one to two days per week, serving lunch to up to 15 residents, and started a new meal delivery service to the London Irish Centre for up to 50 service users per week.

Healthy Eating on a Budget Programme (HEP) – we continued to develop and pilot our interactive food and nutrition education programme. HEP has been designed with and for vulnerable people experiencing food poverty, to gain knowledge, skills, and longer-term nutritional independence. In Q4 we applied for further funding to enable us to roll out the programme to existing and new partners.

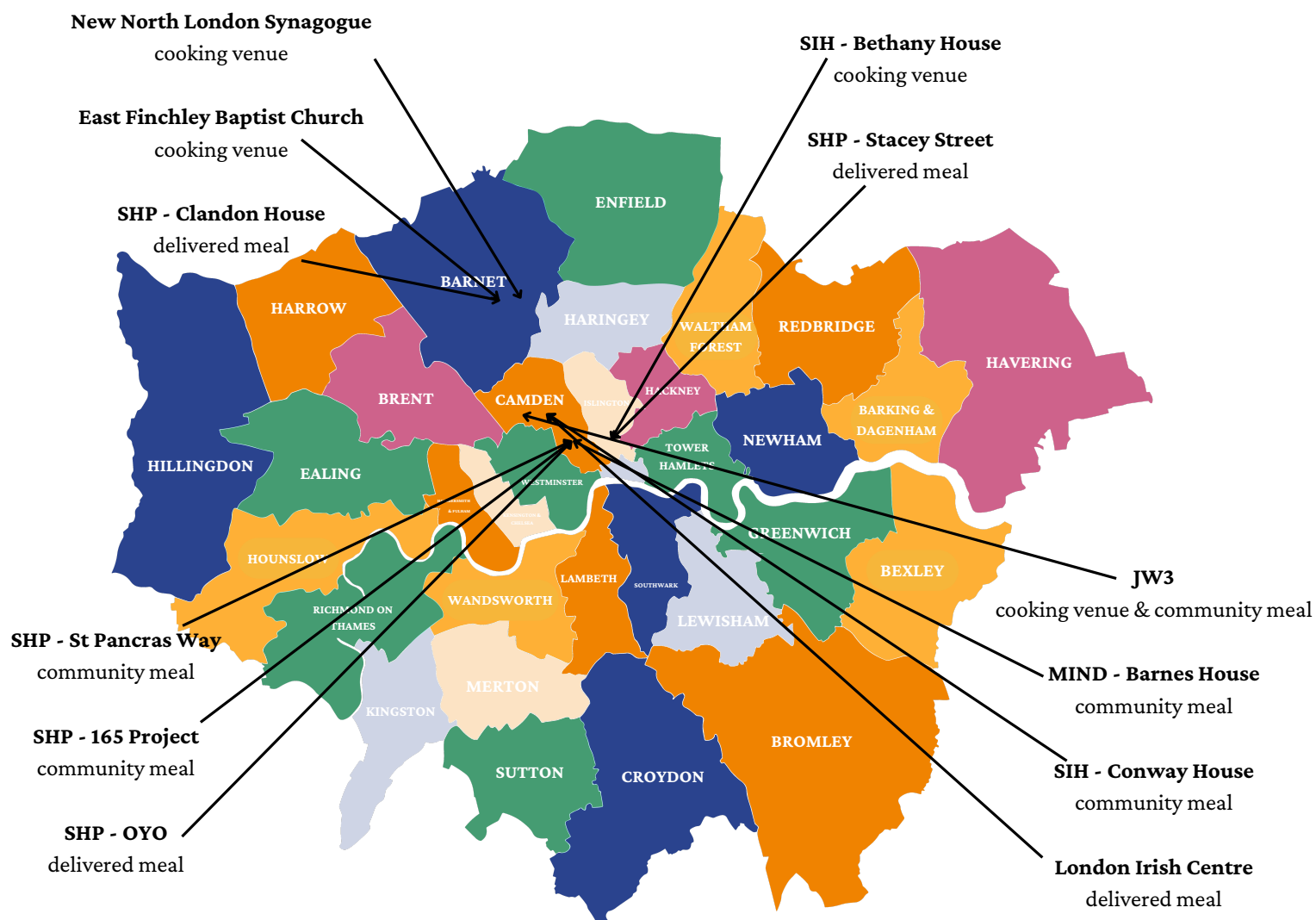
Camden Food Partnership (CFP) – working in partnership with the London Borough of Camden, we coordinate the CFP - a network membership of 40 VCS organisations providing free or low-cost food across the borough; sharing best practice and collaborating on joint initiatives to improve food insecurity and work towards the Camden Food Mission - by 2030 everyone eats well every day with nutritious, affordable and sustainable food.

Clinical nutrition research project – in partnership with UCL we were awarded funding by the British Dietetic Association (BDA) General and Education Trust (GET) Fund to conduct an 18-month cross-sectional study assessing the nutritional status of homeless adults residing in temporary accommodation. This research is much needed to identify dietary health inequalities and solutions to support this disadvantaged population group who are known to experience food insecurity and likely malnutrition.

Awards and recognition – our founder Hannah Style was a runner-up in the British Nutrition Foundation's Drummond Community Award' in recognition of the excellent community work she has achieved through FEAST in supporting healthier eating in vulnerable groups.

PARTNERSHIPS AND SERVICES

By the end of 2022 FEAST was working with eight partners in 12 different venues preparing, serving and delivering nutritious meals to vulnerable individuals experiencing food insecurity.



Key: SIH - Sapphire Independent Housing
SHP - Single Homeless Project

In November 2022, after a series of collaborative workshops involving the Trustees and the operations team, we launched our 2023 strategic objectives and developed an operational work plan:

- Deliver more community meals, more efficiently
- Support more vulnerable groups in the community
- Recruit, develop and retain more volunteers
- Do more than crisis community food provision

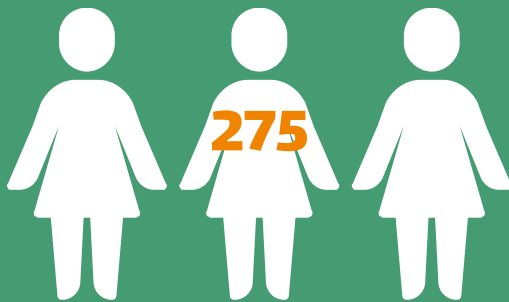
IMPACT



Number of meals provided



Surplus food saved



Number of volunteers



Number of volunteer hours donated*



Number of venues served from and supplied



Jobs created



Volunteer hours equivalent to London Living Wage*

* Recording of volunteer sessions started May 2022. Data collected from May - Dec was used to produce an estimated value for the full year.



Testimonials

"I'm sleeping better, I'm eating better, I'm thinking better, I'm more motivated, [...] I don't know where I'd be today if it wasn't for someone finding me on the street and bringing me here. The stress is lifted. If you'd asked me in October what I was thinking, I would have liked not to see the winter through. Before, I couldn't see a future, but now I can."

- *Brian, FEAST service user.*

"You can make connections with people, it's very gratifying, rewarding; it's a great community for people and it's the diversity aspect that I think is the most important"

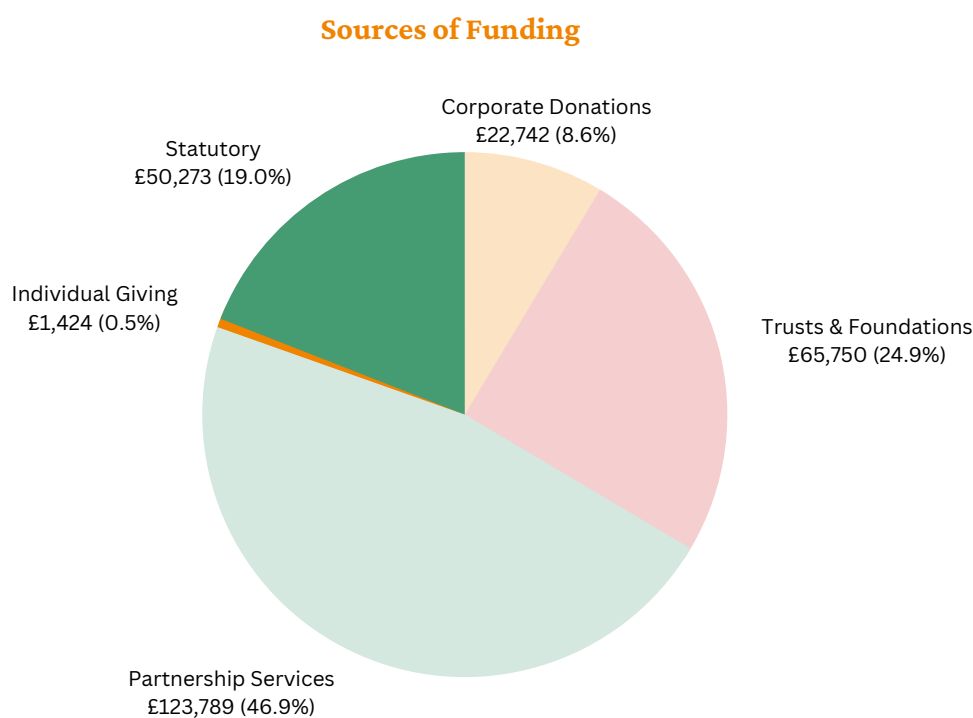
- *Emile, FEAST service user.*

"Most people I volunteer with like Dean the Chef or Demetris seem down to earth and fun to work with [...] that I find helps with mental health"

- *Anonymous, FEAST service user and volunteer.*

FUNDRAISING

In the face of a challenging fundraising environment, throughout 2022 we persevered and achieved remarkable success reaching our highest annual income to date of £264,101. Throughout the year, our fundraising strategy centred on strengthening existing donor and partner relationships, diversifying our income and securing new Trusts & Foundations funding. Emerging from the pandemic, 2022 witnessed a rise in corporate funding through providing volunteer days, offering corporate teams the opportunity to contribute both their time and a donation towards cooking nutritious meals for FEAST's service users. Furthermore, we secured funding from the BDA General and Education Trust Fund to support our pioneering homeless population's nutrition clinical nutrition research project.



KEY SOURCES OF INCOME

Statutory Funding and Partnership Services

Our partnership with Camden Council has continued to flourish and develop significantly, notably in funding and supporting the Camden Food Partnership (CFP). CFP is a network membership of 40 food service providers and VSC organisations from across the borough who meet to share best practice and collaborate on initiatives to work towards the Camden Food Mission, ensuring everyone eats well every day with nutritious, affordable and sustainable food. Camden Council also funded two Camden Resilience Funds to support our operation costs through the pandemic. Our partnership with Single Homeless Project (SHP) continued to grow supporting the delivery of nutritious meals and community dining services across five SHP locations.

Trusts & Foundations and Corporate Support

Collectively 12 Trust & Foundations and Corporates awarded FEAST £88,492 in donations and grants. We would like to sincerely thank the funders and donors below for their generously supporting our work.

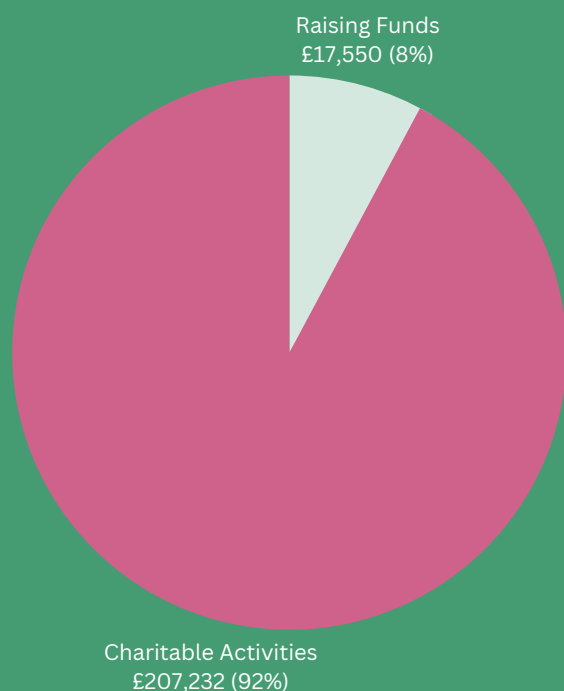
Garfield Weston Foundation
The Forrester Family Trust
The Stewarts Foundation
Camden Giving
Benefact Group - Movement for Good awards
Tesco Community Grants
Sainsbury's
Amazon
Dropbox
Knight Architects Limited

FINANCIAL SUMMARY

We experienced cost increases due to expanding the size of our team to support our growing operational activities, salary increases to alleviate the impact of cost of living rises, and additional food supply costs as surplus food became more difficult to source consistently as a result of increased demand.

Value for Money

From every £1 raised, FEAST spent 92% of our income on charitable activities and 8% on fundraising costs.

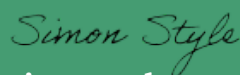


	2022	2021
NUMBER OF MEALS	22,346	41,138
INCOME	£264,101	£261,829
TOTAL COSTS	£224,782	£201,943
TOTAL RESERVES AT Y/E (£)	£172,336	£133,017
TOTAL RESERVES (MONTHS)	8	7

Our reserves policy is to retain total reserves to fund the Charity's core work and delivery of strategic objectives for between six to nine months, based on forecast operating costs.

Trustees' annual report For the year ended 31 December 2021

The trustees' annual report has been approved by the trustees on 13 September 2023 and signed on their behalf by:



Simon Style
Treasurer



Helen Burgess
Chair of the Board of Trustees

Independent Examiners Report on the Accounts

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2022.

Responsibilities and Basis for 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 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.



Jamie Riegall, Accountability Solutions Ltd

3 Ye Corner
Watford
Herts
WD19 4BS



FEAST WITH US

INCOME STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2022

	2022	2021
	£	£
Income	264,101	261,829
Resources Expended	(224,782)	(201,943)
Net movement in funds	<u>39,319</u>	<u>59,886</u>
	<u>39,319</u>	<u>59,886</u>
Total funds carried forward	<u><u>39,319</u></u>	<u><u>59,886</u></u>

FEAST WITH US

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2022

	Notes	2022 £	2021 £
Fixed Assets			
Tangible assets	4	2,418	1,673
Current assets			
Debtors	5	13,704	2,149
Cash at bank and in hand		159,779	139,011
		<u>173,483</u>	<u>141,160</u>
Creditors: amounts falling due within one year	6	(3,565)	(9,816)
Net current assets		<u>169,918</u>	<u>131,344</u>
Net assets		<u>172,336</u>	<u>133,017</u>
Funds			
Other reserves		954	954
Restricted and Unrestricted funds		171,382	132,063
Total funds		<u>172,336</u>	<u>133,017</u>

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Trustees on 13 September 2023:



Helen Burgess, Chair of the Board
Charity No. 1172884



Simon Style, Treasurer

FEAST WITH US

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2022

1 Statutory information

Feast With Us is a Charity registered in England and Wales, registration number 1172884. The principle address is 2A The Quadrant, Epsom, Surrey, KT17 4RH.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

4 Tangible fixed assets	Plant & machinery £	Computer equipment £	Total £
Cost or valuation	At cost	At cost	
At 1 January 2022	2,206	420	2,626
Additions	-	995	995
At 31 December 2022	<u>2,206</u>	<u>1,415</u>	<u>3,621</u>
Depreciation			
At 1 January 2022	791	162	953
Charge for the year	212	38	250
At 31 December 2022	<u>1,003</u>	<u>200</u>	<u>1,203</u>
Net book value			
At 31 December 2022	<u>1,203</u>	<u>1,215</u>	<u>2,418</u>
At 31 December 2021	<u>1,415</u>	<u>258</u>	<u>1,673</u>

FEAST WITH US

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2022

5 Debtors	2022	2021
	£	£
Amounts falling due within one year	11,555	-
Accrued income and prepayments	2,149	2,149
Other debtors	13,704	2,149

6 Creditors: amounts falling due within one year	2022	2021
	£	£
Taxes and social security	3,565	9,816

7 Average number of employees

During the year the average number of employees was 8 (2021: 6).

FEAST WITH US

DETAILED STATEMENT OF INCOME AND EXPENSES FOR THE YEAR ENDED 31 DECEMBER 2022

	2022 £	2021 £
Income	264,101	261,829
Resources Expended		
Purchases	4,183	8,141
Subcontractor costs	-	2,036
Direct Labour	74,086	63,071
Other direct costs	-	1,758
Wages and salaries	137,588	117,133
Staff training and welfare	3,149	4,675
Travel and subsistence	2,042	302
Telephone and fax	376	332
Stationary and printing	51	1,291
Subscriptions	228	-
Bank charges	6	-
Insurance	157	224
Software	304	-
Depreciation	250	295
Advertising and PR	2,362	2,685
	<u>146,513</u>	<u>126,937</u>
Movement in funds	<u>39,319</u>	<u>59,886</u>
Total funds carried forward	<u><u>39,319</u></u>	<u><u>59,886</u></u>

Accounts

FEAST WITH US (CHARITY NO: 1172884) TRUSTEES REPORT

The trustees present their report and accounts for the year to 31 December 2021.

2021 was another phenomenal year for FEAST. While 2020 was extraordinary, where we changed our whole working model due to the pandemic and expanded our growth nearly ten-fold to meet the expanding need for meals, we didn't sit on our laurels in 2021. Instead, we virtually doubled our output again and rolled out more meals to more places and people than ever before.

The key figures for the year are as follows:

	2020	2021
Number of meals	24,778	41,138
Income	£80,051	£261,829
Total Costs	£65,696	£201,943
Direct Costs	£49,272	£121,166
Reserves at y/e	£70,209	£130,390
Reserves (months)	7	7
Direct cost per meal	£1.99	£2.95

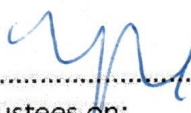
In order to meet the increased demand, we started recruiting professional chefs from the end of 2020. This dramatically increased our 2021 costs as can be seen by the increase in our cost per meal. It also required us to move away from our model of being volunteer led wherever possible but it was necessary to cover certain sites where we had contracts with councils and housing organisations to provide 2 hot meals per day, 7 days a week. Fortunately, we ensured that we would be funded for these commitments and so our income rose in step with the increased costs.

As we grew our operations, we hired more skilled and experienced staff and reorganised our procedures to suit the larger and more professional charity that we have now become. We also cemented our key partnerships particularly with Camden and Haringey councils plus with Single Homeless Project and JW3 where we do much of the cooking and with several surplus food providers.

Towards the end of 2021 we started working closely with various shelters to plan a safe return to the original model of community cooking and eating that is so important to FEAST. Unfortunately, just as we were hoping to restart being together again, the Omicron variant hit us and we had to stick with socially distanced cooking and no communal eating until 2022.

One other important feature of 2021 is that we developed our nutrition education programme and started preparations for the pioneering major research project to be rolled out in 2022.

Signed on behalf of the trustees


.....
Approved by the trustees on: 27/04/2022

**FEAST WITH US
TRUSTEES ANNUAL REPORT AND
ACCOUNTS FOR THE YEAR ENDED 31
DECEMBER 2021**

FEAST WITH US

ANNUAL REPORT AND ACCOUNTS CONTENTS

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**FEAST WITH US
CHARITY INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2021**

Charity Number 1172884

Principle Address 69 Torrington Park
London
N12 9PN

FEAST WITH US (CHARITY NO: 1172884) TRUSTEES REPORT

The trustees present their report and accounts for the year to 31 December 2021.

2021 was another phenomenal year for FEAST. While 2020 was extraordinary, where we changed our whole working model due to the pandemic and expanded our growth nearly ten-fold to meet the expanding need for meals, we didn't sit on our laurels in 2021. Instead, we virtually doubled our output again and rolled out more meals to more places and people than ever before.

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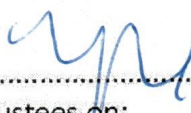
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One other important feature of 2021 is that we developed our nutrition education programme and started preparations for the pioneering major research project to be rolled out in 2022.

Signed on behalf of the trustees


.....
Approved by the trustees on: 27/04/2022

**FEAST WITH US
INCOME STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2021**

	2021	2020
	£	£
Income	261,829	80,051
Resources Expended	(201,943)	(65,696)
Net movement in funds	<u>59,886</u>	<u>14,355</u>
Total unrestricted funds carried forward	<u><u>59,886</u></u>	<u><u>14,355</u></u>

FEAST WITH US
STATEMENT OF FINANCIAL POSITION
AS AT 31 DECEMBER 2021

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	4	1,673	1,968
Current assets			
Debtors	5	2,149	2,149
Cash at bank and in hand		139,011	75,381
		<u>141,160</u>	<u>77,530</u>
Creditors: amounts falling due within one year	6	(9,816)	(6,367)
Net current assets		<u>131,344</u>	<u>71,163</u>
Net assets		<u>133,017</u>	<u>73,131</u>
Funds			
Other reserves		2627	2922
Unrestricted funds		130,390	70,209
Total funds		<u>133,017</u>	<u>73,131</u>

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Signed on behalf of the trustees

.....
 Approved by the trustees on: 27/01/2022

Charity No. 1172884

FEAST WITH US
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2021

1 Statutory information

Feast With Us is a Charity registered in England and Wales, registration number 1172884. The principle address is 69 Torrington Park, London, N12 9PN.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

4 Tangible fixed assets

	Plant & machinery £	Computer equipment £	Total £
Cost or valuation			
At 1 January 2021	2,206	420	2,626
At 31 December 2021	2,206	420	2,626
Depreciation			
At 1 January 2021	541	117	658
Charge for the year	250	45	295
At 31 December 2021	791	162	953
Net book value			
At 31 December 2021	1,415	258	1,673
At 31 December 2020	1,665	303	1,968

5 Debtors: amounts falling due within one year

	2021 £	2020 £
Other debtors	2,149	2,149

FEAST WITH US
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2021

6 Creditors: amounts falling due within one year

	2021	2020
	£	£
Taxes and social security	9,816	1,679
Other creditors	-	4,688
	<u>9,816</u>	<u>6,367</u>

7 Average number of employees

During the year the average number of employees was 6 (2020: 3).



CHARITY COMMISSION
FOR ENGLAND AND WALES

**Independent examiner's report
on the accounts**

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Feast with us

**On accounts for the year
ended**

31st December 2021

**Charity no
(if any)**

1172884

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2021.

**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 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.

Signed:

Date:

27/7/2022

Name:

Jamie Riegal

Address:

3 Ye Corner

Watford Herts

WD19 4BS

FEAST WITH US

England & Wales - Charity number 1172884

Accounts

**FEAST WITH US
TRUSTEES ANNUAL REPORT AND
ACCOUNTS FOR THE YEAR ENDED 31
DECEMBER 2020**

FEAST WITH US

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**FEAST WITH US
CHARITY INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2020**

Charity Number 1172884

Principle Address 69 Torrington Park
London
N12 9PN

FEAST WITH US (CHARITY NO: 1172884) TRUSTEES REPORT

The trustees present their report and accounts for the year to 31 December 2020.

Due to the pandemic 2020 was a momentous year for everyone but for FEAST it was exceptional. When the country locked down on March 23rd we could have paused our activities due to the social nature of volunteers cooking and eating our FEASTs together. Instead, we realised the need for our service was greater than ever and so we changed our processes completely overnight to make them socially safe and quickly obtained status from the councils where we were operating to be deemed an essential service so that we could ramp up our activities.

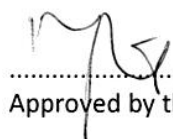
Demand grew rapidly and soon we were in over a dozen sites across four London boroughs. By the end of the year we had made and distributed some 25,000 food parcels, a ten-fold growth over the previous year. The number of volunteers and partners who we worked with, not to mention the number of vulnerable people reached and the amount of surplus food saved from going to waste all increased similarly.

The increase in our charitable activities had a large financial impact. Fortunately we started the year with healthy reserves in our balance sheet. This enabled us to take on extra staff to manage the burgeoning workload as soon as the country went into lockdown. But, as our operating costs grew, we had to start fundraising much more seriously, not an easy task when the world had locked down. Yet here too we were successful, so that by the end of the year our reserves had actually grown in absolute terms.

The key figures are as follows:					
	2019	2020	NOTES		Growth
Number of meals	2,629	24,778	almost tenfold growth		842%
Costs	£24,586	£65,696	mostly necessary extra staffing		167%
Income	£37,722	£80,051	new donors		112%
Reserves at y/e	£56,572	£70,209			24%
Reserves (months)	15	7	new 6 month target since 2020		-53%

Looking ahead, as the world hopefully comes out of lockdown, the need for FEAST's services is not going to diminish. In fact demand is continuing to grow at a great rate so we expect to at least treble the number of meals we make. In addition, we are rolling out a nutrition education programme and, funding permitting, embark on a major research project into malnutrition amongst vulnerable communities. Our final major goal is to return to the community-building ways where the volunteers and participants can cook and eat FEASTs together again.

Signed on behalf of the trustees



Approved by the trustees on: 25/03/2021

FEAST WITH US
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020

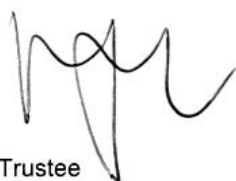
	2020	2019
	£	£
Income	80,051	37,722
Resources Expended	(65,696)	(24,586)
Net movement in funds	14,355	13,136
Total unrestricted funds carried forward	<u>14,355</u>	<u>13,136</u>

FEAST WITH US
STATEMENT OF FINANCIAL POSITION
AS AT 31 DECEMBER 2020

	Notes	2020 £	2019 £
Fixed assets			
Tangible assets	4	1,968	1,250
Current assets			
Debtors	5	2,149	2,149
Cash at bank and in hand		75,381	57,470
		<u>77,530</u>	<u>59,619</u>
Creditors: amounts falling due within one year	6	(6,367)	(2,093)
Net current assets		<u>71,163</u>	<u>57,526</u>
Net assets		<u>73,131</u>	<u>58,776</u>
Funds			
Other reserves		2922	2204
Unrestricted funds		70,209	56,572
Total funds		<u>73,131</u>	<u>58,776</u>

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Trustees on 25th March 2021



Trustee

Charity No. 1172884

FEAST WITH US
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1 Statutory information

Feast With Us is a Charity registered in England and Wales, registration number 1172884. The principle address is 69 Torrington Park, London, N12 9PN.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

4 Tangible fixed assets

	Plant & machinery	Computer equipment	Total
	£	£	£
Cost or valuation			
At 1 January 2020	1,200	420	1,620
Additions	1,006	-	1,006
At 31 December 2020	2,206	420	2,626
Depreciation			
At 1 January 2020	307	63	370
Charge for the year	234	54	288
At 31 December 2020	541	117	658
Net book value			
At 31 December 2020	1,665	303	1,968
At 31 December 2019	893	357	1,250

5 Debtors

	2020	2019
	£	£
Other debtors	2,149	2,149

6 Creditors: amounts falling due within one year

	2020	2019
	£	£
Taxes and social security	1,679	-
Other creditors	4,688	2,093
	6,367	2,093

FEAST WITH US
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2020

7 Average number of employees

During the year the average number of employees was 3.5 (2019: 1).