



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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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

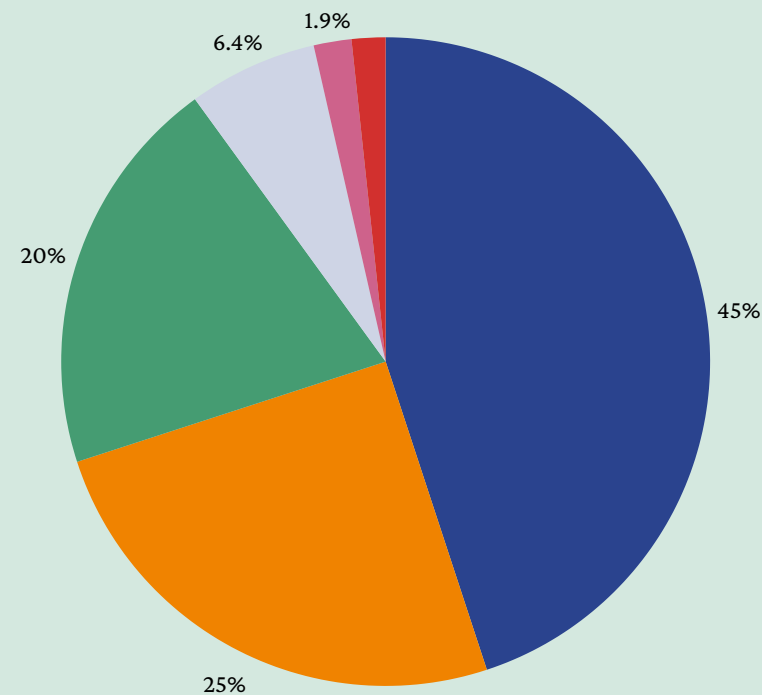
FUNDRAISING

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



- | | |
|----------------------|------------------------------------|
| TRUSTS & FOUNDATIONS | CORPORATE PARTNERSHIPS & DONATIONS |
| STATUTORY | COMMUNITY & EVENTS |
| PARTNERSHIP SERVICES | INDIVIDUAL GIVING |

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
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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
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Total funds carried forward

	<u>150,792</u>	<u>5,657</u>	<u>156,449</u>	<u>172,337</u>
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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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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

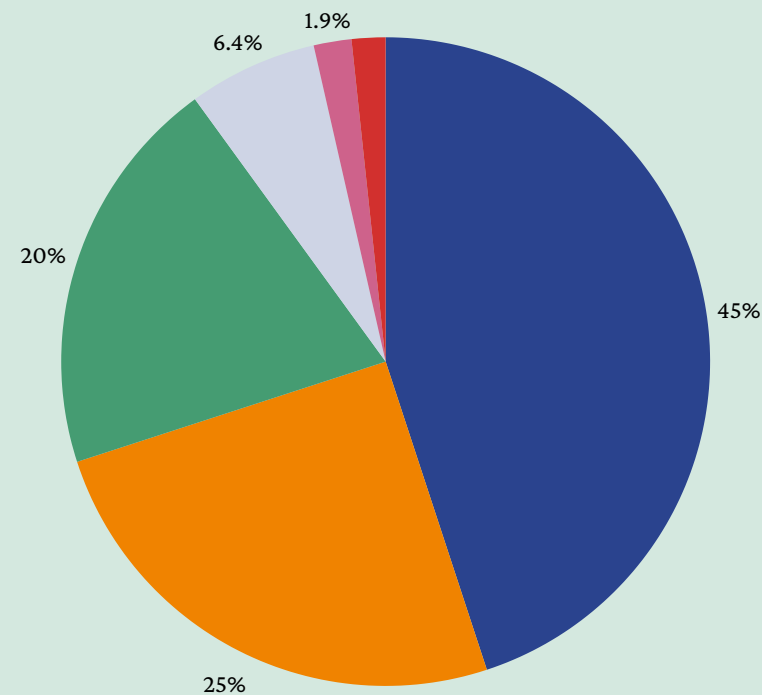
FUNDRAISING

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



- | | |
|----------------------|------------------------------------|
| TRUSTS & FOUNDATIONS | CORPORATE PARTNERSHIPS & DONATIONS |
| STATUTORY | COMMUNITY & EVENTS |
| PARTNERSHIP SERVICES | INDIVIDUAL GIVING |

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	<u>954</u>	<u>194,404</u>	<u>(189,701)</u>	<u>5,657</u>
Unrestricted funds				
General funds:	171,383	154,374	(174,965)	150,792
Total unrestricted funds	<u>172,337</u>	<u>348,778</u>	<u>(364,666)</u>	<u>156,449</u>

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
	<u>150,792</u>	<u>5,657</u>	<u>156,449</u>

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
	<u>159,780</u>	<u>57,591</u>	<u>217,371</u>
Net debt	<u>159,780</u>	<u>57,591</u>	<u>217,371</u>

16. Commitments

Pension commitments

	2023	2022
	£	£
The pension cost charge to the company amounted to:	<u>4,860</u>	<u>3,272</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 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	-
	<u>154,374</u>	<u>150</u>	<u>154,524</u>	<u>89,917</u>
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	-
	<u>-</u>	<u>194,254</u>	<u>194,254</u>	<u>174,184</u>
Total income and endowments	<u>154,374</u>	<u>194,404</u>	<u>348,778</u>	<u>264,101</u>
Expenditure on:				
Raising funds				
Trusts and foundations	-	-	-	6,551
Staff wages	39,149	-	39,149	10,999
	<u>39,149</u>	<u>-</u>	<u>39,149</u>	<u>17,550</u>
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	-	-
	<u>(6,491)</u>	<u>14,214</u>	<u>7,723</u>	<u>-</u>
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
	<u>129,207</u>	<u>162,645</u>	<u>291,852</u>	<u>203,823</u>
Motor and travel costs				
Travel and subsistence	4,290	1,383	5,673	2,042
	<u>4,290</u>	<u>1,383</u>	<u>5,673</u>	<u>2,042</u>
Premises costs				
Rent	-	900	900	-
	<u>-</u>	<u>900</u>	<u>900</u>	<u>-</u>

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.