



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	
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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)

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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.

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.

All Trustees hold up to date DBS vetting clearance.

In addition, trustees, volunteers and staff attend emergency first aid training on a yearly basis.

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.



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'.

Section F

Other optional information



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

CC16a

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 with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	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	
	G Casemore	Gabriella Casemore	21.01.2025	
	K Head	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.