

PROJECT FOOD

England & Wales · Charity number 1173120

Details

Other names HALFF, HEALTH AND LOCAL FOOD FOR FAMILIES

Status Registered

Legal form CIO

Registered 2017-05-19

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

Contact

Address Axminster Hospital
Chard Street
Axminster
Devon
EX13 5DU

Phone 01297631782

Email info@project-food.org.uk

Website www.project-food.org.uk

Activities

Objects: THE OBJECTS OF THE CIO ARE TO PRESERVE AND PROTECT THE HEALTH OF PEOPLE IN SOUTH WEST ENGLAND IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF APPROPRIATE EDUCATION ON HEALTHY EATING, COOKING AND OTHER RELEVANT SKILLS. NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE.

Activities: Project Food aims to support people living in poverty to eat a nutritious diet irrespective of their income, so that they can enjoy better physical and mental health. We help people to develop the skills and confidence they need to prepare nutritious food for the future. We focus on resilience, supporting people to develop ways to eat that fit in to their lives and support their health.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** IN SOUTH WEST ENGLAND
- Devon
- Dorset
- Somerset

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£163,888	£150,416	-	-
2024-03-31	£133,992	£116,345	-	-
2023-03-31	£95,976	£103,187	-	-
2022-03-31	£106,034	£114,897	-	-
2021-03-31	£154,421	£143,898	-	-

Trustees

Name	Role	Appointed
Roger John Trapani	Chair	2024-07-25
Gordon Stewart Dodd		2021-05-14
Jess Morency		2023-12-07
Rachael Kay Leach		2026-06-09
Sarah Caroline Birnie		2023-07-17
Vivienne Patricia Mowatt		2025-06-10

PROJECT FOOD

England & Wales - Charity number 1173120

Accounts

Charity number: 1173120

PROJECT FOOD CIO

ANNUAL REPORT AND RECEIPT AND PAYMENT ACCOUNTS

YEAR ENDED 31 MARCH 2025



PROJECT FOOD CIO

CONTENTS

	Page
Reference and administrative details	1
Trustees' report	2 - 6
Independent examiner's report	7
Receipt and payments	8
Statement of assets and liabilities	9

PROJECT FOOD CIO

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2025

Trustees

R Trapani (Chair of Trustees) - Appointed 25 July 2024

V Mowatt - Appointed 10 June 2025

J Morency

S Birnie

A de Ferranti

G Dodd

Charity registered number

1173120

Principal office

Axminster Hospital

Chard Street

Axminster

Devon

EX13 5DU

Accountants

Griffin

Chartered Accountants

Courtenay House

Pynes Hill

Exeter

EX2 5AZ

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

Introduction from the Chair

I have now been Chair of the Board of Trustees for a little over a year. During that time, the dedication of everyone involved (both volunteers and staff) has been striking. I have been so impressed by how much everyone wants to make a difference to the lives of people with particular needs when it comes to good health and food.

I took over an already well-governed charity whose trustees have excellent 'lived experience' in areas relevant to our work. These include having personal experience with people who've known both food insecurity and those who've had to make significant changes to diet due to ill health. Food affects us all, in so many ways.

In 2024 we developed a more targeted strategy for the charity, which prioritises working with those who are at risk of diet related illness; concentrating on children, young people and their families who are on low incomes. This is already beginning to show concrete returns. In 24/25 we partnered with more than 60 local organisations, many of whom responded to our more targeted messaging and were delighted to refer clients to us.

In terms of the Trustee Board, our aim now is to further increase its diversity. In order to achieve this, we have developed a recruitment strategy which aims to increase involvement from current and former beneficiaries of our services, as we feel that they will bring a unique, and extremely valuable perspective regarding how we run the organisation. We are also looking to find volunteers who can help us with one-off tasks. For instance, someone with experience within the NHS regarding schemes (and possible funding) that align with our work; e.g. regarding type 2 diabetes. Locally, we are becoming an important add-on service to doctors' surgeries and NHS clinics, and we would like to continue to maximise our impact.

As a charity we are embracing the opportunities that new technologies provide, working to reduce our operating costs without losing the personal touch. Examples of this include using AI to design proformas, which can be quickly adapted to different needs, and avoids us continually reinventing the wheel - particularly regarding admin. There are many valid concerns regarding AI but it can also bring significant benefits, and we need to ensure that we exploit this to its full.

The current economic climate presents significant challenges, not just for our beneficiaries but also when it comes to Project Food's operating costs. AI is making the funding arena ever more competitive and an increase in applications means that even well-established charities like Project Food have never before seen such a reduction in available grants.

We are fortunate to have not just competent, dedicated staff but also volunteers without whom Project Food could simply not function. I wish to take this opportunity to thank each and everyone of them for their valued service.

It is extremely rewarding to work with people who are so dedicated to serving others. The work is truly fascinating and I feel myself to be as much a beneficiary of the charity as others, for it is so good to be involved and make a small difference to such a worthwhile cause.

Roger Trapani
Roger Trapani
Chair of Trustees, Project Food

09/12/2025

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

Who we are

Project Food works in small towns across East Devon and South Somerset, focusing on neighbourhoods that face the greatest local challenges. We believe that everyone deserves access to nutritious food, no matter their income or background.

Our mission is simple:

To help people eat better so they can feel better – both physically, mentally, and emotionally.

We prioritise working with those who are at risk of diet-related illness, concentrating on children, young people and their families who are on low incomes.

Why our work matters

Poor diets are linked to serious health problems – from obesity and diabetes to heart disease and poor mental health.

In Devon, the difference in healthy life expectancy between the most and least affluent areas is 13 years.

Children who are overweight or obese are more likely to:

- Be bullied
- Miss school
- Struggle with mental health
- Achieve lower grades

We believe that good food should be for everyone – not just those who can afford it.

What we do

We build communities around food

- We run group cooking classes to share skills and build confidence
- We help people develop healthier habits and increase resilience
- We create free, nutritious meals for those most in need

We provide tailored support

- We work 1:1 with individuals to boost confidence and motivation
- We design bespoke courses for people with specific health needs
- We offer recipe boxes with easy-to-follow instructions to encourage home cooking

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

Our impact in numbers (April 2024 – March 2025)

People supported

- 813 individuals, including 216 children

Sessions delivered (total: 122)

- Cooking with Confidence (Axminster & Seaton): 25
- Good Grub Club (Chard): 8
- 1:1 Support (Axminster & Ottery St Mary): 38
- Cooking with Kids/ Make and Munch (East Devon): 22
- Energy Efficient Cooking (Chard): 11
- Boss the Kitchen (Axe Valley Academy): 18

Volunteers

- 53 volunteers gave 756 hours of their time

Food Support

- 1,129 fruit & veg bags distributed
- 1,451 homemade ready meals provided
- 242 recipe boxes given to families on free school meals

Working together

We partnered with more than 60 organisations, many of whom actively refer people to us or work alongside us to deliver support.

Real results

Cooking with Kids

The course is designed to support families in developing the skills and confidence to cook nutritious meals, improve their diets, and build stronger relationships both within their households and with others in their community. It is particularly aimed at families on very low incomes, including those eligible for Free School Meals, and those facing additional challenges such as children with special educational needs, including autism, learning difficulties, or visual impairments. The course provides a welcoming and inclusive environment where families can learn together, make new friends, and gain practical tools to support healthier, more connected lives. Each course helps around 6 families and runs for 6 weeks.

In Littleham, Exmouth the impact was as follows:

- 100% improved family eating habits
- 60% increased fruit & veg intake
- 80% reduced fast food/takeaway consumption
- 100% now cook more meals from scratch
- 100% improved knowledge of healthy foods

In Axminster, after 6 weeks, participants showed big improvements in:

- Cooking confidence
- Kitchen safety
- Using new ingredients
- Following recipes
- Cooking techniques

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

What the parents said:

- o "I never normally put any veg in the fajitas as I thought my daughter wouldn't like it – but she does"
- o "I didn't know you could use really old bananas for cake, we always used to throw them away"
- o "I've never tried a lentil before, it's quite good"
- o "Will definitely make this again"

What other people say

"Receiving your newsletters has encouraged me to understand more about healthy eating, how to prepare and cook food and how to avoid waste."

Linda, Seaton

"These boxes have been a godsend... I'm getting so much more confident with shopping for ingredients now."

Recipe Box recipient, Axminster

Case Study

Meet Charlie – a creative 24-year-old with FASD (Fetal Alcohol Spectrum Disorder) who was referred to Project Food by the mental health group Headlight.

Charlie wanted to learn to cook for his friends and build confidence in the kitchen.

What happened:

- Charlie joined six 1:1 cooking sessions with volunteer Sam
- He learned new skills, tried new foods, and began to make meals for himself at home
- The culmination of his sessions saw him host a pizza-making workshop for his peer group - his personal goal!

"Thank you, Project Food was really fun and I think it helped me a lot!"

Charlie

"It was lovely to see how happy and confident he was today... We've seen a big increase in his confidence."

Lola, Headlight Support Worker

This is a brilliant example of how community partnerships – between Project Food, Headlight, and Action East Devon – can empower young people and help them thrive.

John's story

John is in his 60s and lives in Axminster. Not long ago he was diagnosed with type 2 diabetes, and shortly afterwards he lost his wife. She had always done the cooking, and suddenly John found himself not only grieving, but completely adrift. He didn't know where to start when it came to food, let alone how to manage a health condition that felt overwhelming.

After many years of marriage, John was heartbroken - but also completely lost. He had never cooked a meal in his life. Suddenly, he was trying to manage the house and figure out how to look after himself too. It was a difficult and steep emotional learning curve. He wanted to take control of his health, to understand what diabetes really meant, and learn how food could help him feel better. But he needed support – that was gentle, practical, and non-judgemental.

That's where Project Food came in. Through our welcoming, diabetes-friendly cooking sessions John began to build confidence. He learned which foods to choose, how to cook simple meals, and how to make small changes that all add up. He started eating more fruit and vegetables and, finally, he began to feel more in control.

"A huge thank you for caring."

"I am leaving with a much better understanding"

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2025

Financial Review:

During the year, the charity received total income of £163,888 and had total costs of £150,416 giving a surplus of £13,472. The charity had budgeted to break even and has outperformed the budget. This leaves the charity in a relatively strong financial position and will enable additional project work to be undertaken over the course of the next financial year.

Reserves policy:

The trustees are satisfied that the level of cash funds as shown on the Statement of Assets and Liabilities are adequate to cover known and anticipated costs in the short term. Trustees review the needs of the charity on a regular basis and aim to maintain at least six months of operating costs within the charity's reserves. However, this is not always possible as the charity is dependent upon donation and grant income. As a minimum, cash funds of £12,000 will be kept to cover mandatory redundancy payments for staff and funds required to cover long term agreements. On 31 March 2025, the Trust is holding £52,896 of unrestricted cash funds, which is adequate to meet this policy.

The report was approved by the trustees on 09/12/2025 and signed on its behalf by:

Roger Trapani

R Trapani

PROJECT FOOD CIO
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2025

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PROJECT FOOD CIO.

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2025 which are set out on pages 7 and 8.

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 charity's accounts carried out under section 145 of the 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

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records ; or
3. the accounts do 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:



Dated: 10/12/25

Laura Waycott FCA
Griffin
Chartered Accountants
Courtenay House
Pynes Hill
Exeter
EX2 5AZ

PROJECT FOOD CIO

RECEIPTS AND PAYMENTS

FOR THE YEAR ENDED 31 MARCH 2025

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	<i>Total funds 2024 £</i>
Receipts				
Donations	8,103	-	8,103	8,666
Grants	4,666	141,242	145,908	116,558
Shop Income	274	-	274	815
Fundraising events	9,379	-	9,379	7,740
Interest received	224	-	224	213
TOTAL RECEIPTS	<u>22,646</u>	<u>141,242</u>	<u>163,888</u>	<u>133,992</u>
Payments				
Purchases - shop stock	-	-	-	222
Staff costs	21,021	84,858	105,879	82,421
Establishment costs	-	4,091	4,091	1,342
Project room hire	-	1,344	1,344	920
Learning materials	170	5,753	5,923	5,735
Food	23	15,031	15,054	12,093
Office and cooking equipment costs	-	3,029	3,029	1,671
Training, recruitment and travel	83	3,842	3,925	5,168
Project publicity and fundraising	3,740	146	3,886	1,758
Insurance	-	1,201	1,201	1,315
Independent examination fees	1,260	-	1,260	1,200
Farm activities	-	824	824	-
Consultancy	-	4,000	4,000	2,500
TOTAL PAYMENTS	<u>26,297</u>	<u>124,119</u>	<u>150,416</u>	<u>116,345</u>
SURPLUS/(DEFICIT) FOR THE YEAR	<u>- 3,651</u>	<u>17,123</u>	<u>13,472</u>	<u>17,647</u>

PROJECT FOOD CIO
STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 MARCH 2025

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Cash funds				
Bank accounts	52,694	52,847	105,541	92,257
Petty cash	202		202	14
TOTAL ASSETS	52,896	52,847	105,743	92,271

The accounts were approved by the Trustees on 09/12/2025 and signed on their behalf by:

Roger Trapani

R Trapani

SIGNATURE CERTIFICATE



REFERENCE NUMBER

6ABCA2BA-979B-4964-8653-3D21E7B3FDF2

TRANSACTION DETAILS

Reference Number

6ABCA2BA-979B-4964-8653-3D21E7B3FDF2

Transaction Type

Signature Request

Sent At

11/28/2025 05:18:39 AM EST

Executed At

12/09/2025 02:05:35 PM EST

Identity Method

email

Distribution Method

email

Signed Checksum

af77eecbf0080ea33394cced07b6bc8de62d8c61338861b35d05c8dda0e82b0d

Signer Sequencing

Disabled

Document Passcode

Disabled

DOCUMENT DETAILS

Document Name

Project Food CIO - Full accounts

Filename

Project_Food_CIO_-_Full_accounts.pdf

Pages

11 pages

Content Type

application/pdf

File Size

421 KB

Original Checksum

fe05da8167ba1d6894348fc32ddad4d0ed2cea45aaec6a7e50d9d0ae97456bd7

SIGNERS

SIGNER	E-SIGNATURE	EVENTS
<p>Name Roger Trapani</p> <p>Email tiggy@project-food.org.uk</p> <p>Components 6</p>	<p>Status signed</p> <p>Multi-factor Digital Fingerprint Checksum 4f53cda18c2baa0c0354bb5f9a3ecbe5ed12ab4d8e11ba873c2f11161202b945</p> <p>IP Address 86.165.165.18</p> <p>Device Firefox via Windows</p> <p>Typed Signature </p> <p>Signature Reference ID 2268E750</p> <p>Typed Signature </p> <p>Signature Reference ID CB9233C2</p> <p>Typed Signature </p> <p>Signature Reference ID 30C7E860</p>	<p>Viewed At 12/09/2025 12:58:33 PM EST</p> <p>Identity Authenticated At 12/09/2025 02:05:35 PM EST</p> <p>Signed At 12/09/2025 02:05:35 PM EST</p>

AUDITS

TIMESTAMP	AUDIT
11/28/2025 05:18:39 AM EST	Team Griffin (office@griffinaccountancy.co.uk) created document 'Project_Food_CIO_-_Full_accounts.pdf' on Chrome via Windows from 185.253.179.97.
11/28/2025 05:18:39 AM EST	Roger Trapani (tiggy@project-food.org.uk) was emailed a link to sign.
12/09/2025 08:47:54 AM EST	Roger Trapani (tiggy@project-food.org.uk) viewed the document on Firefox via Windows from 86.188.71.26.
12/09/2025 12:58:33 PM EST	Roger Trapani (tiggy@project-food.org.uk) viewed the document on Firefox via Windows from 86.165.165.18.
12/09/2025 02:05:35 PM EST	Roger Trapani (tiggy@project-food.org.uk) authenticated via email on Firefox via Windows from 86.165.165.18.
12/09/2025 02:05:35 PM EST	Roger Trapani (tiggy@project-food.org.uk) signed the document on Firefox via Windows from 86.165.165.18.

PROJECT FOOD

England & Wales - Charity number 1173120

Accounts

PROJECT FOOD CIO

ANNUAL REPORT AND RECEIPT AND PAYMENT ACCOUNTS

YEAR ENDED 31 MARCH 2024



PROJECT FOOD CIO

CONTENTS

	Page
Reference and administrative details	1
Trustees' report	2 - 6
Independent examiner's report	7
Receipt and payments	8
Statement of assets and liabilities	9

PROJECT FOOD CIO

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2024

Trustees

R Trapani (Chair of Trustees) Appointed 25 July 2024
G Dodd (Chair of Trustees until 24 July 2024)
S Birnie - Appointed 17 July 2023
S Cockayne - Appointed 3 July 2023
A de Ferranti - Appointed 30 June 2023
J Thompson - Appointed 7 December 2023
S Banks - Resigned 17 September
J Sage - Resigned 18 September 2023

Charity registered number

1173120

Principal office

Axminster Hospital
Chard Street
Axminster
Devon
EX13 5DU

Accountants

Griffin
Chartered Accountants
Courtenay House
Pynes Hill
Exeter
EX2 5AZ

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

Trustees Report

From our Chair of Trustees

I have had the immense pleasure of being the Chair of Trustees for Project Food since January 2023. I first got involved with the charity during lockdown, when the team and I at River Cottage decided we wanted to support a local charity. We began by donating ready-prepared meals to Project Food's clients (one for each one we sold locally), meaning that when Tiggy (Victoria) subsequently asked me to join the Board of Trustees, I knew that Project Food's mission was one I really believed in.

Over the last year, Project Food has made significant advances, both in terms of the number of people it reached and, from an internal point of view, working to refocus and clarify its strategies. There is an increased sense of dynamism and purpose, not least in the office, where our already brilliant team of two, Kerry Morgan and Hannah Smart were joined in March by our new administrator, Clive Bradley. His presence is already making a significant difference, allowing Kerry and Hannah the time to do the roles in which they excel.

We now have separate committees for Fundraising, Strategy and Finance, Governance and People, giving each area much more of a focus. Closing the shop in Axminster was a difficult decision, but ultimately the right one, however increasing our visibility (both locally and on a county-scale) is something we know we must continue to work on.

In 2023, we made another key decision: to open a second kitchen in Ottery St Mary. This will be fully operational in October 24, and not only will it double the impact we have, in terms of the people we can help, but it will mean we're now operating in the heart of Devon, rather than on its outskirts. Again this is something we hope will increase both our visibility and levels of support; particularly regarding local councils. Having two kitchens also means we'll have back up should one of them fail – thus spreading our risk. We continue to be immensely grateful to NHS Property Services for letting their former kitchen premises in Axminster Hospital to us – a generous gesture that we aim to continually repay by targeting some of those in the local population who are suffering from ill-health.

My role as Chair was only ever meant to be temporary (despite it lasting 18 months); meaning I am delighted to welcome our new permanent chair, Roger Trapani to the role. Roger brings with him a wealth of relevant experience, having worked within the Charitable Sector for 30 plus years where he has Chaired several Trustee Boards, including representing Citizens Advice Bureau at both Regional and National level. He also spent 10 years as a public/patient representative with the Devon Clinical Commissioning Group in various forums. He's also a man who's happy to ask challenging questions, as well as having inspiring levels of energy and commitment. Meaning that we couldn't ask for a better Chair, and welcome him on board.

I very much look forward to seeing the impact Project Food continues to make, and it's a pleasure to have been its Chair. As one of our volunteers, Rachel so aptly put it. 'Project Food is the crème de la crème. You don't just do one bit, you do it all.' Knowing the fundamental importance of healthy, nutritious food, I couldn't agree more.

Stewart Dodd

August 2024

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

A Year in Review

During 2023/4 Project Food has worked with a record number of people. These include families on low incomes; people with diet-related conditions; individuals struggling with their mental health; young people at local schools. All have benefited from projects such as hands-on cookery sessions, or being able to feed themselves and their families through our recipe box schemes and fruit and veg bags.

The continuing support of our funders, volunteers and partners means that we've been able to help more than 600 individuals; many on an ongoing basis – thus making a fundamental and lasting difference to their lives.

What our beneficiaries say:

Alison* has been participating in our Cooking with Confidence course in Axminster.

'It has been baby steps but I am now much more confident in following a recipe. Annie was extremely helpful and non-judgemental and would help me where needed. I can't wait to try out some of the dishes on my own. If you get the chance, grab this opportunity with both hands. You'll be so glad that you did. Project Food are so caring and supporting and will help you with your eating problems. So don't be afraid to take the next step.'

Lisa* was a member of our Good Grub Club, where participants cook their own lunch with their children, then take home a free recipe bag (including the recipe and necessary ingredients to repeat the meal at home on their own).

'It has helped me gain confidence in cooking, and my whole family now plans meals and is learning how to budget.'

Brian* receives our regular newsletters.

'I look forward to receiving the newsletter and always learn something new. It's very informative and makes me aware of the right nutrition, keeping healthy, what foods to buy, how to prepare them, different recipes, ways of cooking, and tips for using up food. Plus storing food and saving money. Thank you.'

* names have been changed

What our partners say:

Community Enabler at 'Reaching for Independence'

'Each week my client grew in confidence until she was able to get to a point where she felt able to make the recipes on her own. Over the course of the weeks, she also started to think about other healthy options she could try. Without the recipe boxes it would have been difficult for her to learn these new skills. It gave her the tools and opportunities to explore what meals can be made on a budget, that were also healthy and aided her mental wellbeing.'

PROJECT FOOD CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

What our volunteers say:

Rachel:

'Project food is the crème de la crème. You don't just do one bit, you do it all.'

Jane:

"Working with Project Food has made me realise that food poverty is rife in Devon – both in terms of the types of food people eat, and their understanding of the potential life-changing benefits of good nutrition. Moreover, it's a kind of poverty that, unless you make it your mission to address it, it's something you simply don't see. I am delighted to volunteer with an organisation that has this mission, and education, at its heart – therefore making a long-term difference to so many people locally."

The Numbers

- o 673 individuals supported, including 108 children
- o 957 free fruit and veg bags handed out (many of them personally delivered, thus also providing important human interaction for many of our clients)
- o 1,168 healthy, frozen ready meals supplied to families and individuals
- o 263 recipe boxes distributed
- o 97 sessions, ranging from Good Grub Club for families to cooking classes for older people who live alone
- o Working with 35 volunteers

The Stats

- o 90% of adults attending our hands-on cooking sessions said they felt motivated to eat a healthier diet as a result
- o 88% of children reported (via their parents) an increase in confidence in the kitchen following attendance at our sessions
- o 100% of those receiving recipe boxes reported that they cook more at home as a result of the support from Project Food
- o 90% of people who receive our newsletter say it helps them feel better supported, more motivated and has resulted in them eating a better diet

Organisations we've partnered with

Abri Homes; Axe Valley Community College; Axminster Medical Practice; Axminster Primary School; Avishayes Primary School in Chard; Christians Against Poverty; Curry Rivel Foodbank; Devon Community Foundation; Reaching for Independence Team, Devon County Council; East Devon District Council; EX5 Alive; Holyrood Academy; Lower Hewood Farm; Manor Court Primary School in Chard; NHS England, Honiton Mental Health Support Team; Nourish; Restore, Seaton; Sidmouth Salvation Army

PROJECT FOOD CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2024

Emily

Emily is a dedicated lone parent, aged 25 living with her two young children in Somerset. In her words, 'I just want to give my two children the best life I can.' She joined our Chard cooking group, Good Grub Club, wanting to improve her kitchen skills and learn how to cook healthy, reasonably priced meals from scratch. Her very limited budget meant she faced significant challenges in creating meals at home that were nutritious, simple and economical; and also well received by her children!

Our Good Grub Club (cooking sessions, plus a recipe bag to take home) was an ideal opportunity for Emily to learn new skills and knowledge regarding cooking healthily on a budget. Our team of 'calm and supportive' staff and volunteers were able to help her feel confident in her abilities, supporting her in gaining the motivation to start cooking for herself and her children at home. The club also fosters a supportive community, where she was able to share experiences and tips with other parents facing similar challenges.

Emily now regularly cooks her meals from scratch and is finding that she is better able to work within her limited budget, whilst providing her children with the nutritious and delicious food they need.

'Project Food has helped me in more ways than I could imagine, and I would recommend them to anyone in the same situation.'

We've run the following activities:

- o Axe Valley Alternative Timetable: a weekly cooking group for pupils in a local secondary school who have low school attendance records
- o Cooking with Confidence: monthly cooking demos for people struggling with diet-related medical conditions in Chard and Axminster
- o Cooking Made Easy: monthly cooking demos for people struggling with diet-related medical conditions in Seaton
- o Good Grub Club: holiday cooking group for families on low incomes in Chard
- o Food and Mood on the Farm: a cooking and food growing group for individuals struggling with their mental health
- o Food Fuel and More: recipe boxes distributed, and cooking classes held across East Devon
- o Kids' Kitchen: cooking group for children with SEND, held in Axminster
- o Make & Munch: hands-on cooking sessions for parents and children living in food poverty, held in Cranbrook and Sidmouth
- o 1:1 cooking with a range of individuals with different needs living across East Devon

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2024

FINANCIAL REVIEW

During the year, the charity received total income of £133,992 and had total costs of £116,345 giving a surplus of £17,647. The charity had budgeted to break even and has outperformed the budget. This leaves the charity in a relatively strong financial position and will enable additional project work to be undertaken over the course of the next financial year.

Reserves policy

The trustees are satisfied that the level of cash funds as shown on the Statement of Assets and Liabilities are adequate to cover known and anticipated costs in the short term.

Trustees review the needs of the charity on a regular basis and aim to maintain at least six months of operating costs within the charity's reserves. However, this is not always possible as the charity is dependent upon donation and grant income. As a minimum, cash funds of £12,000 will be kept to cover mandatory redundancy payments for staff and funds required to cover long term agreements. On 31 March 2024, the Trust is holding £56,547 of unrestricted cash funds, which is adequate to meet this policy.

The report was approved by the trustees on 5.12.24 and signed on its behalf by:



G. Dodd

PROJECT FOOD CIO

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2024

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PROJECT FOOD CIO.

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2024 which are set out on pages 7 and 8.

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 charity's accounts carried out under section 145 of the 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

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records ; or
3. the accounts do 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:



Dated: 16/12/24

Laura Waycott FCA
Griffin
Chartered Accountants
Courtenay House
Pynes Hill
Exeter
EX2 5AZ

PROJECT FOOD CIO

**RECEIPTS AND PAYMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	<i>Total funds 2023 £</i>
Receipts				
Donations	8,666	-	8,666	11,800
Grants	4,964	111,594	116,558	81,237
The Food Hub Shop Sales	815	-	815	2,454
Fundraising events	7,740	-	7,740	329
Interest received	213	-	213	156
TOTAL RECEIPTS	22,398	111,594	133,992	95,976
Payments				
Purchases - shop stock	-	222	222	710
Staff costs	18,934	63,487	82,421	71,841
Establishment costs	116	1,226	1,342	1,045
Project room hire	-	920	920	525
Learning materials	580	5,155	5,735	5,489
Food	511	11,582	12,093	13,202
Office and cooking equipment costs	22	1,649	1,671	808
Training, recruitment and travel	262	4,906	5,168	3,481
Project publicity and fundraising	1,670	88	1,758	1,699
Bank fees	-	-	-	31
Postage	-	-	-	825
Insurance	-	1,315	1,315	774
Independent examination fees	1,200	-	1,200	1,134
Activity	-	-	-	523
Consultancy	-	2,500	2,500	1,100
TOTAL PAYMENTS	23,295	93,050	116,345	103,187
SURPLUS/(DEFICIT) FOR THE YEAR	(897)	18,544	17,647	(7,211)

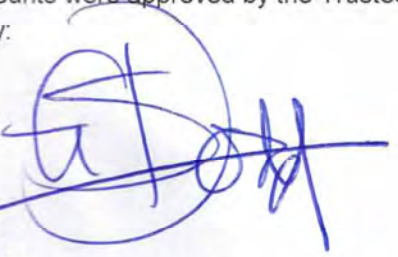
PROJECT FOOD CIO

STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 MARCH 2024

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Cash funds				
Bank accounts	56,533	35,724	92,257	74,532
Petty cash	14	-	14	92
TOTAL ASSETS	<u>56,547</u>	<u>35,724</u>	<u>92,271</u>	<u>74,624</u>

The accounts were approved by the Trustees on 5.12.24 and signed on their behalf by:

G Dodd



PROJECT FOOD

England & Wales - Charity number 1173120

Accounts

Charity number: 1173120

PROJECT FOOD CIO

ANNUAL REPORT AND RECEIPT AND PAYMENT ACCOUNTS

YEAR ENDED 31 MARCH 2023



PROJECT FOOD CIO

CONTENTS

	Page
Reference and administrative details	1
Trustees' report	2 - 7
Independent examiner's report	8
Receipt and payments	9
Statement of assets and liabilities	10

PROJECT FOOD CIO

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2023

Trustees

G Dodd (Chair of Trustees)
S Birnie - Appointed 17 July 2023
S Cockayne - Appointed 3 July 2023
A de Ferranti - Appointed 30 June 2023
J Thompson - Appointed 7 December 2023
S Banks
J Sage - Resigned 18 September 2023
H Creed - Resigned 13 March 2023
K Cockerell - Resigned 16 January 2023
C Jefferies - Resigned 16 January 2023

Charity registered number

1173120

Principal office

Axminster Hospital
Chard Street
Axminster
Devon
EX13 5DU

Accountants

Griffin
Chartered Accountants
Courtenay House
Pynes Hill
Exeter
EX2 5AZ

PROJECT FOOD CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

Project Food is a charitable incorporated organisation governed by its constitution dated 3rd April 2017 and amended on 2nd June 2020.

Method of appointment or election of trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

OBJECTIVES AND ACTIVITIES

- The objects of the CIO are to preserve and protect the health of the people and of the environment in South West England, in particular, but not exclusively
- by the provision of appropriate education on healthy eating, cooking and other relevant skills, and,
 - by promoting and improving the knowledge of sustainable development, in particular, but not exclusively, sustainable food production and distribution.

PROJECT FOOD CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

From our Chair of Trustees

For the last 17 years, Project Food has been privileged to support people living in food poverty in our local area, not just by providing them with healthy food but also by helping them to acquire the skills and confidence to provide healthy food for themselves. Sadly the wider economic climate has made life harder, rather than easier, than it was at our inception - not only for our beneficiaries but also for the charity itself. Despite that, our work with all age groups continues to make a real difference to the mental and physical health of those most in need in our community.

This year we waved a grateful farewell to three of our longstanding trustees, but also extended a warm and equally grateful welcome to three new ones. The board of trustees of Project Food remains steadfast in its resolve to help people improve their diet and enjoy better physical and mental health.

We are indebted to all of our staff, volunteers and funders for everything that they do to enable Project Food to achieve its aims.

Main activities for the public benefit

Our mission is to enable people in the South West to improve their diet so that they enjoy better physical and mental health. Based in Axminster Hospital, we support people in East Devon, West Dorset and South Somerset to identify their own personal difficulties and to find long-term solutions that will work for them. We help them to learn how to cook healthy meals for themselves and their families, and we provide access to nutritious food. We educate and inform; we deliver skills; we support. We work with all ages: from the very young, to very elderly people in the community, focussing particularly on people in isolated and otherwise disadvantaged groups.

80% of the adults who Project Food supports have long term mental and physical health conditions which prevent them from working. They live, therefore, on very low incomes and, being mostly rural, have to travel far for shops and healthcare.

80% of the children with whom Project Food works have special educational needs. Many are not in school: a parent often stays at home to look after them and so the family struggles financially.

Inflation profoundly increases household food insecurity. A YouGov survey by the Food Foundation found that, in June 2023, 17.0% of households in the UK were 'food insecure' (ate less or went a day without eating because they couldn't access or afford food), up from 8.8% in January 2022 and 7.4% in January 2021.

I am grateful beyond words..... I have cooked all my life and have been miserable only being able to eat convenience foods. I also think that it's been affecting my health. The fresh fruit and veg has made a huge difference to how I feel physically.'

Kayleigh, recipient of weekly food box

The impact of Project Food's work
75% of parents said that their child will try new foods since coming to Kids' Kitchen.
100% of people felt that receiving Project Food recipe boxes helped them to eat more healthily and said that they would make the recipes again in the future.
60% of adults who attended our 'Cooking Made Easy' sessions in Axminster reported that they now try to eat a balanced diet all the time. This is an increase from zero at the beginning of the course.
80% of the same group felt that their ability to cook a meal from scratch had improved and that they were more confident to make good food choices.

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2023

An example of one of our projects:

Chard families enjoy some Good Grub

Over the last year Project Food has been running a new programme in Chard, called 'Good Grub Club'. This is a series of cooking sessions held during the school holidays to support low-income families to cook and eat more healthily. Alongside Project Food staff and volunteers, families cook a delicious budget-friendly meal at each session and sit down together to share it afterwards. Parents are also given a recipe box to take away and practise their new skills at home. And it wasn't just the parents who benefitted – the children found the sessions equally valuable. As one mother told us:

'When Alex woke up this morning, the first thing he said was "is it cooking club today?" It's something he can be good at and it is making him more confident as well as teaching him new things.'

Highlights of the year:

We were delighted to be able to use our Axminster and Ottery St Mary Hospital kitchens extensively this year. We ran face to face sessions for people of all ages, both group and one to one, according to the needs of the individual. A summary of our activities in 2022-23 can be found below:

A year in numbers

4514 newsletters were sent to adults who were isolated and living alone, supporting them to stay physically and mentally healthy
2172 fruit and vegetable boxes and homemade meals were given away to people living in food poverty or people too unwell to cook
314 recipe boxes were given away to families in food poverty and people living with mental illness
255 adults attended cooking sessions across East Devon and South Somerset
182 children attended holiday, after-school or in-schooltime cooking sessions
44 parents and 71 children attended Good Grub Club courses in 3 schools in Chard

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2023

Ruth's story

Ruth's journey with Project Food began when her children started Kid's Kitchen, an after-school club for children with special educational needs. Ruth was keen for her children to learn to cook, but due to her own negative feelings about food and cooking, she felt that she was not the one to teach them.

When she was growing up, Ruth often heard her mum say that she couldn't cook and was terrible at it. This meant that she never learned basic cooking skills:

"When it came to cooking, I would give up before I had even started. Food in the fridge would often rot and be thrown away because I just didn't know what to do with it".

Ruth and her family now receive a regular recipe box from Project Food to give her some guidance and help grow her confidence around food and cooking.

"The recipe boxes are absolutely fantastic. The range of recipes I can cook has gone from 3 to around 15 – and everyone enjoys the meals. I saved the recipes in a folder and cooked most of them again. I have also started to Google recipes to help me find recipes to make something of food I have in the fridge which has massively reduced the amount of food wasted."

Ruth's next step will be to start some one-to-one cooking classes with one of our volunteers.

"I feel a little nervous about the classes, but I know that they will ensure that I don't pass my anxieties around food and cooking on to my children. I look forward to overcoming the mental barriers which stop me from cooking confidently. I see other people meal planning, cooking, and understanding food and have always wanted to do the same".

"Learning to cook with Project Food is making me feel amazing and I feel like I am really achieving something".

PROJECT FOOD CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

"He is so much more inclined to try and do things for himself now, like cutting apples, rather than expecting me to do it for him. His self-confidence has really grown since coming to Project Food, not just around food - in general too."

Parent of young person

"For me, apart from being able to use my skills during my retirement, the major reason for volunteering is the pleasure I get from seeing individuals grow in confidence both in themselves and in their ability to cook well."

Val, volunteer

"When I first met Jane she lacked confidence in various areas in her life, including her ability to make herself healthy affordable meals. She was really keen to learn new skills in preparing and cooking healthy food but didn't know what to make. This was fantastic as it allowed me to work with Jane to support her, and every week she grew in confidence until she got to the point where she felt able to make the recipes on her own. Over the course of the sessions she also started to think about other healthy options she could try. Without the recipe boxes it would have been difficult for her to learn these new skills, as they gave her the tools and opportunity to explore what healthy meals could be made on a budget - and this was a huge benefit to her mental wellbeing."

Community enabler, Devon County Council

PROJECT FOOD CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2023

FINANCIAL REVIEW

During the year, the charity received total income of £97,520 and had total costs of £104,731 giving a deficit of £7,211. The charity had budgeted to have a deficit of £5,000 but has underperformed against the budget due to the closure and moving of their shop into the Hospital which has caused a decrease in income. The reserves they have are enough to cover this deficit easily.

Reserves policy

The trustees are satisfied that the level of cash funds as shown on the Statement of Assets and Liabilities are adequate to cover known and anticipated costs in the short term.

Trustees review the needs of the charity on a regular basis and aim to maintain at least six months of operating costs within the charity's reserves. However, this is not always possible as the charity is dependent upon donation and grant income. As a minimum, cash funds of £12,000 will be kept to cover mandatory redundancy payments for staff and funds required to cover long term agreements. On 31 March 2023, the Trust is holding £57,444 of unrestricted cash funds, which is adequate to meet this policy.

The report was approved by the trustees on 13/12/2023

and signed on its behalf by:



G Dodd

Chair of Trustees

PROJECT FOOD CIO

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2023

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PROJECT FOOD CIO.

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2023 which are set out on pages 7 and 8.

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 charity's accounts carried out under section 145 of the 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

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records ; or
3. the accounts do 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:



Dated: 22/12/23

Laura Waycott FCA
Griffin
Chartered Accountants
Courtenay House
Pynes Hill
Exeter
EX2 5AZ

PROJECT FOOD CIO

RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31 MARCH 2023

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Receipts				
Donations	11,800	-	11,800	8,726
Grants	8,800	72,437	81,237	79,730
The Food Hub Shop Sales	2,454	-	2,454	9,670
Fundraising events	329	-	329	7,813
Interest received	156	-	156	95
TOTAL RECEIPTS	23,539	72,437	95,976	106,034
Payments				
Purchases - shop stock	46	664	710	7,613
Staff costs	15,904	55,937	71,841	69,579
Establishment costs	-	1,045	1,045	1,293
Project room hire	-	525	525	411
Learning materials	484	5,005	5,489	4,182
Food	1,238	11,964	13,202	11,120
Office and cooking equipment costs	-	808	808	3,118
Training, recruitment and travel	-	3,481	3,481	4,188
Project publicity and fundraising	819	880	1,699	9,016
Bank fees	31	-	31	
Postage	-	825	825	1,509
Insurance	-	774	774	760
Independent examination fees	1,134	-	1,134	1,080
Activity	-	523	523	1,028
Consultancy	-	1,100	1,100	
TOTAL PAYMENTS	19,656	83,531	103,187	114,897
SURPLUS/(DEFICIT) FOR THE YEAR	3,883	(11,094)	(7,211)	(8,863)


PROJECT FOOD CIO

**STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 MARCH 2023**

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	<i>Total funds 2022 £</i>
Cash funds				
Bank accounts	57,352	17,180	74,532	81,821
Petty cash	92	-	92	14
TOTAL ASSETS	57,444	17,180	74,624	81,835

The accounts were approved by the Trustees on 13/12/2023
behalf by:

and signed on their



G Dodd
Chair of Trustees

PROJECT FOOD

England & Wales - Charity number 1173120

Accounts

Charity number: 1173120

PROJECT FOOD CIO

ANNUAL REPORT AND RECEIPT AND PAYMENT ACCOUNTS

YEAR ENDED 31 MARCH 2022



PROJECT FOOD CIO

CONTENTS

	Page
	1
Reference and administrative details	2 - 5
Trustees' report	6
Independent examiner's report	7
Receipt and payments	8
Statement of assets and liabilities	

PROJECT FOOD CIO

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2022**

Trustees

S Banks
H Creed
K Cockerell
G Dodd (appointed 14 May 2021)
C Jefferies
J Sage (Chair of Trustees)

Charity registered number

1173120

Principal office

Axminster Hospital
Chard Street
Axminster
Devon
EX13 5DU

Accountants

Griffin
Chartered Accountants
Unit 4 Silverdown Office Park
Exeter
EX5 2UX

PROJECT FOOD CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

Project Food is a charitable incorporated organisation governed by its constitution dated 3rd April 2017 and amended on 2nd June 2020.

Method of appointment or election of trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

OBJECTIVES AND ACTIVITIES

The objects of the CIO are to preserve and protect the health of the people and of the environment in South West England, in particular, but not exclusively

- by the provision of appropriate education on healthy eating, cooking and other relevant skills, and,
- by promoting and improving the knowledge of sustainable development, in particular, but not exclusively, sustainable food production and distribution.

Main activities

Our mission is to enable people in the South West to improve their diet, so they enjoy better physical and mental health. We provide a helping hand to healthy eating, helping people to learn how to cook and eat healthy food for themselves and their families - particularly isolated and otherwise disadvantaged groups. We provide access to nutritious food; we educate and inform; we deliver skills; we support. We work with all ages: from the very young, to very elderly people in the community. Project Food works in towns throughout East Devon, and in South Somerset and West Dorset. The Charity also ran a fruit and vegetable and local produce shop and garden in Axminster. Support is available for all sectors of the community.

PROJECT FOOD CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

Main activities for the public benefit

Our mission is to enable people in the South West to improve their diet so they enjoy better physical and mental health. Project Food is based in Axminster Hospital and reaches people in East Devon, West Dorset and South Somerset. We help them to identify their own personal difficulties and to find solutions that will work for them, in the long term. We support them to learn how to cook and provide healthy food for themselves and their families - particularly if they are isolated and otherwise disadvantaged. We give access to nutritious food; we educate and inform; we deliver skills; we support. We work with all ages, from the very young to the very elderly.

"My partner is my carer and he is the only one who cooks. We have a baby girl who is 9 months old and she loves her food but I struggle with anorexia and I find it hard to make food for myself when my partner is working away. We've struggled with our income as we are both self employed so our financial situation has been crippling. Your support helps us so much." Young mother supported by Project Food.

Highlights of the year:

We were delighted to be able to use our new base in Axminster Hospital kitchens to its full potential as Covid slowly stopped dominating everything we do. Having made the decision to close the fruit and vegetable shop in Axminster, we were able to concentrate fully on getting our other projects re-established. We ran face-to-face sessions for people of all ages, both in groups and one-to-one, according to the needs of the individuals. A full summary of our activities in 2021-22 can be found on the right. There are some of them in more detail below and on the next page.

Holiday and half term kids' cooking and support for children with special educational needs and disabilities (SEND) and for children living in food poverty

We ran many group sessions under the Holiday Activities and Food (HAF) programme during all the school holidays, and in term time for children with SEND, funded by Devon County Council.

Our main achievements: a year in numbers

5880 newsletters

were sent to people living alone, providing them with useful hints on staying physically and mentally healthy when self-isolating.

1224 meals

were given away to people who cannot cook for themselves, mostly due to poor mental or physical health, or a lack of skills

960 phone calls

were made to people really struggling through Covid

666 free fruit & vegetable boxes

were donated to people in desperate need including women at a Dorset refuge

188 recipe boxes

were given to families who receive free school meals

61 people who live alone, are carers, or have mental health problems

attended our Zoom cooking demonstrations

16 children

attended holiday hunger cooking activities

45 elderly people who live alone or suffer from long term health problems

attended our 'Cooking Made Easy' group sessions in Axminster, Chard and Seaton

8 children with special educational needs and disabilities

learned to cook and shared a group meal every week during the Spring term

PROJECT FOOD CIO

TRUSTEES' REPORT FOR THE YEAR ENDED 31 MARCH 2022

In February 2022 we welcomed even more children to our Axminster Hospital kitchens at a cooking class with River Cottage Executive Head Chef Gelf Alderson, ably assisted by volunteers from NHS Property Services. We are very grateful to all the children who came to these sessions (and their parents for bringing them) and to Devon Community Foundation for providing the funding.

Classes like these increase self-esteem and resilience in the children, as well as providing them with essential food skills for life.

"She LOVED it! She is still talking about it now! She will definitely be coming to the next course. She actually said to me that she was proud of herself and how well she made the pizza! That is the first time she has ever said anything like that, so thank you. This is already having a positive effect on her." Mother whose child attended Kids' Kitchen

Free fruit and vegetable boxes, homemade meals and recipe boxes for families living in food poverty and for people living with mental health problems

We were very pleased to extend and develop our deliveries of free food and recipe boxes for people struggling to cope. For some, even the thought of cooking is enough to increase anxiety and depression to unmanageable levels. For others, the cost of nutritious food is just prohibitive, and as a parent this can become very demoralising and stressful as everyone wants to give their children the best possible start in life. Our help can make an enormous difference when times are tough.

"Thank-you for your continued support. You're being the difference between me eating or not & Thank you for your amazing help whilst I've been unwell. P. S. Omg you're food is amazing. Xxx [sic]" Person who receives weekly free food boxes and homemade meals.

PROJECT FOOD CIO

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022

FINANCIAL REVIEW

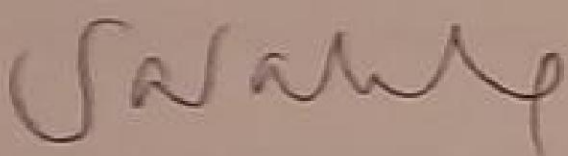
During the year, the charity received total income of £106,034 and had total costs of £114,897 giving a deficit of £8,863. The charity had budgeted to have a deficit of £5,000, but has underperformed against the budget due to the closure and moving of their shop into the Hospital which has caused a decrease in income. The reserves they have are enough to cover this deficit easily.

Reserves policy

The trustees are satisfied that the level of cash funds as shown on the Statement of Assets and Liabilities are adequate to cover known and anticipated costs in the short term.

Trustees review the needs of the charity on a regular basis and aim to maintain at least six months of operating costs within the charity's reserves. However, this is not always possible as the charity is dependent upon donation and grant income. As a minimum, cash funds of £12,000 will be kept to cover mandatory redundancy payments for staff and funds required to cover long term agreements. On 31 March 2022, the Trust is holding £53,561 of unrestricted cash funds, which is adequate to meet this policy.

The report was approved by the trustees on 19.1.2023 and signed on its behalf by:



S Banks

Chair of Trustees

PROJECT FOOD CIO
INDEPENDENT EXAMINER'S REPORT
FOR THE YEAR ENDED 31 MARCH 2022

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PROJECT FOOD CIO.

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2022 which are set out on pages 7 and 8

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 charity's accounts carried out under section 145 of the 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

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act, or
2. the accounts do not accord with those records, or
3. the accounts do 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:



Dated: 20/01/23

Misty Nickells FCA
Griffin
Chartered Accountants
Unit 4 Silverdown Office Park
Exeter
EX5 2UX

PROJECT FOOD CIO
RECEIPTS AND PAYMENTS
FOR THE YEAR ENDED 31 MARCH 2022

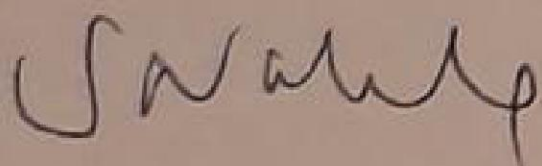
	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Receipts				
Donations	8,726	-	8,726	12,425
Grants	967	78,763	79,730	74,070
The Food Hub Shop Sales	9,670	-	9,670	57,994
JRS Grants	-	-	-	8,251
Fundraising events	7,813	-	7,813	1,655
Interest received	95	-	95	26
TOTAL RECEIPTS	<u>27,271</u>	<u>78,763</u>	<u>106,034</u>	<u>154,421</u>
Payments				
Purchases - shop stock	1,479	6,134	7,613	42,893
Staff costs	28,155	41,424	69,579	75,270
Establishment costs	30	1,263	1,293	8,518
Project room hire	-	411	411	-
Learning materials	42	4,140	4,182	3,921
Food for cookery sessions	6,522	4,598	11,120	-
Office and cooking equipment costs	586	2,532	3,118	3,935
Training, recruitment and travel	207	3,981	4,188	3,894
Project publicity and fundraising	2,364	6,652	9,016	1,009
Project management	-	-	-	1,286
Postage	209	1,300	1,509	1,683
Insurance	-	760	760	889
Independent examination fees	-	1,080	1,080	600
Activity	-	1,028	1,028	-
TOTAL PAYMENTS	<u>39,594</u>	<u>75,303</u>	<u>114,897</u>	<u>143,898</u>
SURPLUS/(DEFICIT) FOR THE YEAR	<u>(12,323)</u>	<u>3,460</u>	<u>(8,863)</u>	<u>10,523</u>

PROJECT FOOD CIO

STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 MARCH 2022

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Cash funds				
Bank accounts	53,547	28,274	81,821	90,129
Petty cash	14	-	14	569
TOTAL ASSETS	<u>53,561</u>	<u>28,274</u>	<u>81,835</u>	<u>90,698</u>

The accounts were approved by the Trustees on 19.1.2023 and signed on their behalf by:



S Banks
Chair of Trustees

PROJECT FOOD

England & Wales - Charity number 1173120

Accounts

Charity number: 1173120

PROJECT FOOD CIO

ANNUAL REPORT AND RECEIPT AND PAYMENT ACCOUNTS

YEAR ENDED 31 MARCH 2021



PROJECT FOOD CIO

CONTENTS

	Page
Reference and administrative details	1
Trustees' report	2 - 4
Independent examiner's report	5
Receipt and payments	6
Statement of assets and liabilities	7

PROJECT FOOD CIO

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 MARCH 2021**

Trustees

S Banks (Chair of Trustees)
H Creed
K Cockerell (appointed 21 April 2020)
G Dodd (appointed 14 May 2021)
C Jefferies
J Sage

Charity registered number

1173120

Principal office

Axminster Hospital
Chard Street
Axminster
Devon
EX13 5DU

Accountants

Griffin
Chartered Accountants
165 High Street
Honiton
EX14 1LQ

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

Project Food is a charitable incorporated organisation governed by its constitution dated 3rd April 2017 and amended on 2nd June 2020.

Method of appointment or election of trustees

Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees.

In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

OBJECTIVES AND ACTIVITIES

- The objects of the CIO are to preserve and protect the health of the people and of the environment in South West England, in particular, but not exclusively
- by the provision of appropriate education on healthy eating, cooking and other relevant skills, and,
 - by promoting and improving the knowledge of sustainable development, in particular, but not exclusively, sustainable food production and distribution.

Main activities

Our mission is to enable people in the South West to improve their diet, so they enjoy better physical and mental health. We provide a helping hand to healthy eating, helping people to learn how to cook and eat healthy food for themselves and their families - particularly isolated and otherwise disadvantaged groups. We provide access to nutritious food; we educate and inform; we deliver skills; we support. We work with all ages: from the very young, to very elderly people in the community. Project Food works in towns throughout East Devon, and in South Somerset and West Dorset. The Charity also ran a fruit and vegetable and local produce shop and garden in Axminster. Support is available for all sectors of the community.

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2021

Main achievements during the year

At the beginning of lockdown in March 2020, all our face-to-face cooking sessions had to stop overnight. Our fruit and vegetable shop became busier than it had ever been, but we wanted to do more to help people improve their diet than simply sell them fresh groceries.

So we looked at what else we could do in the very short term and beyond, and so throughout the year we:

- worked with local chefs and East Devon District Council (among others) to deliver free ready meals to people most in need;
- provided boxes of free fruit and vegetables with the free ready meals. The demand for this was huge, and we were very pleased to have supported so many people so directly at this incredibly difficult time;
- ran online cooking demonstrations through Zoom for people who were self isolating, struggled with anxiety, and would otherwise have been very lonely – helping people to maintain their health and eat a nutritious diet, even during such difficult times;
- helped people to get online so that they were better connected, and phoned hundreds of people regularly to check that they were eating well and remained connected;
- worked with many volunteers who cooked homemade ready meals, which we delivered (along with fruit, vegetables, milk and eggs) to scores of people in East Devon, South Somerset and West Dorset who were self-isolating and shielding.

In addition to this, in January 2021, we were commissioned by Devon County Council and Devon Community Foundation to map the food support available across East Devon, particularly for families and young people. This mapping exercise, which covered free food support from food banks and community larders, through to longer term skills development, revealed that:

- There is a huge unmet need for more opportunities for people to develop skills and confidence to support their diet.
- There are large gaps in provision, and information about what is available is difficult to find.
- Many families receive free food support for long periods of time, and so the nutritional composition of what they are being given needs to have a higher priority if inequalities in health are not to be further exacerbated.
- Schools are very keen for more support for families on a low income, particularly helping parents to develop the skills and confidence they need to feed their children more nutritious food and understand how important good eating habits are.
- Food support, particularly for people with mental health problems, needs to provide ongoing support to help resolve some of the underlying issues.

As a result of this food mapping exercise, Project Food has developed more close contacts with other organisations working with young people who are struggling as well as many of the individuals who access food support themselves. This will put the Charity in a very good position in the future to better serve the people most in need.

PROJECT FOOD CIO
TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2021

FINANCIAL REVIEW

During the year, the charity received total income of £154,421 and had total costs of £143,898 giving a surplus of £10,523. The charity had budgeted to break even (due to the effects of Covid 19) and has outperformed the budget due to much more support from the public than anticipated. This leaves the charity in a relatively strong financial position and will enable additional project work to be undertaken over the course of the next financial year.

Reserves policy

The trustees are satisfied that the level of cash funds as shown on the Statement of Assets and Liabilities are adequate to cover known and anticipated costs in the short term.

Trustees review the needs of the charity on a regular basis and aim to maintain at least six months of operating costs within the charity's reserves. However, this is not always possible as the charity is dependent upon donation and grant income. As a minimum, cash funds of £12,000 will be kept to cover mandatory redundancy payments for staff and funds required to cover long term agreements. On 31 March 2021, the Trust is holding £65,884 of unrestricted cash funds, which is adequate to meet this policy.

The report was approved by the trustees on 24.1.22 and signed on its behalf by:

SARAH BANKS



S Banks

Chair of Trustees

PROJECT FOOD CIO

INDEPENDENT EXAMINER'S REPORT FOR THE YEAR ENDED 31 MARCH 2021

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PROJECT FOOD CIO.

I report to the charity trustees on my examination of the accounts of the charity for the period ended 31 March 2021 which are set out on pages 6 and 7.

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 charity's accounts carried out under section 145 of the 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

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

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records ; or
3. the accounts do 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:



Dated: 27/03/22

Misty Nickells FCA
Griffin
Chartered Accountants
165 High Street
Honiton
EX14 1LQ

PROJECT FOOD CIO
RECEIPTS AND PAYMENTS
FOR THE YEAR ENDED 31 MARCH 2021

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	<i>Total funds 2020 £</i>
Receipts				
Transfer from unincorporated charity	-	-	-	81,876
Donations	12,392	33	12,425	13,471
Grants	15,669	58,401	74,070	78,897
The Food Hub Shop Sales	57,994	-	57,994	62,412
JRS Grants	-	8,251	8,251	-
Fundraising events	1,655	-	1,655	7,785
Interest received	26	-	26	17
TOTAL RECEIPTS	87,736	66,685	154,421	244,458
Payments				
Purchases - shop stock	36,877	6,016	42,893	34,526
Purchases - Go Local	-	-	-	9,046
Staff costs	18,837	56,433	75,270	87,290
Establishment costs	467	8,051	8,518	10,991
Project room hire	-	-	-	1,229
Learning materials	24	3,897	3,921	4,215
Food for cookery sessions	-	-	-	5,854
Office and cooking equipment costs	1,239	2,696	3,935	303
Training, recruitment and travel	213	3,681	3,894	4,612
Project publicity and fundraising	328	681	1,009	2,813
Project management	-	1,286	1,286	-
Postage	-	1,683	1,683	1,544
Insurance	-	889	889	1,083
Independent examination fees	-	600	600	600
TOTAL PAYMENTS	57,985	85,913	143,898	164,106
SURPLUS/(DEFICIT) FOR THE YEAR	29,751	- 19,228	10,523	80,352

PROJECT FOOD CIO

STATEMENT OF ASSETS AND LIABILITIES
FOR THE YEAR ENDED 31 MARCH 2021

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Cash funds				
Bank accounts	65,315	24,814	90,129	79,245
Petty cash	569	-	569	930
TOTAL ASSETS	<u>65,884</u>	<u>24,814</u>	<u>90,698</u>	<u>80,175</u>

The accounts were approved by the Trustees on 24.1.22 and signed on their behalf by:

SARAH BANKS



S Banks
Chair of Trustees