

FOOD AND FRIENDSHIP

England & Wales · Charity number 1178067

Details

Other names	HOVE LUNCHEON CLUB
Status	Registered
Legal form	CIO
Registered	2018-04-24
Register	View on the Charity Commission register

Contact

Address	Hove Methodist Church Portland Road Hove BN3 5DR
Phone	01273728678
Email	cookingcaroline@outlook.com
Website	www.foodandfriendship.org.uk

Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY THROUGH THE PROVISION OF, BUT NOT RESTRICTED TO, LOW-COST LUNCH CLUBS. FOR THE PURPOSE OF THIS CLAUSE 'SOCIALLY EXCLUDED' MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: OLD AGE, LEARNING DIFFICULTIES, ILL HEALTH (PHYSICAL OR MENTAL) OR FINANCIAL HARDSHIP' AND PEOPLE EXPERIENCING DISCRIMINATION ON THE GROUNDS OF DISABILITY, ETHNIC ORIGIN, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT, RELIGION, POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN.

Activities: We are based in Hove and provide a meal on a bi-weekly basis for elderly and isolated people and also for adults with learning disabilities. Community transport is provided if required. Food is largely supplied by Fareshare which helps to tackle food waste. We also run healthy eating cooking clubs.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Disability, Economic/community Development/employment
- **Who:** Elderly/old People, People With Disabilities

Geography

- Brighton And Hove
- East Sussex
- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£48,244	£64,160	-	-
2024-03-31	£60,101	£57,634	-	-
2023-03-31	£70,036	£49,832	-	-
2022-03-31	£50,182	£50,855	-	-
2021-03-31	£48,791	£31,798	-	-

Trustees

Name	Role	Appointed
Gabriella Casemore		2023-01-06
Julia Riches		2023-03-07
KAREN HEAD		2018-04-24
MICHAEL HILL		2018-04-24
Marianne Gina Holgate		2024-07-16
RACHEL ELIZABETH RICHARDS		2018-04-24
Shelley Jane Brown		2024-11-15
Vince Young		2025-07-03

FOOD AND FRIENDSHIP

England & Wales - Charity number 1178067

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	April	2024		31st	March	2025

Section A Reference and administration details

Charity name Food and Friendship

Other names charity is known by Formerly Hove Luncheon Club

Registered charity number (if any) 1178067

Charity's principal address Hove Methodist Church

Portland Road

Hove

Postcode

BN3 5DR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel Richards	Chair	as Chair to 21 January 2025	
2	Karen Head	Treasurer		
4	Michael Hill			
5	Gabriella Casemore	Chair	as Chair from 21 January 2025	
6	Julia Riches			
7	Anna Stavrianakis		Resigned 11 th July 2025	
8	David Royce		Appointed 1 st April 2024 Resigned 18 th June 2024	
9	Marianne Holgate		Appointed 16 July 2024	
10	Shelley Brown		Appointed 15 November 2024	
11	Vince Young		Appointed 3 rd July 2025	
12				
13				
14				
15				
16				
17				
18				

19			
20	Names of the trustees for the charity, if any, (for example, any custodian trustees)		

Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Association

Trustee selection methods
(eg. appointed by, elected by)

Elected by the members

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system

All existing trustees have read and signed the relevant charity commission documents pertaining to the duties of a trustee. Food and Friendship holds annually updated policies in the following areas: Health and Safety – including Risk Assessment, Safeguarding Vulnerable Adults, Equality and Diversity, Data Protection and Privacy, Serious Incident Reporting, Bullying and Harrassment, Internal Risk Management, Gifts and Hospitality, and complaints procedure.

All Trustees hold up to date DBS vetting clearance.

In addition, trustees, volunteers and staff attend emergency

and procedures to manage them.

first aid training on a yearly basis.

We also work with care provider Kingsway Care who sponsor us by lending us staff to volunteer. Kingsway have their own policies and procedures.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of, but not restricted to, low-cost lunch clubs.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

All Food and Friendship trustee decisions are made with due consideration of the Charity Commission's public benefit guidance.

Our main activities are running a low-cost lunch club twice a week from Hove Methodist Church for older people and adults with learning disabilities. As well as access to a nutritional meal, we aim to tackle social isolation and loneliness and support people to develop new friendships and feel more connected to their communities. For wider social benefit through the reduction of food waste, in creating the low cost meal we prioritise using food donated by the charity FareShare Sussex and other food donations, supplemented only by purchased food as necessary.

Alongside lunch provision, we aim to offer advice sessions for lunch club members after lunch has been served to signpost beneficiaries who might benefit from other health, social and financial support organisations. We are also supported by music entertainers who donate their time to entertain at lunch club and feedback demonstrates they are highly valued by lunch club members. We provide regular volunteering opportunities for more than 50 people, including older people and adults with learning disabilities. Volunteer roles are carefully tailored to ensure our volunteers find their time both rewarding and enriching, with appropriate support as required.

Volunteers are subject to DBS checks, and we ensure that they understand Food & Friendship policies which they must uphold. In the year, we are grateful to our volunteers who in total gave more than 6,600 hours of their time and without whom Food & Friendship would not be possible.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Food, friendship and a celebration!

In the year beginning 1st April 2024, we continued to welcome isolated and socially excluded older people and adults with learning disabilities into our lunch club family. Our bi-weekly shared meals provided a welcoming environment, a nutritious lunch, and opportunities for meaningful connections to be made. We supported over 150 guests and volunteers enhancing their health and well-being, helping them to feel more socially connected and valued within their community. Alongside lunch club we ran cooking clubs aimed at teaching independent living skills for younger people and adults with learning disabilities.

Our ethos is one of inclusivity. We believe that people should be able to feel a sense of belonging regardless of their age or ability. Lunch club is very much a family and our shared meals feel like a gathering of friends and extended family every week with lots of talking and laughter. This year, 45 volunteers helped to prepare, serve and clear away over 6000 meals to lunch club guests made from over 8 tonnes of mostly surplus food.



As a small charity with only one part-time worker we have nevertheless managed to build a strong reputation over the last 12 years across the city with both service users and wider stakeholders. We've achieved this without dedicated fundraisers, social media co-ordinators or outreach workers largely because we have an amazing community of supporters and volunteers. Our trustee team brings a wealth of experience from careers including banking, human resources and advocacy and support. Our hosts Hove Methodist Church are enthusiastic and supportive and we benefit hugely from partnerships with Brighton and Hove Community Transport, The Stroke Club, Speak Out, and Kingsway Care. Our Facebook post at Christmas was viewed by nearly 2000 people and we now have around 615 followers, 95% of whom are UK based. We also have a few followers in Australia, Canada, India and America. This is a big increase from just a few years ago.

Tuesday Club

As ever, the volunteer team are at the core of everything we do at lunch club and this year was no exception. With 25 volunteers ranging in age from 26 to 84 our team was mainly made up of older retired volunteers,

people who work part time, people with learning disabilities and younger people just starting out on a career and wanting to gain some experience. Having this mix really seems to work as everyone brings a different set of skills and life experience. Tuesday volunteers donated around 3,200 hours of their time to lunch club completing tasks such as cooking, clearing up, setting up and taking down the hall, serving and helping guests on and off the buses. One thing is very common to all our Tuesday volunteers – they are kind and committed and will do anything to make the guests experience that little bit better – whether it is finding them a special chair, getting them an extra blanket if they feel cold or just sitting and chatting with them when they arrive. All our guests feedback how amazing and friendly the volunteers are and we are incredibly lucky as an organisation to have such a dedicated team. We thanked our volunteers with a home-made summer party with karaoke at the scout hut, and a Christmas celebration at Brighton Dome at the ‘Organoke’ evening. This year we celebrated a fantastic milestone, 10 years of a wonderful partnership with Hove Methodist Church. We decorated the hall and



screened a specially commissioned film with quotes and comments from guests and volunteers about their special lunch club memories. During lunch we projected 500 images of guests and volunteers past and present during the special afternoon tea. There were poems and a special birthday cake and table quizzes with prizes. Perhaps the best part was the surprise flash mob at the end with volunteers singing a rendition of Lou Reeds ‘Perfect Day’, with the words changed. Lots of volunteers joined in and

even the bus drivers had a few lines. I think it’s fair to say that this was one of the most memorable and enjoyable events of the lunch club year.

" The Food and Friendship group became such an important lifeline for my grandad during his last few years. He always looked forward to the Tuesday lunches hugely, made some great friends and talked about the group so fondly to many of us. Sadly, due to worsening health Walter couldn't attend most of the lunches this year but continued to talk about the group to us even last week. He celebrated his 99th birthday with us in July." Tuesday club guest relative

We also tried out a new seating arrangement with tables grouped in blocks of 10 seats and guests allocated seats. This was based on feedback that sometimes people on different buses arrived at different times and were unable to sit with friends because the seat was already taken. It seems to work well and there are always a few spaces to fit newcomers.

During the year we had entertainment post lunch in the form of singers TJ and Melissa, and Janet played the accordion for us during service. Harvest festival gifts for all guests were provided by the parents and friends of Windlesham school. It was lovely to have some young people visit and guests appreciated the gifts and enjoyed talking to the pupils. At Christmas, Good Times pubs, specifically the George Payne Pub collected Christmas gifts donated by patrons for us to wrap and pass on. This year also brought sad news as we lost our lovely volunteer of many years Brenda Marshall. She brought her amazing calmness and kindness to lunch club and will be missed by all of us.

“We have loved working alongside Food and Friendship and watching it grow to the wonderful club it is today. A fantastic celebration of community in action.” Hove Methodist Church

Thursday Club

It was another great year for Thursday club with 20 volunteers in total, 7 with a learning disability and 5 support workers facilitating the



volunteering. Around 40 adults with learning disabilities and support staff attended weekly. As with the Tuesday club, volunteers are at the heart of everything and bring such positivity and joy with them making lunch club so enjoyable. In total, Thursday volunteers donated around 2,500 hours of their time to lunch club. The two-course meal is prepared in manageable chunks by volunteers with learning disabilities and support staff. It can be quite crowded in the kitchen and crush hall so ‘zones’ must be planned before

hand and appropriate tasks arranged. Some volunteers are very independent and are able to follow instructions and peel and slice vegetables for example, having good knife safety skills. Others require

more support which is where the volunteer team and support staff come in and support each other to prepare different elements of the meals.



Lunch club is a good place to come and learn new cooking and independent living skills for many of our volunteers. It's a good place to experiment with new recipes and ingredients in a safe and supportive environment. Recipes that are popular are often repeated so

volunteers get a chance to practice things like making crumble topping and preparing fruit and vegetables and making sauces etc. We also have a volunteer team preparing the hall, setting up tables and arranging the Speakout drop in tea and coffee. Around 10:30 am, Speak Out drop in guests arrive and help themselves to a hot drink before making use of the advocacy and support session. This partnership with Speak Out is much valued by guests and Food and Friendship and has brought more beneficiaries to lunch club who stay and enjoy a communal lunch after the session. We are also pleased to welcome guests from a variety of residential homes including those managed by South Down, Grace Eyre and Francis Taylor. We encourage support staff to sit with the person they are supporting and join in with the meal and this helps to create a family meal atmosphere which we believe is one of the most beneficial aspects of our provision. This year we had a few visitors to Thursday club including singer TJ and Team Domenica participants of the Nam Yang class. Pam from Rise Life kindly brought her fantastic, seated exercise session to lunch club to help us celebrate Christmas together.



"I go to Thursday club cos you make friends and have a laugh. It's good company and I have fun. And it gets you out." Thursday club guest

Transport

Our transport provision is essential for many of our Tuesday guests as 50% of them currently rely on our three buses to collect them from their homes and take them back after lunch. We are the only charity in the city to offer this service. Our drivers are a part of the family and Daail, Paul,

Mike and Phil are patient, friendly and reliable, fairly essential qualities in a bus driver. One of our guests who is 99 lives in a care home. He says he spends most of his time in his room alone and coming to lunch club is the highlight of his week. All our bus users would be otherwise unable to leave their homes and many have been referred by doctors surgeries and social prescribers. Funding for this vital part of our provision is hugely important and is the main focus of our fundraising efforts.

“I hurt my ankle and it took a year to heal. The nurse said what are your hobbies, so I said knitting. I’d go out and sit alone in cafes. She said how about a lunch club. By the time I got home Caroline had left me a

message. I had visions of everybody sitting alone. It’s the best thing I’ve ever done” Tuesday club guest

Context

Why is lunch club still so relevant?

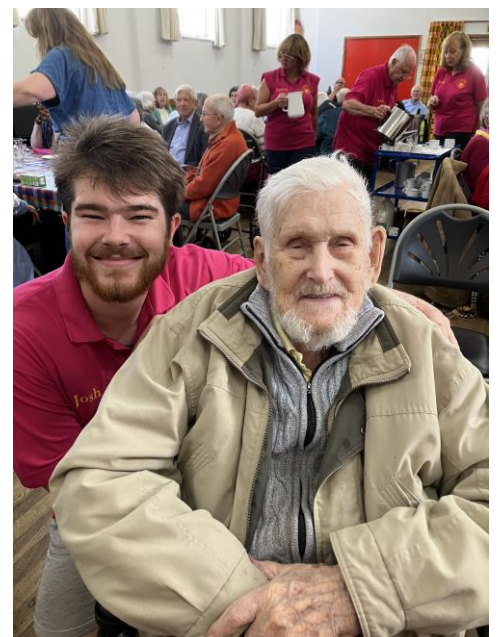
Because the UK has a huge problem with loneliness, and sometimes the perceived social stigma of it prevents people from seeking help. Age UK’s study published in December 2024 entitled: *“You are not alone in feeling lonely”* found that loneliness is linked with:

acceleration of frailty and increased risk of physical and mental illness
 a 29% increase in risk of incident coronary heart disease,
 a 32% increase in risk of stroke,
 and a 25% increased risk of dementia.

It found that 9 in 10 older people who are often lonely are also unhappy or depressed, compared to 4 in 10 of those who are hardly ever lonely.

Some of our guests reported that they were feeling lonely because of bereavement and relationship breakdown, losing contact with friends or family, living with disabilities or illnesses causing reduced mobility, caring responsibilities and living on a low income. Some guests reported that retirement had made them feel isolated.

Our impact assessment sessions earlier in the year were funded by The HughBonGo fund and enabled us to gather important information from our



beneficiaries about their lives and the ways in which we make them a bit better. The funding enabled us to bring guests into the venue on a non-lunch club day and provided transport costs, room hire and refreshments as well as covering the cost of facilitators to lead small groups discussions in the style of a focus group. This is not something we had been able to do before and it provided us with a wealth of feedback which has helped us to apply for funding. It revealed how crucial our transport provision was to our guests because it gave them access to lunch club, which in turn made them feel less lonely. They reported that having transport had unlocked a door to a social life again and what a difference this had made to their lives and sense of wellbeing. One guest, who is a wheelchair user was referred by social prescribers because she was very depressed, having no family or friends and no-one to take her out.

“I got to the stage where I didn't go out at all. I have no family; I am completely alone. The doctor referred me to Lunch Club and I found such lovely friends, it is the highlight of my week. I come on the minibus, the drivers are lovely and we all have a lovely time on the bus.” Tuesday Club guest

Another guest who lives alone and has COPD uses a walking frame. She was recently trapped in her flat for several months while the lift was being repaired. Her weekly visit to lunch club is the only social time she has apart from occasional carer visits.



“I'm not from this area; I was a carer for my husband before he died. My daughter lives in Hove but I had no friends here. After he died I moved here. It's very hard when you've got to make friends all over again at our age. I joined a walking club and a book club but I missed the sitting around and talking. This is wonderful because I don't have to feed myself – when I come here it's like a little treat, being picked up.” Tuesday Club Guest

Food

Food is very important to us at Food and Friendship, (the clue is in the name!) Food touches our lives in so many ways and is very bound up with memories for us all. We love to provide meals that provoke memories for our guests, in particular old-fashioned puddings such as spotted dick and custard and liver and bacon, (although that is not a pleasurable memory for some!). We take great care to plan menus so there is variety, a balance

of hot and cold, soft and crisp, different colours and textures and good presentation where care has been taken. We also prepare special meals for guests with allergies or dysphagia. We hope that this shows our guests that they are important and that their enjoyment means a lot.

Our meals are an important source of nutrition and usually go some way to providing the 30 different types of plants we are recommended to consume every week for good gut health. Many of our guests are bereaved and not used to cooking for themselves, relying on ultra-processed ready meals and snacks.



Other guests live alone and find cooking for themselves a bit of a chore. Some face obstacles to healthy eating including having a sensory impairment or physical disability that prevents them from peeling veg or standing at a cooker. They may not be able to get out shopping as easily as they once did and are often digitally excluded and unable to access online shopping. Some find the cost of gas and electricity very prohibiting so rarely put on the oven. For whatever reason, our meals are at the core of lunch club and bring guests in who may not feel comfortable with the label of attending a social club for isolated and lonely people.

“I’m not all alone anymore, I have made friends at the Lunch Club. It makes me realise that other people are going through something similar to me.” Tuesday Club Guest

As well as providing nutrition we are also playing a small part in reducing food waste. In Brighton and Hove alone, it has been estimated that a third of domestic waste is food. We received around 8 tonnes from Fareshare Sussex and Surrey of mostly vegetables, meat, dairy and frozen items plus ambient food such as tinned veg and packets and jars. This was all edible food that was destined for landfill often because of supermarket over-ordering or mislabelling. In addition to this we collected surplus via the neighbourly platform from Lidl and Sainsburys of mainly bakery and fruit and veg items that would have been binned. Unfortunately, we lost our amazing deliveries from UK Harvest. This service started during the COVID pandemic as a way to redistribute large quantities of restaurant catering produce. UK Harvest were delivering all the way from Chichester to various food projects across the city, but this was not sustainable for them and unfortunately as a small charity we were unable to travel to

Chichester to collect. We are also very pleased that the huge amount of vegetable peelings, coffee grounds, tea bags, cardboard and non-cooked food waste that we generate all gets taken away and composted every week by volunteers.

“Before I came to the lunch club my husband had a stroke which led to dementia so I had to live my life and his as well. I found the dementia hard to cope with. It felt like I was talking to myself or to the four walls. My husband wouldn’t eat properly and was losing weight. I found that he would eat when he was in company. At Lunch Club my husband loved seeing everybody and he would eat. It was a relief for me too as it was something that we could do together.” Tuesday Club Guest

Cooking club

This year we built on the success of our previous cooking courses and ran two courses aimed at younger people and adults with learning disabilities. Funded by Hove rotary club the clubs provided the opportunity to learn new skills in small groups with the added bonus of sharing the meals together at the end. One young person not in education employment or training attended who had volunteered at the lunch clubs. He benefitted from the structure the course provided as well as learning cooking skills. He found that the added benefits of having purpose and working with other people greatly impacted his mental well-being and helped him to make choices about his future and his next steps. The course finished on Wednesday 5th June and



covered a range of recipes and techniques that had been chosen by the group with healthy adaptations such as adding different vegetables to a cauliflower cheese to increase the range of vegetables.

“I love my Thursdays; Food and Friendship is an incredible charity which supports so many people in the local community. Volunteering is always extremely rewarding and lots of fun”
Thursday club volunteer

The course was also an opportunity for the group to try new foods that they hadn’t experienced before such as tinned mackerel, olives and melon. It was also an opportunity for support workers who attended to

learn new cooking skills such as making pizza from scratch. Support workers do many hours of one to one with the person they support which can often involve cooking a meal with them. Support workers also learnt new skills such as making macaroni cheese and curry, recipes they are going to take away and prepare with clients. Repetition is key to learning new skills and hopefully the recipes they learnt will be something they will reinforce in the weeks and months ahead and hopefully reduce their client's reliance on ready meals and takeaways.

The groups in particular enjoyed the social aspect of the courses. A common theme was that participants enjoyed having somewhere to go outside of normal 9-5 support worker hours. Adults with learning disabilities who require support are often confined to their homes after 5pm when support staff clock off. So having a place to enjoy cooking together and sharing a meal outside of these hours was important and every Wednesday felt like a meal out with friends rather than another evening spent in their house.

Sponsorship

It's been fantastic to have the support of Kingsway Care again this year. They provide amazing volunteer staff who attend for a couple of hours each lunch club depending upon their rotas. We've worked with many of



the Kingsway care givers who are also known as 'yellow angels' and they supplement our own amazing volunteer team and fill in gaps such as helping to wash up and clear away and also serve. They are very professional and supportive and of course are excellent at chatting with our guests.

"When I first came here I was suffering from anxiety after the pandemic. I started coming on the bus and it makes you come. Nice to get a cooked meal, it gives you an incentive to come" Tuesday Club guest





Referral partners:

This year we developed relationships with new guests, funders, referrers, other charities, community groups, the local community and the wider public. As well as receiving referrals from organisations such as TogetherCo social prescribing link workers and social prescribers at

doctors surgeries, we continued to welcome new guests and volunteers referred by organisations such as The Grace Eyre centre, Speak Out, Brighton and Hove Food partnership, South Down Housing, Age UK West Sussex Brighton and Hove, Kingsway Care, The Discharge Assessment and Response Team and the Health and Adult Social Care team both at BHCC. We also have relationships with the Carers Centre, and the Stroke club. We continued to receive referrals from family members and relatives and via social media and our website.

External partners

We continued our partnership with Brighton and Hove City Council to help deliver Household Support Funding (HSF) from the Government to families receiving free school meals and older people in receipt of pension credit. In the year, we distributed £16100 worth of supermarket vouchers which enabled recipients to buy food and other essentials such as clothing and toiletries and which could be tailored to individual need.

Signposting

Attending lunch club continues to be a gateway to other social events that take place in the Hove Methodist Church building such as the Friday Chatty café, street parties, musical concerts, church services and discos throughout the year. Many of our guests now attend the building regularly and in fact their social life is centred there where social connections are developed.

“Volunteering at lunch club is rewarding knowing that you have once a week made a difference to the guests lives. Even if they are struggling or in pain, they walk through the door and forget that for a couple of hours and eat with good friends they have made” Tuesday volunteer



“I volunteer to feel part of the community. I like meeting different people and being part of a team”
Thursday Club volunteer

Lunch club offers a chance to be referred to other support agencies. Over

the year we signposted vulnerable guests who had problems with their housing or social care issues and helped some of our guests apply for attendance allowance. Guests were also able to find out about events such as free electric blanket testing via the East Sussex Fire and Rescue Service who also visited guests in their homes to do safety checks and provide and install free smoke alarms. We were also pleased to welcome the Brighton and Hove Energy services Co-op (BHESCO) who help households by providing personalised energy saving advice, installing free energy saving measures, and accessing grants and vouchers to help with energy costs. Many of our guests have benefitted from their advice over the years.

“After losing my parents I have missed talking with the older generation and volunteering at Food and Friendship not only gives me a fun opportunity to chat and find out about their lives but also be part of a great team bringing smiles and warmth to people every week. My parents were ill during Covid and had no access to this kind of support service, and I really see how beneficial social connection and sharing a meal with friends is” Tuesday club volunteer



Future Plans

Oral History Stories Project

This year with the help of volunteer George we have been capturing the life stories of many of our guests with the intention of publishing them in some form in the future. We love to hear about our guests lives, where they worked, what they did to socialise when they were young, where they met their partners, what food they liked to eat and what memories they have of growing up. We think that other people will enjoy reading about them too.



Impact Assessment

We are planning more impact assessment sessions to help us with fundraising so we can accurately describe our impact. It is not too difficult to obtain basic monitoring information from beneficiaries but it is the personal impact of lunch club that can be hard to extract which is what potential funders are interested in. We are focusing next year on a 'Theory of Change' model which we hope will help us plan and assess our impact in more detail. We will ask ourselves key questions including: how much are we doing, how well are we doing it and how are our beneficiaries better off. We will develop a theory of the longer-term changes we'd like to see, (our impact). We will also ask what smaller measurable changes or outcomes will get us there, how our activities will make change happen, what outputs are produced and countable as a result and what resources/inputs we need to achieve it. We'd like to offer our Thursday club guests the opportunity to attend a focus group. This will help us to better understand some of the issues facing adults with learning disabilities and how we as a charity can learn and make a more meaningful difference.

Fundraising

This is an area in which most small grassroots charities expend a considerable amount of time and resource, and we are no exception. We are now at capacity in terms of guests at our Tuesday lunch club and attendance at Thursday club continues to grow. This shows there is a real need for our service but available funding is very competitive and there are lots of excellent projects out there all competing for a slice of the funding pie.

Brief statement of the charity's policy on reserves

The net funds of the Charity at 31.03.2025 were £28,448 of which £2,158 was restricted and £5,000 was set aside in a designated fund. We hold 3 months of unrestricted operating costs (c£8,000) in reserves so the remainder of £13,290 is carried over to the next financial year to fund the organisation's ongoing work and areas for development.

Details of any funds materially in deficit

None.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

We carried forward grant funding from the previous financial year from The Kings Coronation fund, Sussex Community Foundation and the HughBonGo Fund managed by the Talent fund. Other grants received in the year included those from Hove Rotary Club, The Dodgeson Foundation, the Osbourne Charitable Trust, and The Lloyds Bank Foundation.

Food and Friendship trustees would also like to acknowledge and thank the following individuals and organisations for their generous donations and fundraising campaigns on our behalf:

- Zoe and family from the Sophie Kennard memorial fund who raised £2500 for us.
- The friends and family of the late Jean Hunter who donated £1000,
- The friends and family of Penelope Bartlet (aka GG) who raised £975 in her memory
- The family of Brenda Marshall who raised £745 in her memory.
- Stu Mitchell from Curious Histories who raised £333 with his series of interesting and unusual historical stories.
- Zoe from Good Times pubs who donated all our Christmas meat and veg and collected Christmas gifts for our guests.
- Michelle Nutbeem and partner who cycled from London to Brighton
- Huge thanks also to everyone who made a donation via our donation platform 'Givey' and in person including Richard Baker, Joyce Ford, Joyce Jenner, and G Nutbeem.

Section F Other optional information

Food and Friendship trustees would like to thank all our friends, partners, supporters and funders for their enthusiastic support again this year. In this year of special milestones, we are looking forward to the next 10 years with optimism and confidence, so thank you for holding us!

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Gabriella Casemore</i>	<i>Karen Head</i>
Full name(s)	Gabriella Casemore	Karen Head
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	20 January 2026	



Receipts and payments accounts

For the period from	Apr-24	To	Mar-25
---------------------	--------	----	--------

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Designated fund	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	1,000	1,000		2,000	23,205
Weekly Intakes	19,118	-		19,118	17,984
Donations	9,215	-		9,215	9,792
Sponsorship	1,800	-		1,800	1,120
Bank Interest	-	-		-	-
Other	11	-		11	-
Household Support Fund	-	16,100		16,100	8,000
				-	
Sub total (Gross income for AR)	31,144	17,100	-	48,244	60,101
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	31,144	17,100	-	48,244	60,101
A3 Payments					
Transport	2,620	6,056		8,676	7,562
Ingredients and delivery costs	1,135	4,492		5,627	4,394
Sessional Worker	23,740	4,880		28,620	29,220
Impact Assessment/Focus Groups	-	320		320	-
Volunteer Expenses	762	109		871	987
Publicity, administration, insurance and fundr	834	679		1,513	2,263
Training	427	24		451	494
Room hire	-	738		738	3,555
Equipment	741	509		1,250	1,158
Household Support Fund	-	16,095		16,095	8,000
Sub total	30,260	33,901	-	64,160	57,633
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	30,260	33,901	-	64,160	57,633
Net of receipts/(payments)	884	- 16,801	-	- 15,916	2,468
A5 Transfers between funds	- 5,000		5,000	-	-
A6 Cash funds last year end	25,406	18,959	-	44,364	41,898
Cash funds this year end	21,290	2,158	5,000	28,448	44,366

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Designated fund to nearest £
B1 Cash funds	Cash in bank c/fwd 2024	25,406	18,959	-
	Cash in bank after receipts & payments Apr 2024/ Mar 2025	- 4,116	- 16,801	5,000
		-	-	-
	Total cash funds	21,290	2,158	5,000
	(agree balances w ith receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Food costs	Unrestricted	86	April 2025
	Transport	Unrestricted	890	April 2025

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

Signature	Print Name	Date of approval
<i>G Casemore</i>	Gabiella Casemore	20.01.2026
<i>K Head</i>	Karen Head	20.01.2026



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Food and Friendship CIO

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1178067

Set out on pages

(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 31/03/2025.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

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

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

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

Signed:

Date:

20.01.2026

Name:

Chris Hill

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

FCA – Fellow of the Institute of Chartered Accountants

Address:

177 Nevill Road

Hove

BN3 7QN

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

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

Not applicable.

FOOD AND FRIENDSHIP

England & Wales - Charity number 1178067

Accounts



Trustees' Annual Report for the period

	Period start date			Period end date		
	1	April	2023	31st	March	2024
From				To		

Section A Reference and administration details

Charity name Food and Friendship

Other names charity is known by Formerly Hove Luncheon Club

Registered charity number (if any) 1178067

Charity's principal address

Hove Methodist Church
 Portland Road
 Hove
 Postcode BN3 5DR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel Richards	Chair	to 21 January 2025	
2	Karen Head	Treasurer		
4	Michael Hill			
5	Gabriella Casemore	Chair	from 21 January 2025	
6	Julia Riches			
7	Anna Stavrianakis			
8	Marianne Holgate		Appointed 16 July 2024	
9	Shelley Brown		Appointed 15 November 2024	
10	David Royce		From 29 th March 2024 to 18 th June 2024	
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

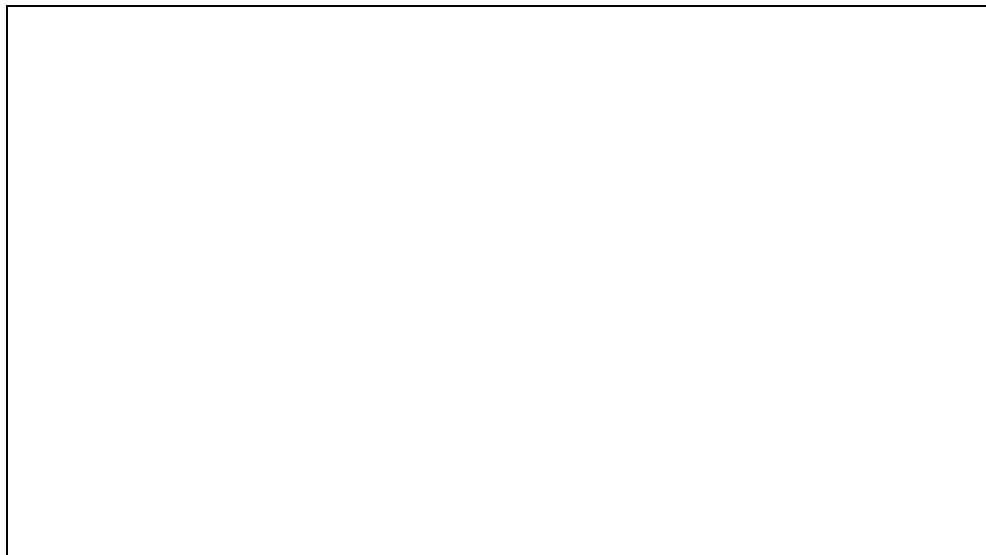
Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by the members

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>All existing trustees have read and signed the relevant charity commission documents pertaining to the duties of a trustee.</p> <p>Food and Friendship holds annually updated policies in the following areas: Health and Safety – including Risk Assessment, Safeguarding Vulnerable Adults, Equality and Diversity, Data Protection and Privacy.</p> <p>All Trustees hold up to date DBS vetting clearance.</p> <p>In addition, trustees, volunteers and staff attend emergency first aid training on a yearly basis.</p> <p>We also work with care provider Kingsway Care who sponsor us by lending us staff for an hour each lunch club to volunteer. Kingsway have their own policies and procedures.</p>
--	---



Section C

Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of, but not restricted to, low-cost lunch clubs.

All Food and Friendship trustee decisions are made with due consideration of the Charity Commission's public benefit guidance.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our main activities are running a low-cost lunch club twice a week from Hove Methodist Church for older people and adults with learning disabilities. As well as access to a nutritional meal, we aim to tackle social isolation and loneliness and support people to develop new friendships and feel more connected to their communities. For wider social benefit through the reduction of food waste, in creating the low cost meal we prioritise using food donated by the charity FareShare Sussex and other food donations, supplemented only by purchased food as necessary. Any excess food donations are distributed to lunch club attendees or other social groups which also use Hove Methodist Church facilities wherever possible to avoid waste.

Alongside lunch provision, we aim to offer advice sessions for lunch club members after lunch has been served to signpost beneficiaries who might benefit from other health, social and financial support organisations. We are also supported by music entertainers who donate their time to entertain at lunch club and feedback demonstrates they

are highly valued by lunch club members. We provide regular volunteering opportunities for more than 40 people, including older people and people with learning disabilities. Volunteer roles are carefully tailored to ensure our volunteers find their time both rewarding and enriching, with appropriate support as required. Volunteers are subject to DBS checks, and we ensure that they understand Food & Friendship policies which they must uphold. In the year, we are grateful to our volunteers who in total gave more than 6,600 hours of their time and without whom Food & Friendship would not be possible.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

A Year of Connection and Community

In the year beginning 1st April 2023, we continued to combat loneliness, isolation, and social exclusion in Brighton and Hove by providing a welcoming environment, nutritious meals, and opportunities for meaningful connections. We supported over 130 isolated older people and adults with learning disabilities, enhancing their health, well-being, and social lives. Our lunch clubs, which are at the heart of our charity, offered a place for friendship with the joy of shared meals made from surplus food.

“It was a great lunch. The volunteers are such a great bunch of people. Love em all. This pensioners lunch is the best in the whole of the south coast.” **Tuesday club guest**

Lunch club is like an extended family. We are committed to building an inclusive space where everyone, regardless of age or ability, can feel a sense of belonging. Guests and volunteers with disabilities and learning disabilities and cognitive and sensory impairments are equally involved. This year, 44 volunteers helped to prepare, serve and clear away over 6000 meals to lunch club guests made from over 8 tonnes of surplus food.

Tuesday Club

The Context

“It’s a great community, you miss people if they are not here. I check up on people if they don’t come” **Tuesday guest**

14,551 people over the age of 65 lived alone in Brighton and Hove – making up 38.6% of the age group at the last 2021 census. Our Tuesday beneficiaries typically live alone and experience multiple disadvantages impacting their physical and mental wellbeing. Some lack support networks and poor mobility, poor health, sensory impairments and lack of appropriate care which all combine to impact on their health and wellbeing. Many are living with the effects of bereavement and are also excluded from our increasingly digital world. Some of our guests are carers and some are estranged from loved ones.

“I live in a home with lots of flats but there’s not much social connection anymore as people have died and younger folk are not interested. I come to lunch club for friendship, I look forward to it because I can go a week and not see a soul” **Tuesday club guest**



Tuesday club is aimed at older people and typically we welcome 55-65 older guests every Tuesday for a 3 course lunch. The ages of our guests ranges from 60 to 98 with the majority of guests, 71%, being over 75 years. 38 % of Tuesday guests say that the only social time they have each week is lunch club. Of this group, 80% are bus users and unable to access public transport. Transport is provided by Brighton and Hove Community transport for those that were unable to access public transport in the Mile Oak, Hangleton, Portslade and Hove areas. Our bus service is vital because some guests often have multiple health conditions and poor mobility which prevents them from accessing social opportunities. In September 2023 we had a waiting list for people who needed a place on one of our buses. We approached the Stroke Club and Daail, the driver, agreed to trial a regular lunch club pick up. The trial was a huge success and the Stroke Club bus has since become an important part of lunch club, enabling more isolated guests to access our service.



"I really enjoyed my lunch today the atmosphere was great as usual I have made lots of new friends and met the lovely volunteers so a very BIG THANK YOU to everyone involved, I think I would be lost without my outing on Tuesday now"

Tuesday guest

Thursday club

The Context

There are around 5000 Adults with learning disabilities living in the city. Closures of day centres across Brighton have limited the opportunities for socialising in a safe and welcoming space which has increased loneliness and social isolation.



Thursday lunch club is a place where people with learning disabilities and

support staff are welcomed and provided with a healthy meal and the opportunity to develop their skills in the kitchen, social skills and volunteer in a meaningful and rewarding way. It is a place where friendships and social networks can be built and maintained. A two-course lunch is prepared by a team of 17 volunteers, 7 of whom have a learning disability. Support staff are provided for 3 of these volunteers who can work on a one-to-one basis with them and 4 are able to volunteer independently and are supported by the rest of the volunteer team. We typically welcome around 30 to 40 guests on a Thursday in the year. Some guests attended from houses managed by organisations such as Grace Eyre and the Francis Taylor Foundation and came with support staff who assisted them to get to lunch club where they could be reasonably independent in eating, drinking and socialising with friends and accessing the raffle and toilets. Other guests with more significant physical disabilities come with more complex dietary needs and require help to eat and pureed meals. Some guests lived independently and receive only a few hours of support each week. We also welcome a few older guests who are able to make their own way to Thursday club.

In September 2023 Brighton and Hove Speak Out, a learning disability advocacy charity brought their drop-in to our Thursday club. Guests can meet people, have a chat and a cup of tea and receive 1-1 advocacy support, talk about worries and get information, help and signposting facilitated by experienced advocacy worker Shelley Brown and volunteer Clare Finn. It's been an important addition to our provision and brings a whole new dimension to lunch club. We are now able to signpost people to a drop-in service quickly where they receive appropriate and up to date advice from Shelley and her team specific to their needs which as a lunch club we can't provide. Our venue is more conveniently situated for people in the West of the city and Speak Out say they have been able to re-connect with people they've supported in the past and have engaged with new people as a result of the drop in. We look forward to many more years of partnership!

"I have supported someone for many years and finding activities to do can be challenging. Since they started at lunch club, I've noticed their confidence has really grown. They have learnt extra skills and the physical activity improves their overall health. They always talk about lunch club and the friends they have made" **Thursday support worker**



*“I love Food and Friendship! Everyone can have a hot lunch with their friends on a regular basis. It makes our local community more inclusive, healthier and happier” **Thursday volunteer***

Volunteers

It would be hard to overstate the integral role that our volunteers have at lunch club. On an average week, volunteers provide 170 hours of their time which totals 6630 hours a year. Without volunteers we simply would not exist. Our volunteers are people of all ages, abilities and backgrounds and who include a wealth of experience from diverse careers in areas such as the arts, human resources, nursing, banking, customer services and catering. Many of our



volunteers also have lived experience of the ageing process or have a learning disability which helps us to develop and be responsive to our beneficiaries. We increased our capacity and opportunity for voluntary placements in the year to help us fill occasional gaps when some of our retired volunteers were away or occasionally unwell.

*“I love being a part of different communities, meeting new people and giving as well as receiving, it lifts my spirit. I love working with a great team and sharing the same values, though we are all so different!” **Tuesday volunteer***

In the year, we worked with 42 volunteers aged between 18 and 86. Volunteering at lunch club provides weekly structure, particularly for retired volunteers and those with learning disabilities, and provides a sense of belonging and purpose which is so important for wellbeing. Volunteering at lunch club also increases social networks and often leads to other volunteering opportunities within Hove Methodist Church (who generously donate their hall space to host lunch club) at community events such as Chatty Café and Messy Church for example.

*“Volunteering gives us a purpose in life. It is a highlight of the week and I enjoy the company of other volunteers” **Tuesday volunteer***

In the year, all volunteers were invited to take part in accredited training such as Food Hygiene and First Aid, and we now have 12 accredited first aid at work volunteers who are also able to use the defibrillator that is situated outside the church.

We arrange a number of volunteer social events every year which enable

volunteers to socialise and develop deeper connections and friendships.

“Volunteering means continuing my mum’s legacy and hearing her stories. Having a space each week to think of her brings me peace for a few hours” **Tuesday volunteer**

“I like to talk to the people and I’m happy helping with the jobs. It’s fun and a good feeling to help people, there’s lots of laughter which makes me feel good. Being kept busy all the time makes me feel useful and that I have a purpose”

Thursday volunteer, 83

“Volunteering means a lot, it feels very nice to be a part of something so good. It also feels great to be doing a good thing” **Tuesday volunteer, 24**



Food

Food is very important to us at Food and Friendship. It is our way of communicating with our guests and is the main focus of each lunch club. People come for the food, which nourishes the body, and the company which nourishes the mind.

There are lots of barriers to eating a healthy hot meal for some of our beneficiaries. Some live alone and find it hard to motivate themselves to cook, relying on microwave meals or cheese and crackers. Some of our guests, through lack of mobility and inadequate bus services, find it hard to shop. Some lack the manual dexterity to prepare meals because of arthritis and some don’t have suitable kitchen equipment. There is also a financial barrier for some who may rely on ultra-processed food which is more affordable and readily available, as well as the rising cost of energy. According to the Malnutrition Task Force 2024, it is estimated that around



one in ten people over the age of 65 are malnourished or at risk of malnutrition. Malnutrition is both a cause and a consequence of ill health affecting health and wellbeing, increasing hospital admissions and can cause long-term health problems for otherwise healthy and independent older people.

We strive to create a nutritious and special meal for our guests twice a week that provides at least some of the 30 different plants a week that is

recommended for good health. But we also aim to provide a meal that brings pleasure.

We plan menus that include nostalgic meals such as liver and onions, corned beef hash, bread and butter pudding, bacon pudding and spotted dick as it brings lots of conversation to the tables and fond memories...or not...opinion is divided on liver and onions!

In the year, through our relationships with FareShare Sussex and Surrey, UK Harvest, Lidl and Sainsburys we prevented over 8 tonnes of edible food going into landfill. This was an integral part of our provision and included items such as fresh vegetables, fresh fruit, meat (including venison mince!), fresh made pies and pasties, tinned items,



store cupboard items and catering packs of basic ingredients. Fareshare calculates that each kilo of surplus they redistribute to charities costs the charity a maximum of 0.42p instead of the retail cost which is calculated to be £5.90 per kilogram, clearly a huge cost benefit. Fareshare Sussex and Surrey noticed a drop off in surplus arriving at their warehouse for reasons which included improved waste reduction programmes (including AI and digital shelf pricing), in-store efficiencies meaning a reduction in waste, a reduction of product ranges, food inflation and an increase in the numbers of organisations wanting some of the surplus. We wanted to increase our tonnage but for the reasons mentioned this was unfortunately not an option. We therefore really appreciated the shortfall being filled by UK Harvest who donated fresh surplus food to us every Tuesday, and also Neighbourly who made surplus available via collection at Lidl and Sainsburys. We also appreciated donations from Jane, Chris and friends at the Weald Allotments food bank in Hove.

*“Food and Friendship is a wonderful example of community in action – creating a safe and happy environment for guests and volunteers to benefit and feel cared for and valued” **Thursday volunteer***

Cooking club

Between 19th April and 5th July 2023 We ran a ‘real food’ cooking club working with targeted guests and volunteers from lunch clubs who wanted to learn some basic cooking skills and ways to eat a healthier diet. We looked at foods that could prevent high blood sugar spikes and the benefits of wholegrains and dietary fibre.

We also prepared healthy fast food and tried to re-create takeaway meals that participants enjoyed such as curry and Chinese meals. We cooked a range of menus including things like roasted vegetables with roasted fish, celeriac mash, minestrone, quinoa, frittata, breakfast muffins, Stir fry and chicken korma. Participants were able to make small but significant changes to their diets and were able to prepare their own stir fry, curries and potato wedges for example rather than buying chips and Indian or Chinese takeaways. They also learnt about Ultra Processed Food (UPF) and how it lacks dietary fibre, which can make it easy to over eat and not feel full.



Between October 2023 and March 2024 we ran 3 sessions of cooking clubs for 18 young people. The courses were partially funded by grants from The Ernest Kleinwort charitable trust and the Coop Community Fund. Working with disadvantaged young people, the courses taught practical skills in small groups. BHASVIC College, a local large non-selective independent sixth form college, acted as a broker and invited students in receipt of a college bursary due to disadvantage to join us. The practical sessions helped young people to eat healthily giving them a repertoire of budget recipes for life. Students learnt store cupboard cooking and meal planning and chose the menus with a focus on basic budget cooking and healthy fast food. There was an emphasis on vegetarian food and the wide-ranging menus also reflected the cultural diversity of the groups. Cooking club was supported by two volunteers, one of whom had a learning disability and who had participated in the previous cooking club for people with learning disabilities. The volunteer was able to help wash up and set the table and help with chopping and stirring and general kitchen duties where required and he enjoyed eating with the group after.

“Thank you for this lovely experience. This club has been such an amazing part of my week I looked forward to. I have learnt how to cook for more people, more veggie options like lentils, and I am more confident cooking from scratch now. I have enjoyed the lovely environment, really convivial and accommodating” **Cooking club attendee, aged 18**



Students came from across the catchment area for BHASVIC in places such as Burgess Hill, Worthing and Eastbourne. Some of them presented with mental health issues. For example,

one student would sometimes feel overwhelmed so would remove themselves to a quiet space until they felt able to participate in the session again. We were also able to be very flexible to meet the needs of the group particularly during Ramadan by adapting the timing of our shared meal to make it happen at sunset. This ensured two participants were able to break their fast with everyone else. The groups enjoyed taking home leftovers to have for lunch the next day and in some cases to share with their younger siblings and parents.

As well as gaining confidence in the kitchen, the students got to know each other, sharing their stories of A levels, UCAS applications, part-time jobs, and juggling family commitments and expectations. An unexpected outcome was that participants made new friends.

Some of the menus included, Lentil and tomato soup, pizza, dahl, naan, chicken kebabs, veggie kebabs, fajitas, veggie chilli, Thai green curry, Jasmine rice, Thai fishcakes, Jollof rice, chicken, fried plantain, Gyros, pitta bread, falafel, hummus, tabouleh, baba ganoush, flat bread, quiche, and carrot cake.

“I enjoyed trying different things and feel more confident in the kitchen in general. I have enjoyed the community it has brought together from different areas from the college.” **Cooking Club attendee, aged 17**

Partnerships

Hove Methodist Church continues to provide a warm, friendly and accessible home for our clubs and we are lucky to have their enthusiastic ongoing support.

Brighton and Hove Community Transport continues to partner us in providing vital transport to isolated older guests on Tuesdays. Our drivers Mike, Paul and Phil are a big part of the lunch club family with the addition of Daail and his accessible bus from The Stroke Club.



“I’ve been coming to lunch club for 10 years but have been a bus user for the last 5 years. Without the bus I wouldn’t be able to come and I only socialise at lunch club!” **Tuesday Guest**

“I only get out once a week. I miss it when it’s not on” **Tuesday Guest**

Referral Partners

“My doctor said ‘do you go out? How about a lunch club? Half an hour later after getting home, Caroline had called me after receiving the referral from my Doctors” **Tuesday Guest**

Over the year, we developed and maintained relationships with a range of stakeholders: funders, referrers, other charities, community groups, the local community and the wider public. This has helped us to raise the profile of Food and Friendship, which we hope will increase self-referrals and have a positive impact on both our reach and fundraising.

We are proud to work with TogetherCo social prescribing link workers and social prescribers at doctors surgeries such as Charter Medical Centre, The Grace Eyre centre, Speak Out, Brighton and Hove Food partnership, Age Uk West Sussex Brighton and Hove, Kingsway Care, The Discharge, Assessment and Response Team and the Health and Adult Social Care team both at BHCC, the Carers Centre, Brighton and Hove Food Partnership, and the Stroke club. We also received referrals from family members, relatives and via social media and our website.

“I was a newcomer to Brighton. I looked online and I thought when I get there that’s what I’m going to do. The website looked great and I’ve made my own friends and loved everyone I’ve met here. They made me feel welcome on the first day and I’ve never looked back” **Tuesday Guest**



External partnerships

We partner with Brighton and Hove City Council to help deliver Household Support Funding (HSF) from the Government to families receiving free school meals with the help of Hove Methodist Church. In the year, we set up an account with Tesco and gave out vouchers worth £25 per family member which enabled recipients to buy food and other essentials such as clothing and toiletries and which could be tailored to individual need. This arrangement is now ongoing.

Signposting

Attending lunch club continues to be a gateway to other social events that take place in the Hove Methodist Church building such as the Friday Chatty café, street parties, musical concerts, church services and discos

throughout the year. Many of our guests now attend the building regularly and in fact their social life is centred there where social connections are developed.

Lunch club offers a chance to be referred to other support agencies. Over the year we signposted vulnerable guests who had problems with their housing or social care issues and arranged fire brigade safety home checks. We also helped some of our guests apply for attendance allowance and referred some to Age UK Brighton, Hove and West Sussex to receive support with other benefit applications.

Other valued supporters:

The arts came to Food & Friendship in the year in the form of Circo Rum Baba who brought a performance to lunch club quite unlike anything we had ever seen! It was a fabulous cabaret and some of our guests participated. It was our huge privilege to be entertained by the amazing performers who lit up the hall with a fun and energetic performance from their caravan.



We also celebrated the King's coronation with a party and a special lunch.

Pam Gordon from Rise Life Brighton donated several sessions of seated entertainment and Kathryn from Hove jigsaw swap visited several times and donated jigsaws. We were also fortunate to have lots of entertainment including singer TJ who visited both clubs several times and our 'accordion lady' Janet.

We had visits from Angelika Wydra from the falls prevention team at BHCC who brought information about free courses and Mark and his colleague from East Sussex Fire and Rescue Service visited and some of our guests booked home visits.

Areas for development

Impact assessment

We would like to develop a regular means to include our 'beneficiary voice' to describe, define and therefore help the Trustees address the needs of our current user group via focus groups. Doing so will enable us to prepare for the future as the anticipated needs of an ageing population

grow inexorably. We would like to develop our focus groups to take place outside of normal lunch club times to ensure that participants, volunteers and staff are available to be fully engaged in the process.

Local Knowledge/Publicity

Establishing contact with isolated people is a publicity and local marketing challenge. We have good networks throughout the City with a range of referrers and stakeholders but we know there are a lot of potential beneficiaries who could benefit from attending our clubs.

By definition, potential beneficiaries are ‘cut off’ from most channels of communication. We simply haven’t been able to reach them – yet. We aim to work collaboratively, finding a way to improve links with GP surgeries and referral agencies, and so extend an invite to isolated people directly and/or indirectly via new publicity materials offered in print form or digitally.

Fundraising

Like most small grassroots charities, this is always an area that requires significant time and resources. We are proud that by ‘word of mouth’ alone we are now at capacity in terms of guests at our Tuesday lunch club and that attendance at Thursday club continues to grow. This is indicative of the needs and demand for our offering.

Our reputation in the City was further consolidated in the year. In helping to achieve this, we express our heartfelt thanks to our third partner supporters for their donations – whether cash donations, or ‘in kind’ food donations or staff time donations. We are proud of our ongoing relationship with our local supporters and strive to continue and extend them further into the future.

--

Brief statement of the charity's policy on reserves

The net funds of the Charity at 31.3.2024 were £44,364 of which £18,959 was restricted. We hold 3 months of unrestricted operating costs (c£10,000) in reserves so the remainder of £15,405 is carried over to the next financial year to fund the organisation's ongoing work and areas for development.

Details of any funds materially in deficit

None.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Funding

Sponsorship



Kingsway Care continued to sponsor us by donating £1120 this year helping us pay for ingredients each month and providing extra support in the form of volunteers. Every week we've enjoyed the help and company of one or two amazing Kingsway volunteers in their distinctive yellow shirts and they feel very much a part of the volunteer family.

Grant Funding

We are grateful to all our funders for their support. In particular, we would like to acknowledge and thank the following organisations and individuals: **Sussex Community Foundation**, donated £5000 to help us with core costs in the year via grants from the Arthur and Doreen Green benevolent fund. This grant was received towards the end of the financial year and was carried forward to the financial year 24-25.

The Talent Fund donated £5000 in March 2024. This grant from the **HughBonGo Fund** will support our core costs and is carried forward to the financial year 24-25.

The Coronation Food project donated £4500 to help us reduce food waste and food insecurity.

The Ernest Kleinwort Charitable Trust and the **Cooperative**

Community Fund funded 80% our cooking clubs

Other grants included those from Hove Rotary Club, The Dodgeson Foundation, the Osbourne Charitable Trust, The Lloyds Bank Foundation and a grant from former councillor Chris Henry who donated his last ward budget to us.

Food and Friendship trustees would also like to acknowledge and thank the following individuals and organisations for their generous donations and fundraising campaigns on our behalf:

- Zoe and family from the Sophie Kennard memorial fund who raised £1795 for us.
- The friends and family of the late Jacqui Edwards who donated £1638 in her memory.
- The Cheer up Molly's who did a concert raising £948 which Hove methodist Church made up to £1000.
- Zoe and staff and patrons of the Good times pubs, in particular The George Payne, The Poets Ale and Smoke House, The Railway Tavern and the Stirling Arms who raised £985.
- Stu Mitchell from Curious Histories who raised £206 with his series of interesting and unusual historical stories.
- Huge thanks also to Julia Riches, Guy Offen, Richard Baker, Jean Towner, G Nutbeem, and everyone who made a donation via our donation platform 'Givey'.



In May 2023 we lost our much loved Chair of Trustees and volunteer Jacqui Edwards. Jacqui was at the heart of everything, and it felt like the heart went out of the charity when she died. But as she would have wanted, we kept on going and took enormous comfort and strength from her family, some of whom are now volunteering, and also all our other volunteers and beneficiaries who have supported us on the journey without her. Thank you to them all and to all our funders and

friends.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Gabriella Casemore</i>	<i>Karen Head</i>
Full name(s)	Gabriella Casemore	Karen Head
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	21 January 2025	



Receipts and payments accounts

For the period from	Apr-23	To	Mar-24
---------------------	--------	----	--------

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	-	23,205		23,205	40,300
Weekly Intakes	17,984	-		17,984	15,070
Donations	9,792	-		9,792	13,331
Sponsorship	1,120	-		1,120	1,300
Bank Interest	-	-		-	-
Other	-	-		-	35
Household Support Fund	-	8,000		8,000	-
				-	
Sub total (Gross income for AR)	28,895	31,205	-	60,101	70,036
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	28,895	31,205	-	60,101	70,036
A3 Payments					
Transport	4,216	3,346		7,562	6,840
Ingredients	2,065	1,551		3,616	3,688
Sessional Worker	25,740	3,480		29,220	27,180
Fairshare Fees	591	188		778	750
Volunteer Expenses	844	143		987	758
Publicity, administration, insurance and fundr	2,132	131		2,263	1,465
Training	219	275		494	12
Room hire	2,835	720		3,555	2,650
Equipment	1,158	-		1,158	1,489
Household Support Fund	-	8,000		8,000	5,000
Sub total	39,800	17,834	-	57,634	49,832
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	39,800	17,834	-	57,634	49,832
Net of receipts/(payments)	- 10,904	13,371	-	2,467	20,204
A5 Transfers between funds	6	- 6	-	-	-
A6 Cash funds last year end	36,304	5,594	-	41,898	21,694
Cash funds this year end	25,406	18,959	-	44,364	41,898

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash in bank c/fwd 2023	36,304	5,594	-
	Cash in bank after receipts & payments Apr 2023/ Mar 2024	10,898	13,365	-
		-	-	-
	Total cash funds	25,406	18,959	-
	(agree balances w ith receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Staff costs	Restricted	720	April 2024
	Transport	Restricted	1,241	April 2024

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

Signature	Print Name	Date of approval
<i>G Casemore</i>	Gabriella Casemore	21.01.2025
<i>K Head</i>	Karen Head	21.01.2025



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Food and Friendship CIO

**On accounts for the year
ended**

31 March 2024

**Charity no
(if any)**

1178067

Set out on pages

(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 31/03/2024.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

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

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

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

Signed:

Date:

22.01.2025

Name:

Chris Hill

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

FCA – Fellow of the Institute of Chartered Accountants

Address:

177 Nevill Road

Hove

BN3 7QN

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

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

Not applicable.

FOOD AND FRIENDSHIP

England & Wales - Charity number 1178067

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	April	2022		31st	March	2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Jacqueline Suzanne Edwards			
2	Karen Head	Treasurer		
3	Rachel Elizabeth Richards	Chair		
4	Michael Hill			
5	Gabriella Casemore		Appointed 6 th January 2023	
6	Julia Riches		Appointed 7 th March 2023	
7	Anna Stavrianakis		Appointed 7 th March 2023	
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by the members

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity’s organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees’ consideration of major risks and the system and procedures to manage them.

<p>All existing trustees have read and signed the relevant charity commission documents pertaining to the duties of a trustee.</p> <p>Food and Friendship holds annually updated policies in the following areas: Health and Safety – including Risk Assessment, Safeguarding Vulnerable Adults, Equality and Diversity, Data Protection and Privacy.</p> <p>In addition, trustees, volunteers and staff attend emergency first aid training on a yearly basis.</p>

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of, but not restricted to, low-cost lunch clubs.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our main activities are running a low-cost lunch club twice a week from Hove Methodist Church for older people and adults with learning disabilities. We aim to tackle social isolation and loneliness and support people to develop new friendships and feel more connected to their communities. Alongside this we aim to offer advice sessions after lunch to signpost beneficiaries who might benefit from health, social and financial support organisations. We also aim to provide a low-cost nutritional meal using food donated by the charity FareShare Sussex to reduce food waste. We provide regular volunteering opportunities, some for older people and people with learning disabilities.

Food and Friendship trustees have had regard to the guidance issued by the charity commission on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Between 31st March 2022 and 1st April 2023 our twice-weekly lunch club provided communal low-cost dining and volunteer opportunities to over 150 isolated older people and adults with learning disabilities supporting their health & well-being. Lunch club continued to be an antidote to loneliness providing social support and a chance to connect with others and form friendships. This financial year brought with it many challenges as we recovered from the effects of the COVID pandemic and dealt with the cost of living crisis triggered by the war in Ukraine. Demand for places on our buses grew as more people were referred.

“Lunch club provides a lovely meal that somebody else has cooked and remembered what I can’t eat. I love it, I look forward to it each week” David, Tuesday guest



Our beneficiaries typically experienced multiple disadvantages impacting their physical and mental wellbeing and this year was no different. Guests reported feeling lonely because of bereavement, restricted mobility because of health conditions, sensory impairments and digital exclusion. 67 % of our beneficiaries lived alone and many were coping with close personal bereavements having lost partners, close friends and family which increased feelings of loneliness. Our increasingly technical society excluded many of our older guests and guests with learning disabilities who could not access digital opportunities to connect with friends and family.



More than 2 million people in England over the age of 75 live alone, and more than a million older people say they go over a month without speaking to a friend, neighbour or family member. (AGE UK 2023)

45% of our Tuesday beneficiaries were aged 80 or over. 47% were living with illnesses such as cancer, heart failure, diabetes and COPD or were recovering from a stroke or had reduced mobility and used wheelchairs, mobility scooters and walking aids. Accessing public transport in order to go shopping or attend social clubs continued to be very difficult for some of our beneficiaries. In addition many of our guests received pension credit, a marker of low income, which made paying for taxis prohibitively expensive. We continued to hire buses from Brighton and Hove Community transport to collect 42 of the most isolated guests from Portslade, Mile Oak, Hangleton and Hove. The experienced and friendly drivers and their fully accessible vehicles are an integral part of lunch club.



Referral Partners

Over the year, we have developed and maintained relationships with a range of stakeholders: funders, referrers, other charities, community groups, the local community and the wider public. This has helped us to raise the profile of Food and Friendship, which we hope will increase self-referrals and have a positive impact on fundraising. We hope this will help us to extend our future partnership working and help us to develop our medium and long term strategies.



In particular, we worked with Ageing Well Brighton and Hove, TogetherCo social prescribing team, The Stroke Rehabilitation Service, The Grace Eyre centre, the Carers Centre and received referrals from family members, doctors surgeries, relatives and social media.

“The Lunch club is really the only resource I can refer my clients to that struggle to leave their homes but would love to meet with others as they often see no one in person for weeks on end. The impact when these clients attend is transformative.

They have told me this is the only opportunity they get to go out in the week and meet others. Eating, chatting with others, and having a laugh, has drastically improved their wellbeing and social health to the extent that they feel more connected again and look forward to this all week.”

Mary Finlay, Social Prescribing Link Worker, West Hove PC

Volunteers

We now provide voluntary placements for 42 people aged between 18 and 86. Half our volunteers are retired and 10 have learning disabilities. Volunteering at lunch club provides structure and a sense of belonging as well as social contact and a chance to give



something back. Increased social networks, connecting with others, doing something purposeful and meaningful, all help increase a sense of purpose, especially during retirement. Volunteers also learnt new skills around food

and food prep, developed inter-personal skills and also had the chance to take part in accredited training such as Food hygiene and first aid as well as having access to regular social events.



“I really enjoyed my lunch today the atmosphere was great as usual I have made lots of new friends and met the lovely volunteers so a very BIG THANK YOU to everyone involved you are all marvellous I think I would be lost without my outing on Tuesday now”. Tuesday guest

The cost of living crisis

As food and fuel prices began to increase in the aftermath of the Ukraine War the Autumn of 2022 looked particularly bleak for many of our guests, particularly those on low incomes with health conditions. We were able to work with a wide range of organisations throughout the city to ensure that our most vulnerable guests got some support. These included:

- Household Social Fund

We partnered with Brighton and Hove City Council to help deliver Household Support Funding from the Government to families receiving free school meals with the help of Hove Methodist Church. We set up an account with Tesco and gave out vouchers worth £25 per family member which enabled recipients to buy food and other essentials such as clothing and toiletries and could be tailored to individual need. This arrangement has been ongoing as HSF funding has been made available to local councils.

- Ageing Well Brighton and Hove

Supermarket vouchers were distributed via Ageing Well Brighton and Hove. We were able to chat with every guest and volunteer and if they were over 66 and worried about rising food prices we could refer them to receive supermarket shopping vouchers. We were also active in referring guests to the Age UK Home wellbeing service which was open to anyone over 18 who professionals felt could benefit from welfare checks at home. This was intended to alleviate pressure for emergency, hospital and community services and try and keep people safe at home.

- Warm Homes Equipment

Food and Friendship became referral partners for Citizens Advice Brighton and Hove who distributed warm home equipment to lunch club attenders over the age of 66 who were experiencing fuel poverty who would benefit from equipment to help keep them warm in the winter of 2022. Thirty-nine Items such as thermal slippers, flasks, heated clothes airers, electric blankets, duvets, oil fired heaters, men's and women's thermals and lamps were purchased and distributed to our vulnerable guests at a cost of £1182.

- Energyworks

We also partnered with Energyworks who aimed to fight fuel poverty in Brighton and Hove. Via the Fuel Hardship Grant 2022-23, 23 one-off payments were made of around £250 to our guests on low incomes who had fuel debt, or were not adequately heating their home who also had a cardiovascular or respiratory health condition, mental health illness or other long-term health condition or disability.

“From the minute I stepped into lunch club today the atmosphere was so warm and friendly. It's run brilliantly and each and every person I met today was clearly so happy to be there! It was like a family gathering- where everyone is interested and welcoming”. **Kathryn, Hove Jigsaw Club**

Food and Nutrition

Through our continued relationships with FareShare Sussex and Surrey, UK Harvest, Lidl and Sainsburys we prevented over 10 tonnes of surplus food from going to landfill, using it to provide over 5460 nutritious meals. We also appreciated donations from Chris and friends at the Weald Allotments.

Some of our guests lacked the personal resources to provide themselves with a hot nutritious meal. Living alone can be demotivating when it comes to cooking, especially if a partner used to do all the cooking. There were many barriers to eating healthily including poverty and the cost of living crisis, a lack of equipment, limited mobility, reduced chances to shop for food, lack of digital connection limiting opportunities to access online food provision and delivered meals, a lack of cooking knowledge or a combination of several of these. Health conditions such as dementia and sensory impairments as well as learning disabilities made cooking difficult. Our service was there to fill in the gap serving fresh fruit and vegetables and freshly cooked meals using natural ingredients. In addition our new cooking clubs have enabled us to teach a new generation of cooks about eating healthily on a budget and avoiding ultra processed food.

Cooking club

In September 2022 we received funding from Brighton and Hove City Council and the Co-op community fund to trial a new twilight cooking club after feedback from some of our guests. This ambitious pilot identified three main drivers: feedback from beneficiaries about the rising cost of food, a lack of cooking skills, and loneliness in the evenings.



We ran 12 cooking clubs focussing on life-skills such as low-budget cooking, store cupboard meals, cost-effective shopping, healthy home made 'fast food', cooking with limited equipment and cooking with reduced mobility. The mixed sessions were very successful with participants

being drawn from existing beneficiaries of the Thursday club for adults with learning disabilities who had specifically asked for help with cooking independently. Along the way, we reinforced healthy eating messages about salad and vegetables and alternative sources of protein, whole grains and the importance of fibre. Most of our participants lived alone or in supported living accommodation and really enjoyed the shared meal part. They reported that having a sociable place to be between 4 and 7pm seemed to be perfect timing as it wasn't too late for them to make their way home either with or without support. One participant was able to attend independently after a few weeks and was really pleased to be able to take leftovers home to share with his parents.

"Its been so good to have somewhere friendly to come to where we enjoy cooking and eating together rather than me sitting alone in my flat" Vince

"Terry said he loved it and always enjoyed the whole process and people there. He would definitely like to do it again as he felt really comfortable at cooking club. It was also really good for him to learn to make healthy dishes" Darren, Terry's support worker.

"I've seen Ben's confidence really develop since he started coming to cooking club. To begin with, he wouldn't sit with us for the meal and would walk away a lot. Now he stays with us the whole session and eats with us. He talks about cooking club all week." Support worker.

For our third 6 week course we focused on young people from the local sixth form college BHASVIC who acted as brokers between us and some of their students who were interested in learning cooking and budgeting skills before they left home and went on to higher education. We offered the course to young people who had experienced disadvantage in receipt of a bursary. Five of the young people were young carers for parents or siblings and one student was from Ukraine and was staying with a sponsor family in Lewes. As the students got to know each other we found that they were able to share their experiences of being young carers with each other and to talk about their forthcoming A level exams, their part time jobs and support each other with ideas and thoughts about their next steps and how this might impact on their families. The students gained a lot of confidence as the weeks progressed both socially and also in terms of cooking skills. The group really

bonded which was of particular importance to the student from Ukraine who had been feeling quite isolated because his friends and family were abroad, not to mention the language barrier and challenges of negotiating exams in a different language.

“I’d love to come back here to volunteer in the future. I’ve enjoyed cooking as a team and eating at the end like it’s a family dinner. Cooking club has inspired me to try new things!”

“Cooking with others has been enjoyable as I usually do it alone. Learning to cook with a range of ingredients. I’ve learnt cutting/prep skills for different meals and a better understanding of time management/multi-tasking.”

Signposting

Attending lunch club continues to be a gateway to other social events that take place in the building such as the Friday Chatty café, street parties, musical concerts, church services and discos throughout the year. Many of our guests now attend the building regularly and in fact their social life is centred in the church where social connections are developed. The lunch club offers a chance to be referred to other support agencies. Over the year we have signposted vulnerable guests when they had problems with their housing or social care issues and arranged fire brigade safe home checks.

We invited students on the **street law project at Sussex University** to chat with guests about legal issues they had and referred some guests to the city council post-covid financial support scheme. We were also able to help guests get connected digitally with the continued support of **Digital Brighton**. Two volunteers attended regularly to help guests get connected to the internet for the first time and learn about texting and using social media or doing shopping online. These drop-ins became invaluable for guests and volunteers who had no one else to ask for help with their mobile phones and ipads. **Bereavement Navigator** Mark Rickson from Age UK West Sussex Brighton and Hove visited and brought some very useful information about where to find support.



We were also able to offer a pre-lunch exercise class on a Thursday thanks to the charity Nam Yang who provided a kick boxing and Tai Chi class. This was a fantastic precursor to lunch club for 8 guests and volunteers with learning disabilities who benefitted from the increased self

esteem and physical challenge of the sessions.

Other visitors to lunch club

Peter Kyle our local MP visited Thursday club on the 20th October 2022. This visit also happened to be the day that prime minister Liz Truss resigned. Brighton People's Theatre visited us to recruit participants and

collect stories about living in Brighton over the years for their production called "Born and Bred". Our accordion lady Janet had a starring role and Jack collected lots of material.

Prospective local councillors Olly Sykes and Bella Sankey visited us to chat with guests and encourage them to make use of their

vote in the local elections.

Pam Gordon from Rise Life Brighton – donated several sessions of seated entertainment.



Hanneke from Carousel visited with lots of information about clubs for adults

with learning disabilities. Kathryn from Hove Jigsaw swap visited and donated jigsaws and we had a visit from Jo Clarke from Age UK West Sussex, Brighton and Hove. Angelika from BHCC came to chat with guests about falls prevention and she organised an older people's dance event on Monday 25th July that several guests attended.

We were also fortunate to have lots of entertainment including singers TJ and the Karaoke man and Ann from the Martlets choir.

Partnerships and funding

Hove Methodist Church continued to provide a warm, friendly and accessible home for our club and we are very lucky to have their enthusiastic support again this year.

Brighton and Hove Community Transport continued to partner us in providing vital transport to isolated older guests on Tuesdays. Our drivers Mike, Paul and Phil are a part of the lunch club family.

Fareshare Sussex and Surrey and more recently, UK Harvest were also an integral part of what we did and despite food shortages continued to support us with appropriate donations of surplus food that would have been prohibitively expensive for us to buy.

--

Brief statement of the charity's policy on reserves

The net funds of the Charity at 31.3.2023 were £41,898 of which £5594 was restricted. We hold 3 months of operating costs (£12,000) in reserves so the remainder of £24,304 was carried over to the next financial year to fund our ongoing work.

Details of any funds materially in deficit**Further financial review details (Optional information)**

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Sponsorship

Kingsway care continued to sponsor us by helping us pay for ingredients each month and providing extra support in the form of volunteers and offering us their café as a meeting place. At Christmas 2022 their supporters donated and wrapped 80 presents for us to give to our guests and we appreciate their enthusiastic support.

Grant Funding

Funding from the following organisations continued to help us overcome loneliness experienced by older people and adults with learning disabilities.

Brighton and Hove Food Partnership who were able to allocate us £8500 to help us with costs of Tuesday club during the summer of 2022. They also donated and packed 80 luxury food parcels for our Tuesday guests.

Sussex Community Foundation who donated £10,000 to help us with core costs. This was made up of grants from the Cullum Family Trust Fund and the Sir George Earle Benevolent Fund.

The Postcode Society Trust who allocated us £6000 to help us cover our transport costs.

The Talent Fund who donated £5000 in December 2022. The grant from the HughBonGo Fund supported our core costs for the final quarter of this financial year with the remainder being carried forward to next financial year helping to fund vital things such as staff costs, rent, ingredients, and equipment.

Co-operative Community Fund which we used to fund our cooking clubs. Shoppers at the CO-OP chose us to benefit from 1p in every pound spent they spent.

Brighton and Hove City Council who also donated £3300 to start our cooking club in the Autumn of 2022.

The Arnold Clark Foundation donated £2500 towards core costs.

Hove Rotary Club who donated £1000

The Dodgeson Foundation who donated £1000

The Osbourne Trust £250 for Christmas costs

Food and Friendship trustees would also like to acknowledge and thank the following individuals and organisations for their generous donations:

Sophie Kennard memorial fund, Good times pubs The Colin Chinchin estate, Councillor Chris Henry Ward budget, The Lloyds Bank Foundation, Jamie Gillespie, Richard Baker, G Nutbeem, and everyone who made a donation via our donation platform 'Givey'.

Section F Other optional information

The trustees of Food and Friendship would like to thank funders, volunteers, beneficiaries, referrers, partners and friends of Food and Friendship for their continued support during 2022-23. As a small charity we have a wide reach and we hope to continue to support isolated people to build meaningful relationships with each other for many years to come.

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Rachel Richards</i>	<i>Karen Head</i>
Full name(s)	Rachel Richards	Karen Head
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	9 th January 2024	



Receipts and payments accounts

For the period from	Apr-22	To	Mar-23
---------------------	--------	----	--------

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	2,500	37,800		40,300	28,906
Weekly Intakes	15,070	-		15,070	10,698
Donations	11,831	1,500		13,331	10,578
Sponsorship	1,300	-		1,300	-
Bank Interest	-	-		-	-
Other	35	-		35	-
				-	-
				-	-
Sub total (Gross income for AR)	30,736	39,300	-	70,036	50,182
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	30,736	39,300	-	70,036	50,182
A3 Payments					
Transport	-	6,840		6,840	3,894
Ingredients	1,237	2,451		3,688	2,180
Sessional Worker	6,435	20,745		27,180	25,740
Fairshare Fees	-	750		750	273
Volunteer Expenses	155	603		758	1,398
Publicity, administration, insurance and fundr	806	659		1,465	1,179
Training	12	-		12	2,098
Room hire	-	2,650		2,650	2,600
Equipment	339	1,150		1,489	1,493
Household Social Fund	-	5,000		5,000	10,000
Sub total	8,984	40,848	-	49,832	50,855
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	8,984	40,848	-	49,832	50,855
Net of receipts/(payments)	21,752	- 1,548	-	20,203	- 672
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	14,552	7,142	-	21,694	22,367
Cash funds this year end	36,304	5,594	-	41,898	21,695

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash in bank c/fwd 2022	14,552	7,142	-
	Cash in bank after receipts & payments Apr 2022/ Mar 2023	21,752	- 1,548	-
		-	-	-
	Total cash funds	36,304	5,594	-
	(agree balances w ith receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Staff costs	Restricted	600	April 2023
	Transport	Restricted	748	April 2023

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

Signature	Print Name	Date of approval
<i>R Richards</i>	Rachel Richards	09.01.2024
<i>K Head</i>	Karen Head	09.01.2024



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Food and Friendship CIO

**On accounts for the year
ended**

31 March 2023

**Charity no
(if any)**

1178067

Set out on pages

(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 31/03/2023.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

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

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

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

Signed:

Date:

10.01.2024

Name:

Chris Hill

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

FCA – Fellow of the Institute of Chartered Accountants

Address:

177 Nevill Road

Hove

BN3 7QN

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

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

Not applicable.

FOOD AND FRIENDSHIP

England & Wales - Charity number 1178067

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2021		31	Month 3	Year 2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Hove Methodist Church
Portland Road
Hove
Postcode <input type="text" value="BN3 5DR"/>

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel Elizabeth Richards	Chair		
2	Karen Head	Treasurer		
3	Jacqueline Suzanne Edwards	Vice Chair		
4	Michael Hill			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity’s trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by the members

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity’s organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees’ consideration of major risks and the system and procedures to manage them. 	<p>All existing trustees have read and signed the relevant charity commission documents pertaining to the duties of a trustee. Food and Friendship holds annually updated policies in the following areas: Health and Safety – including Risk Assessment Safeguarding Vulnerable Adults Equality and Diversity Data Protection and Privacy</p> <p>In addition, trustees, volunteers and staff attend emergency first aid training on a yearly basis.</p>
--	--

Summary of the objects of the charity set out in its governing document

To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of, but not restricted to, low-cost lunch clubs.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our main activities are running a low-cost lunch club twice a week from Hove Methodist Church for older people and adults with learning disabilities. We aim to tackle social isolation and loneliness and support people to develop new friendships and feel more connected to their communities. Alongside this we aim to offer advice sessions after lunch to signpost beneficiaries who might benefit from health, social and financial support organisations. We also aim to provide a low-cost nutritional meal using food donated by the charity FareShare Sussex to reduce food waste. We provide regular volunteering opportunities, some for older people and people with learning disabilities.

Food and Friendship trustees have had regard to the guidance issued by the charity commission on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

A large, empty rectangular box with a thin black border, occupying the right two-thirds of the page. It is intended for providing additional details as mentioned in the text on the left.

Summary of the main achievements of the charity during the year

Annual report April 21 to March 22

Overview

Between 31st March 2021 and 1st April 2022 Food and Friendship prepared and served or delivered over 5000 meals to isolated older people and adults with learning disabilities. Helping over 150 people across the city we worked with a volunteer team of 40 people aged between 17 and 86. We prevented 8 tonnes of food going to landfill and in conjunction with Hove Methodist Church we provided food parcels and food vouchers to 92 adults and children referred by the charity CHOMP.

“Thank you for making my mother feel like she is loved and part of the family at lunch club” Adam Ransom.

This year in the life of Food and Friendship continued to be shaped by the tail end of the COVID pandemic. Between April and June we continued with meal deliveries to a range of isolated older people and adults with learning disabilities with a volunteer crew carried over from the previous year. As restrictions started to ease and the furlough scheme came to an end people started to return to work and we noticed a drop-off in meal requests. We eagerly anticipated a return to in-house dining and spent several weeks planning for it. This involved close monitoring of environmental health recommendations and re-writing our risk assessments to minimise the spread of infection. Volunteers were also self-testing with lateral flow tests. In June we re-opened with smaller groups to enable social distancing with masks being worn and enhanced covid protocols including easy read signage for adults with learning disabilities to provide visual cues about safe behaviour at lunch club, and what to do if they felt ill. We separated the Tuesday group into ‘apples’ and ‘bananas’ and invited them to come once a fortnight at first so we could safely socially distance. Brighton and Hove Community Transport were able to collect 10 people on each bus to allow for social distancing. Buses were ‘de-fogged’ and sterilised after every trip. The transport continues to be a vital part of our provision as it connects very isolated people who

cannot access public transport, a problem even more acute after COVID.

“My husband has just spoken to his mum and she is much chattier than normal and even said she enjoyed going out. Massive win and it’s nice to see her enjoy something.” Daughter in law of a guest

We returned to our normal meal provision during the Autumn of 2021 and were able to welcome new referrals. We noticed an increase in the number of referrals for isolated older people who had lost confidence going out with a resultant feeling of increased isolation. By December, the Omicron variant was looming and causing concern so we were unable to provide an in house Christmas day lunch to isolated people with Hove Methodist Church. We delivered a hot lunch to 150 people on that day with the help of a large volunteer team. We partnered with Waitrose Hove to provide gift hampers to 34 local families on low incomes who had been referred by the charity CHOMP. When we returned in January we had over 100 people coming through the doors every week right up until the end of the year.

Over the year, we have maintained meaningful relationships with a wide range of stakeholders: funders, referrers, other charities and community groups, the local community and the wider public. This has helped us to raise the profile of Food and friendship, which we hope will increase self-referrals and have a positive impact on fundraising. We hope this will help us to extend our future partnership working and help us to develop as an organisation. In particular, we worked with BHesco, Time to Talk befriending, Albion in the Community, Ageing well Brighton and Hove, TogetherCo social prescribing team, The Stroke Rehabilitation Service, The Grace Eyre centre, The Red Cross, Digital Brighton, Brighton Table Tennis Club, Nam Yang Martial Arts and the Carers Centre and also received referrals from family members and doctors surgeries and social media.

“What a fabulous, friendly lunch club. A really lovely place run by amazing people :)” Stephanie

We developed a relationship with food surplus distribution charity UK Harvest and they sent us several tonnes of mainly

catering surplus in addition to our regular FareShare weekly delivery. We also collected surplus food from Sainsburys, Tesco and Lidl. This enabled us to minimise food costs while providing a range of healthy and interesting meals using items such as venison mince that we would not have had the opportunity to use normally.

Brighton and Hove Food Partnership continued to help us with large catering food items from their food distribution hub and gave us some equipment. We also benefitted from the Hungry This Winter crowdfund and their help and guidance as we began to re-open.

"I've been considerably enriched by coming to the Lunch Club and constantly marvel at the fine job you all do." Janet, Guest

Extra projects

Brighton & Hove City Council worked with the voluntary sector and the Health Service to produce a report in August 2020, which identified needs that had arisen during the Covid-19 pandemic, for communities already experiencing inequality in Brighton & Hove. A key finding was Digital exclusion that limited accessibility of information and the ability to connect with others, particularly for older people and those in poverty. The COVID pandemic highlighted the inequality that exists between people who had access to a digital life, and those who did not.

We worked very hard to bring isolated people back into our venue to provide that much needed human contact after so much isolation but our lunch clubs were only able to address that need for a few hours a week. After that, many of our guests went home to an empty flat and did not have much opportunity to connect with others.

The Contain Outbreak Management Fund (COMF) managed by the City Council enabled us to work with Digital Brighton to address some of these issues. We bought mobile phones and tablets which were made available to interested beneficiaries enabling them to connect with friends and loved ones, connect with other support services and also to enjoy internet browsing just for research and pleasure. Many of our guests did not have an informal support infrastructure to help them get connected

so as well as how to connect, stay safe online and avoid scammers - of particular concern for older people, guests had the opportunity to try digital equipment with the support of digital brighton volunteers who were able to problem solve every week and help users to build confidence. They worked on a one to one basis to support targeted people with no access to mobile phones or the internet to get connected. Charities connected gave us 30 sim cards that each came with 20GB data plus unlimited calls and texts each month for a period of six months. Importantly, this meant that guests did not need a broadband or wi-fi set up at home. This project was very successful and has helped reduce social isolation in many of our guests. It is ongoing and has become a regular aspect of pre-lunch.

"I love what you do and embrace the joy your club brings to your volunteers and guests. Keep up the good work" supporter

We were also successful in applying for funding to provide an exercise club on a Thursday. Nam Yam Brighton Martial Arts Club provided a pre-lunch gentle kick boxing and tai chi class, and we hired tables from Brighton Table Tennis Club to run post-lunch table tennis sessions. These sessions provided alternative physical exercise opportunities for adults with learning disabilities, who are often unable to exercise independently or without special venues, equipment or support, (something that was highlighted in the Equalities and Access Workstream Interim report that informed the COMF fund). Nam Yang were very experienced in working with people with learning disabilities and the accessible sessions helped some guests to make real progress throughout their participation. Some guests who had significant health problems have embraced the ethos of Nam Yang and are attending several other clubs across the city. Other guests have attended open competitions run by Nam Yang and have demonstrated kick boxing and tai chi techniques at street parties and open events across the city. One guest who has a learning disability has been given a new lease of life by his involvement in the exercise club. His confidence has really developed and he attends several other sessions throughout the week. The boxing has allowed him to express his emotions in a safe space

which is something he had been unable to do. Other Thursday guests drop in every now and then before lunch. We have continued the exercise club with the generous support of Nam Yang and it has become a regular and important offering to Thursday club guests.

We also partnered with Brighton and Hove City Council to help deliver Household Support Funding from the Government to families receiving free school meals with the help of Hove Methodist Church. We set up an account with Tesco and gave out vouchers worth £25 per family member in December 21 and March 22 which enabled recipients to buy food and other essentials such as clothing and toiletries and could be tailored to individual need. This arrangement has been ongoing as HSF funding has been made available to local councils.

“Good job make me happy wen I come to luntch group lots people” Thursday club guest

Summary of main benefits of lunch club

Our twice weekly lunch club and our delivered meals during COVID provided **important Nutritional support**. Many guests lacked the ability to provide themselves with a hot nutritious meal. Whether through poverty, lack of equipment, limited mobility, reduced chances to shop for food, lack of digital connection limiting opportunities to access online food provision and delivered meals, a lack of cooking knowledge or a combination of several of these, our service was there to fill in the gap.

Lunch club provides **social support** and a chance to connect with others in the community and form friendships. It is an antidote to loneliness. Many of our beneficiaries live alone and are bereaved and are socially isolated living alone in Hangleton and Mile Oak. They have reduced mobility and multiple age-related health conditions and sensory impairments that limit opportunities to socialise. Our buses provide an accessible and subsidised door to door collection service with friendly drivers.

Attending lunch club is **a gateway** to other social events that take place in the building such as the Friday Chatty café and various musical concerts and discos throughout the year. Many guests attend the building regularly and in fact their social life

is centred in the church where social connections are developed.

The lunch club offers a chance to be referred to other support agencies. Over the year we have **signposted** vulnerable guests when they had problems with their housing, social care issues, fire brigade safe home checks, legal issues, and were able to refer to other support agencies such as foodbanks and other meal providers and the City council post-covid financial support

Lunch clubs provide a **chance to volunteer** in a meaningful way in the community. We have over 40 volunteers, half are retired and 10 have learning disabilities. Volunteering at lunch club provides structure and social contact and a chance to give something back. Volunteers also learn new skills around food and food prep, develop inter-personal skills and also have the chance to take part in accredited training such as Food hygiene and first aid as well as having access to regular social events. Food and Friendship could not exist without the enthusiastic and supportive volunteer team that is at the core.

Partnerships and funding

We continued to receive funding from Sussex Community Foundation and Brighton and Hove City Council COMF fund. In addition, the Enjoolata foundation provided funding to cover the transport costs. We were chosen by the Coop to be one of their community causes and received 1p in every £1 spent by a Coop shopper who had chosen us to receive funding.

Hove Rotary club organised a fundraising moonwalk for us and we were very grateful to receive funding raised by the inaugural Sophie Kennard Memorial fund. Small one off donations via Givey.com continued to come in and we were pleased to develop our relationship with Kingsway care who provided sponsorship to help us with food costs and donated a staff member to help run the Thursday club and provide entertainment. This sponsorship will continue into the next financial year.

We developed links with Windlesham School in Hove and welcomed young people into lunch club to volunteer. Pupils also collected a large assortment of food items during the Harvest Festival which we were able to give out to families in

need.

We have developed our service this year to provide more opportunities for guests and the wider community to try and tackle some of the issues that our beneficiaries face in their day to day life. We continue to re-build after the COVID pandemic. The pandemic had a huge effect on the wellbeing of older people and adults with learning disabilities and shone a spotlight on levels of social isolation that many people face as a result of bereavement, lack of adequate support, loss of family and friends, and the loss of a workplace. Age-related ill health such as dementia and impaired mobility increased isolation and those beneficiaries with sensory impairments found it harder to access support because they struggled to read print or hear their telephone. We see what a difference attending lunch club makes to people. For some, lunch club is the only place where they see people and can have a conversation beyond a 15 minute carers visit. New friendships are made between volunteers and beneficiaries alike and lunch club is a friendly bustling hub where everyone is welcome.

The trustees of Food and Friendship would like to thank funders, volunteers, beneficiaries, referrers, Hove Methodist Church, Kingsway Care, FareShare Brighton and Hove, UK Harvest, Brighton and Hove Food Partnership and Brighton and Hove Community Transport for enabling us to grow as an organisation and welcome more people through our doors.

Section E

Financial review

Brief statement of the charity's policy on reserves

The net funds of the Charity at 31.3.2022 were £21,694 and this is required to fund our ongoing work.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>R Richards</i>	<i>K Head</i>
Full name(s)	Rachel Richards	Karen Head
Position (eg Secretary, Chair, etc)	Chair	Treasurer

Date 06.01.2022



Receipts and payments accounts

CC16a

For the period from	Apr-21	To	Mar-22
---------------------	--------	----	--------

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	2,706	26,200		28,906	29,328
Weekly Intakes	10,698	-		10,698	2,734
Donations	10,578	-		10,578	16,590
Raffle	-	-		-	-
Bank Interest	-	-		-	-
	-	-		-	138
	-	-		-	-
	-	-		-	-
Sub total (Gross income for AR)	23,982	26,200	-	50,182	48,790
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	23,982	26,200	-	50,182	48,790
A3 Payments					
Transport	-	3,894		3,894	504
Ingredients	115	2,065		2,180	909
Sessional Worker	25,740	-		25,740	23,870
Fairshare Fees	-	273		273	253
Volunteer Expenses	840	558		1,398	638
Publicity, administration, insurance and fund	503	676		1,179	1,545
Training	-	2,098		2,098	-
Room hire	-	2,600		2,600	-
Equipment	27	1,466		1,493	3,758
Household Social Fund	-	10,000		10,000	320
	-	-		-	-
Sub total	27,225	23,630	-	50,855	31,797
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	27,225	23,630	-	50,855	31,797
Net of receipts/(payments)	- 3,243	2,570	-	672	16,993
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	17,795	4,572	-	22,367	5,374
Cash funds this year end	14,552	7,142	-	21,694	22,367

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash in bank c/fwd 2021	17,795	4,572	-
	Cash in bank after receipts & payments Apr 2021/ Mar 2022	- 3,243	2,570	-
		-	-	-
	Total cash funds	14,552	7,142	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	N/A			

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

Signature	Print Name	Date of approval
<i>R Richards</i>	Rachel Richards	06.01.2023
<i>K Head</i>	Karen Head	06.01.2023



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Food and Friendship CIO

**On accounts for the year
ended**

31 March 2022

**Charity no
(if any)**

1178067

Set out on pages

(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 31/03/2022.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

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

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

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

Signed:

Date:

08.01.2023

Name:

Chris Hill

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

FCA – Fellow of the Institute of Chartered Accountants

Address:

177 Nevill Road

Hove

BN3 7QN

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

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

Not applicable.

FOOD AND FRIENDSHIP

England & Wales - Charity number 1178067

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2020		31	Month 3	Year 2021

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Hove Methodist Church
Portland Road
Hove
Postcode BN3 5DR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rachel Elizabeth Richards	Chair		
2	Karen Head	Treasurer		
3	Jacqueline Suzanne Edwards	Vice Chair		
4	Michael Hill			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by the members

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>All existing trustees have read and signed the relevant charity commission documents pertaining to the duties of a trustee. Food and Friendship holds annually updated policies in the following areas: Health and Safety – including Risk Assessment Safeguarding Vulnerable Adults Equality and Diversity Data Protection and Privacy</p> <p>In addition, trustees, volunteers and staff attend emergency first aid training on a yearly basis.</p>
--	--

Section C Objectives and activities

<p>Summary of the objects of the charity set out in its governing document</p>	<p>To promote social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are socially excluded and assisting them to integrate into society through the provision of, but not restricted to, low-cost lunch clubs.</p>
---	---

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Our main activities are running a low-cost lunch club twice a week from Hove Methodist Church for older people and adults with learning disabilities. We aim to tackle social isolation and loneliness and support people to develop new friendships and feel more connected to their communities. Alongside this we aim to offer advice sessions after lunch to signpost beneficiaries who might benefit from health, social and financial support organisations. We also aim to provide a low cost nutritional meal using food donated by the charity FareShare Sussex to reduce food waste. We provide regular volunteering opportunities, some for older people and people with learning disabilities.

Food and Friendship trustees have had regard to the guidance issued by the charity commission on public benefit.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

The COVID pandemic impacted Food and Friendship very hard but we were able to adapt quickly to support those in need. Between March 2020 and April 2021 Food and Friendship volunteers prepared and delivered in excess of 7000 hot lunches and food boxes to over 150 isolated Brighton and Hove residents who were struggling to access food. To put this into context in terms of our impact as part of city-wide meal and food parcel provision, Brighton and Hove Food Partnership's 'Hungry at Christmas' crowdfund campaign allocated us 7% of the proceeds.

Spring and Summer

On the 13th March 2020 the trustees of Food and friendship decided to close lunch club as the COVID pandemic approached. Our beneficiaries were mainly older people and adults with learning disabilities so were extremely vulnerable to becoming seriously ill. Within a matter of weeks we had adapted to become a meal delivery service delivering hot meals and food parcels across the city. We lacked the resources to deliver and prepare meals for all our beneficiaries so trustees quickly assessed individual needs and circumstances and prioritised those who had very little support or access to food. We know from feedback just how isolated some our beneficiaries were and what impact the bi-weekly meal deliveries had in providing them with comfort and reassurance. Having someone to talk to on the doorstep was a lifeline to many people who in some cases had limited social contact all week.

As well as assessing the needs of our beneficiaries, we also had to problem-solve various obstacles. We had to completely re-think the type of meals we could prepare that were deliverable as well as navigate problems such as the lack of insulated bags, food containers, hand sanitiser and paper delivery bags. We wanted to deliver meals hot so our beneficiaries could eat them straight away, so we had to get them delivered quickly. This meant we needed a lot of volunteers all arriving to collect the meals at specific times to maintain social distancing. There were newly written COVID safety rules concerning food deliveries which changed on a weekly basis and initially involved a complicated double-bagged system of plastic bags with an outer bag bleached with its handles folded down. Some people were bleaching the packaging of every tin and packet they received. In addition to this we had to work out how to adapt to the requirements of social distancing in the kitchen and church building, resulting in a greatly reduced kitchen team. We were able to overcome these challenges with the help of volunteers successfully delivered over 4000 hot meals and food parcels by the October.

Autumn and Winter

We had hoped to re-open lunch clubs in person in November but this coincided with the second wave of COVID, so trustees decided to send out food parcels to families experiencing food poverty referred to us via the charity CHOMP. We were able to support

over 55 adults and children over the Winter and also send food parcels to some of our regular beneficiaries with the support of trustees who packed and sorted donations. This culminated in a Christmas present goody bag donated by Waitrose Hove customers for every family who had received food parcels.

On Christmas day, we supported Hove Methodist Church to prepare over 150 Christmas lunches complete with presents and crackers donated by Good Times pubs, PACA, Roedean and St Christophers schools. Good times pubs also donated vegetables they had prepped but couldn't use after the Christmas gathering rules were changed at the last minute. The meals were delivered to isolated people who spend Christmas alone and who would under normal circumstances have come to the church on Christmas day.

In January we had hoped again to be able to open to small groups for in house lunches. It quickly became apparent that COVID rates were increasing and with the new lockdown, we felt the need for hot meals and a friendly face was as important as ever, particularly during the post-Christmas winter dark days of January and February. We continued with our hot meal and food parcel deliveries right through to and beyond the end of the financial year.

Friendship

Alongside the food provision, our trustees and some volunteers donated hundreds of hours calling all our beneficiaries every week on the phone to check in on them and make sure they were ok. They were able to signpost beneficiaries to other sources of support such as Brighton Cooking Club and connect them with other providers as well as provide reassurance and a friendly voice. Some volunteers are still calling at the end of 2021. The phone calls were a huge part of our COVID response and they glued together the wider lunch club family, particularly those who did not require food but really appreciated the friendship.

Some of our volunteers met up with small groups of beneficiaries with learning disabilities in local parks such as Hove Park and Preston Park during the Spring and Summer when the 'rule of 6' was in operation. This was an important social 'anchor' for many people who found that their usual social support network of not just our lunch club but every other club was closed. Some people with learning disabilities were literally just walking the streets in all weathers even when café's and restaurants were allowed to re-open because their support organisations deemed the risk of catching COVID was too high. The impact of the social isolation is almost certain to have played a part in levels of increased mental health problems and anxiety that we are seeing a year later in some of our beneficiaries.

Beneficiaries

In Brighton and Hove in 2020, according to the BHFP, 5460 people required emergency food support. We chose to respond to the overwhelming need for hot meals and food by extending the range of beneficiaries from older people and adults with learning

disabilities to include anyone who was referred to us who needed help with food. We also extended our support to include residents of some City Council seniors housing schemes who found themselves very isolated after scheme managers were withdrawn. In those early days of the pandemic when support services were still forming and assessing need it was very easy for vulnerable people to fall through the cracks. In one example, one resident only had two tins of baked beans in their cupboard and were using cut up tea towels in place of toilet paper. We were able to respond very quickly by delivering meals and essential supplies to the resident and others in that scheme.

We also increased our geographical reach by supporting people as far west as Hollingbury in Brighton and as far east as Mile Oak and Hangleton.

In summary, our main beneficiaries were:

Older people with limited family/friends/neighbours

Adults with learning disabilities

Residents of city council schemes and housing associations for older people

People experiencing mental health problems referred by Lighthouse and the City Council

People in temporary housing referred by RISE because of domestic violence

Families experiencing food poverty referred by CHOMP

Members of Hove Methodist Church

Most referrals came from:

Mutual Aid groups

Brighton and Hove Food partnership

Brighton and Hove City Council

People self-referring after seeing our details on our website/BHFP website/Ageing Well Directory

Local social media posts

City Council seniors housing schemes including Hazelholt, Evelyn Court and Sanders House

CHOMP

RISE

Time to Talk befriending

Doctors surgeries across the city

Lloyds bank Hove and Portslade

Hove Methodist Church

Main outcomes of our meal delivery service

Bi-weekly nutritious hot meals that did not require heating up

Food parcels of surplus fresh fruit, vegetables, bread, packets and tinned items and donated Government Food boxes

Twice-weekly conversation on the doorstep with a volunteer deliverer

Regular phone calls for support and conversation

Signposting people to other support services such as Brighton Cooking Club and the Local Discretionary Action Fund.

Indirect benefits

Some of our beneficiaries were being supported by relatives who themselves got ill, so we were able to step in and provide short-term meals to fill the gap.

Feeding in to the City-wide emergency food response co-ordinated by Brighton and Hove Food Partnership. We were a small part of a large response and we were able to co-ordinate efforts and refer to other organisations covering different days and geographical areas.

Our profile was increased by increased social media and press reports which we hope will enable more referrals of isolated people in future who will benefit from attending the lunch clubs.

Partnerships that made our response possible

Volunteers

At the start of the pandemic, half of the usual volunteer team were immediately shielding because of their age and health conditions and others had to stay at home to look after children who were no longer at school. We were left with a skeleton team but very quickly, we were overwhelmed with offers of help from people who had been furloughed, students, working people, members of Hove Methodist Church and parents from the local schools. The volunteer team drove, cycled and walked the meals across the city twice a week, some giving up hours of their time to chat on the doorstep. Others helped prepare meals and package them. Feedback from volunteers also shows how important the activity was for them during this time.

As well as the meals, we were often able to send treats out with the meals thanks to volunteers who baked valentines love heart cup cakes and biscuits individually wrapped, hand-made friendship bracelets and friendship postcards. At Christmas, Stanford Avenue Methodist Church Knitting group made dolls that were sent out to chomp families and other volunteers sourced gifts such as toiletries and advent calendars.

We also received support from volunteers with our website as well as many donated hours producing the Food and Friendship calendar which was sent out to all our beneficiaries and which we hope helped them to still feel a part of the Food and Friendship family. Thank you to Gaby.

Hove Methodist Church

Hove Methodist Church were very supportive from the start. They gave us the ok to turn their crush hall into a food bank and storage

facility for our packaging and to use the kitchens to prepare the meals. They were a safe and supportive space and they mobilised their wider networks which resulted in volunteers offering to help deliver and raise funds for us. They were responsible for co-ordinating a short film about our COVID response that will be an important resource to look back and reflect upon in years to come.

Brighton and Hove Food Partnership

BHFP were very supportive and gave us equipment and food they had sourced in bulk and helped us to problem-solve in those first few weeks. They mapped the city-wide response and ran a series of online emergency food response sessions that co-ordinated support. They were also very helpful in sourcing parking exemption letters for all our deliverers and fundraising to pay for extra costs as well as helping us to navigate through the extra health and safety protocols in an ever-changing landscape.

Food Donations

FareShare continued to send us food throughout the pandemic which enabled us to continue our deliveries. They had many challenges of their own because of a lack of volunteers and a huge increase in demand for surplus food. We were also supported by other organisations who gave us donations of food that we could either use in our meals or re-distribute to vulnerable people. They included:

Tesco Hove

Waitrose Hove

Brighton Food Factory

Good Times Pubs

The Cheeseman

The Flour Pot Bakery

Stoneham Bakehouse

M & B Meats

Blakes Butchers

Bookers Cash and Carry

The Salvation Army

Hove Seafront Residents Assoc food bank

Pale Green Dot for boxes of fruit and veg

Local businesses

Zoe Rodgers and her team from the Good Times pubs Railway Tavern prepared 3 course hot meals for all the 42 residents of City council seniors housing Hazelholt several times during the early pandemic, including one on Easter Sunday that volunteers

delivered to the residents. Alongside this, Good Times pubs collected gifts to be given to beneficiaries at Christmas, and helped us with our Christmas day lunch. Bungards Funeral directors sponsored us for a second year running and provided gifts to donate as well as raising money for us. We had a very supportive and enjoyable partnership with them and in March 2021 we welcomed new sponsors Kingsway care.

Schools

We have good relationships with local schools and regularly invite young people into our lunch clubs for the cross-generational benefits that these visits bring to young and old. In previous years we have had young people on community placements from NCS, Roedean school and The Princes Trust but obviously that couldn't happen this year. Roedean, St Christophers and Portslade Aldridge Community Academy were still keen to help us and collected food items and gifts to be sent out to families we were supporting at Christmas who were experiencing food poverty. We hope to build on these links when we are able to re-open.

Income

The narrative of the pandemic can be clearly read in our accounts. We had virtually no spend on transport but increased costs in equipment which was largely packaging materials. We lost our income overnight so were entirely reliant on funding and donations. We would like to thank all our funders for their quick response and the way in which funding was made available so quickly to support us.

Emergency grants were provided by:

BHCC COVID Fund and Winter fund

Sussex Community Foundation

Ernest Kleinwort

Francis Winham Foundation

CAF covid fund

Awards for all

Brighton and Hove Food Partnership

Neighbourly

Our reserves going into the new financial year are able to fund our ongoing work.

We would also like to acknowledge the donations we received from people who contributed to our Paypal and Givey fundraising campaign. These contributions, many from people who had very little to give and ranged from a couple of pounds to £500 were very gratefully received and we were very touched by this generosity. We would like to acknowledge donations made by organisations such as Hove Rotary Club, Good Times pubs and Waitrose Hove.

We would also like to thank councillors Chris Henry and Carmen Appich for donating their ward budgets to us this January.

As a small charity we played a not insignificant part in helping isolated and vulnerable people in Brighton and Hove get through this unprecedented global event. We aimed to help our beneficiaries feel supported with food and friendship as much as we possibly could during this unusual year when we lost so many people we loved. Everything we were able to achieve during this time was because of the generosity and support of the whole community, from funders and individuals right through to schools, local businesses, church communities, organisations and local people.

Food and friendship trustees acknowledge and thank them for their support.

Section E

Financial review

Brief statement of the charity's policy on reserves

The net funds of the Charity at 31.3.2021 were £22,367 and this is required to fund our ongoing work.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>R Richards</i>	<i>K Head</i>
Full name(s)	Rachel Richards	Karen Head
Position (eg Secretary, Chair, etc)	Chair	Treasurer

Date 02.11.2021



Receipts and payments accounts

For the period from	Apr-20	To	Mar-21
---------------------	--------	----	--------

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Grants	3,000	26,328		29,328	14,000
Weekly Intakes	2,734	-		2,734	8,494
Donations	16,583	6		16,590	5,294
Raffle	-	-		-	1,332
Bank Interest	-	-		-	-
	138	-		138	738
				-	
				-	
Sub total (Gross income for AR)	22,456	26,334	-	48,791	29,857
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	22,456	26,334	-	48,791	29,857
A3 Payments					
Transport	73	431		504	6,977
Ingredients	-	909		909	2,347
Sessional Worker	8,035	15,835		23,870	22,815
Fairshare Fees	-	253		253	850
Volunteer Expenses	-	638		638	153
After Lunch activities - entertainment	-	-		-	499
Publicity, administration and fundraising	416	1,129		1,545	1,165
Training	-	-		-	14
Equipment	1,000	2,758		3,758	367
Miscellaneous	62	259		320	1,008
Sub total	9,586	22,212	-	31,798	36,195
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	9,586	22,212	-	31,798	36,195
Net of receipts/(payments)	12,870	4,122	-	16,993	- 6,338
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	4,924	449	-	5,374	11,712
Cash funds this year end	17,795	4,572	-	22,367	5,374

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash in bank c/fwd 2020	4,924	449	-
	Cash in bank after receipts & payments Apr 2020/ Mar 2021	12,870	4,122	-
		-	-	-
	Total cash funds	17,795	4,572	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	N/A			

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

Signature	Print Name	Date of approval
<i>R Richards</i>	Rachel Richards	02.11.2021
<i>K Head</i>	Karen Head	02.11.2021



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Food and Friendship CIO

**On accounts for the year
ended**

31 March 2021

**Charity no
(if any)**

1178067

Set out on pages

(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 31/03/2021.

**Responsibilities and
basis of report**

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

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

**Independent
examiner's statement**

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

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

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

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

Signed:

Date: 02.11.2021

Name:

Chris Hill

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

FCA – Fellow of the Institute of Chartered Accountants

Address:

177 Nevill Road

Hove

BN3 7QN

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

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

Not applicable.