

Sprouts Community Food Charity

England & Wales · Charity number 1178162

Details

Other names LITTLE SPROUTS HEALTH AND WELLBEING

Status Registered

Legal form CIO

Registered 2018-04-30

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

Contact

Address JBC Accountants Ltd
3B Lockheed Court
Preston Farm Industrial Estate
Stockton-On-Tees
Cleveland
TS18 3SH

Phone 07980808920

Email info@littlesprouts.org.uk

Website www.littlesprouts.org.uk

Activities

Objects: TO ADVANCE THE HEALTH AND WELLBEING OF THE COMMUNITIES OF THE TEES VALLEY AND SURROUNDING AREAS BY THE PROVISION OF EDUCATION AND TRAINING IN NUTRITION, HEALTHY COOKERY AND WELLBEING.

Activities: The objects of the Company are to carry on activities which benefit the community and in particular (without limitation) to improve the health and well being of the people of Stockton, Thornaby and surrounding areas, through the provision of education, training and workshops in nutrition and healthy cookery.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Disability
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- Darlington
- Durham
- Hartlepool
- Middlesbrough
- North Yorkshire
- Redcar And Cleveland
- Stockton-on-tees

Finances

| Period end | Income | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-09-30 | £150,340 | £172,242 | - | - |
| 2024-09-30 | £123,214 | £137,704 | - | - |
| 2023-09-30 | £123,214 | £137,704 | - | - |
| 2022-09-30 | £127,309 | £117,402 | - | - |
| 2021-09-30 | £173,225 | £164,836 | - | - |

Trustees

| Name | Role | Appointed |
|----------------------|-------|------------|
| MRS C LOWE | Chair | 2018-04-30 |
| Courtney Jones | | 2024-10-14 |
| Joan Naylor | | 2023-06-27 |
| MRS K SHELLEY | | 2018-04-30 |
| Oluwafemi Abolade | | 2023-09-12 |

Sprouts Community Food Charity

England & Wales - Charity number 1178162

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 September 2025
for
Sprouts Community Food Charity

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Sprouts Community Food Charity

**Contents of the Financial Statements
for the Year Ended 30 September 2025**

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Sprouts Community Food Charity
Report of the Trustees
for the Year Ended 30 September 2025

The trustees present their report with the financial statements of the charity for the year ended 30 September 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are to carry on activities which benefit the community and in particular (without limitation), to improve the health and wellbeing of the people of Stockton, Thornaby and surrounding areas, through the provision of education, training and workshops in nutrition and healthy cookery.

Significant activities

Sprouts Community Food Charity commits to use food and nutrition to support our vulnerable adults and communities to improve their wellbeing through our community cooking clubs and cafes. Our clubs support social inclusion, reduce isolation whilst tackling food poverty and provide safe fully inclusive community spaces.

Since forming in 2011, Sprouts has made a real contribution to children, young people and adults in Stockton and surrounding areas. We have built strong partnerships across the VCSE and local communities to help achieve our ambitions and we work closely with our partners to ensure that cooking is used to bring communities together, to share skills and break down many social barriers.

The Sprouts team are passionate about food and the health and well-being of communities. We appreciate that the groups we work with often made poor food choices, opting for budget and nutritionally deficient options, leading to many health problems. With few people learning basic cooking skills and increased financial constraints, this contributes to the multifaceted issue of poor nutrition in our area.

Public benefit

The Trustees confirm that they have complied with the duty set out in section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charities Commission in respect of public benefit.

Sprouts Community Food Charity
Report of the Trustees
for the Year Ended 30 September 2025

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Sprouts Community Food Charity has continued to work to combat food insecurity and promote nutrition and wellbeing in the area. Our mission is to ensure that everyone, especially vulnerable individuals and families, has access to healthy, fresh and nutritious food, achieved through a combination of food distribution programs, community meals, educational workshops and partnerships with local businesses and organisations.

- **Food Distribution:** Providing free or low-cost groceries and fresh produce to individuals and families in need.
- **Community cafe and meals:** Organising communal cooking and dining experiences to encourage social connection and reduce isolation.
- **Education and Skills:** Offering workshops on cooking, nutrition, budgeting and growing food to empower people to make healthy choices.
- **Partnerships:** Collaborating with local suppliers, supermarkets and farms to reduce food waste and maximise resources.
- **Advocacy:** Raising awareness about food poverty and supporting initiatives that address the root causes of hunger.

By continuing to engage the community through food projects, we have been able to use our vast knowledge of services and support to ensure people are receiving all the help they need. This has included working with the youth services, private landlord department, housing agencies, SBC, fuel companies, banks, CAB, social and health workers, schools, social prescribers, asylum and refugee organisations, police and enforcement teams, mental and physical health services and many more.

We are a "one stop shop" trusted by the community, offering non-judgemental support when it is needed the most. We know the community, the people, the issues, the services and we make it our priority that everyone is treated without discrimination, encouraging community cohesion.

In February 2025, we relocated our community café to The Community Hub, Havelock Street, Thornaby and have been running projects from there 3 days a week. The weekly timetable is as follows :

Monday

Volunteer day, inviting those who wish to help. The volunteering position helps people whose first language isn't English, to practise their conversational English. People volunteer with us to help their mental health. One lady, whose husband has dementia, pays for a carer to look after him and a taxi to the shop, because she enjoys the support she gets from the Sprouts team. People who have used the service come and volunteer to give back to the community as it helps them feel part of the bigger picture.

Community garden - creating a space for people to come, be active and enjoy nature.

Sewing club is ran by a local resident and implemented in response to the amount of people asking for sewing machines to make clothes for themselves and their children. As we did not receive many donations of sewing machines, we bought 6 new machines and invited people to come and use them at the Hub. A great session to help people save money, recycle clothes, meet new people and integrate with the community.

Tuesday

Community café open 8am -1pm incorporating the knit and natter group. Again a user led group, all inclusive, inviting people who may be isolated to come to the café for free tea and coffee and to enjoy the chat (crafting optional).

Afterschool Tea club. Once we left the café on Victoria Park, Peel Street, Thornaby, we negotiated with Teesside Charity (who had been funding the Youth café) to allow us to spend the money saved on running an additional session. This is aimed at the younger children and offers a safe space at The Hub for carers and children to attend, do some cooking, have tea and help in the yard garden .

Wednesday

Free breakfast club for children on their way to school

Sprouts Community Food Charity
Report of the Trustees
for the Year Ended 30 September 2025

Community café open 9am -1.30pm, incorporating International Café. We realised months ago that the people who we wanted to engage with the most, were not coming to café, despite the low cost. People did not think it was a place from them, so when a member of staff left, we decided not to replace their full role and instead use part of what was their salary to provide a free meal every Wednesday. We invite a member of our shop community to come and cook one of their cultural dishes and invite everyone to share the meal for free. This has proved highly successful and we have 30 people for lunch each Wednesday and a waiting list of people wanting to cook for us.

Youth café, part funded for 1 year by The Teesside Charity and working in partnership with Corner House Youth Project. Offering a space for young people, often those excluded from mainstream education, to run their own café session, deciding on the menu, making the food and serving it. The young people who have attended, have all completed their level 2 diploma in food hygiene.

Other events

Pop up in the Park events - this funding year we have run 20 sessions, working with sports partners, Public health, health advisors and youth groups, to provide fun, free, all inclusive days for the community.

Christmas Toy sale and Christmas lunch, inviting local schools to attend and sing carols, give cards and presents.

We have been part of the Sports England funding, increasing activity in Thornaby insight work. As part of the project group, we have worked alongside Public Health, SBC, Tees Valley Sport, VCSE partners to gain insight into what the community would like and to help increase activity levels. This resulted in "test and learn" projects in the Mandale and Victoria Ward which included a community physio, helping people to understand their conditions and what they could be capable of, including pain management and treatment pathways. We also initiated a walking group with Red Balloons for people to participate in whilst waiting for the shop to be open.

In addition to our work in Thornaby, we run a Community day at Arlington Park, Stockton, every Thursday, running a community shop, café and gardening in partnership with Cultivate Tees Valley.

We continued to run outreach coming workshops, partnering with Roseworth Big Local, Thumhara Centre, The Junction, young people leaving care and Eastern Ravens.

From September 2024 to February 2025, saw us operating the café from the Community Centre on Victoria Park, Peel Street, Thornaby, which had been refurbished as part of the Challenge Anneka programme. However, charges from TTC (the centre managers) made it unviable and the Trustees decided we could not sustain the costs. This allowed us to put all our resources into working from The Community Hub at Havelock Street. The relocation to the community hub has proven highly successful. The hub's central location makes it easily accessible and encourages strong community engagement. Visitors report feeling more comfortable and secure in the space and the steady walk-by traffic has helped increase visibility and participation.

Young people are drawn to the hub because it is right where things are happening - easy to reach, safe and full of energy. It is a space that feels like it is theirs; friendly, relaxed and part of the community. They say it feels welcoming, modern and part of their everyday environment. It is easy to get to, feels safe and gives them space to relax, meet friends and get involved in activities.

Our projects ran as planned during the year and we are pleased with the outcomes achieved over the period. However, we continue to work hard to manage and respond to a range of external challenges that can affect delivery. These include ongoing issues such as racism, discrimination and social inequalities, which impact the confidence and wellbeing of some community members. In addition, changes to government policies - particularly around welfare and benefit reductions - have created additional pressures for many of the individuals and families we support. Despite these challenges, our team has remained flexible and proactive, adapting our approach where needed to ensure that activities continue to run smoothly and that participants feel safe, supported and valued.

Our new website has been developed www.sproutscommunityfoodcharity.org.

We also:

- have a quarterly article in Thornaby Pride
- have an active social media presence
- post leaflets, have posters in the hub and shop windows
- provide presentations to local groups (WI, scouts, schools, Rotary)

Sprouts Community Food Charity
Report of the Trustees
for the Year Ended 30 September 2025

The appointment of Graeme Dent as volunteer CEO has seen him conduct a full review of Sprouts policies and insurance, overseeing the move from Victoria Park Community Centre to The Community Hub, Havelock Street. He has also renewed and reassessed staff contracts, reviewed the Charity's constitution and its reduction of reserves, initiated the new website, developed the potential new project site and volunteer pathway and has carried out a review of funding applications.

Funding from HSBC provided a new container based alongside the Community Shop in Peel Street, Thornaby. Graeme has completed the planning permissions procedure and has signed off on the SBC lease for the land that the shop and containers are situated on.

FINANCIAL REVIEW

Financial position

Income received during the year was £150,340 (2024: £132,594) and of this, £58,820 (2024: £57,060) was in respect of restricted funding.

At the year end, unrestricted funds amounted to £69,825 and restricted funds were £24,913. Cash at bank was £62,631. Funds are held to cover 4 months operational costs in the event of a loss of income and to meet any unforeseen expenditure that may occur.

Principal funding sources

Catalyst Stockton
North Star Housing
Teesside University
Stockton-on-Tees BC
Hubbub Foundation
Groundwork UK
HSBC; Supporting Our Community

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its constitution dated 14 November 2017 and is a Charitable Incorporated Organisation.

There must be at least 3 and no more than 12 trustees appointed at any one time. Each trustee is appointed for a specific term at a meeting of the charity's trustees and will be reappointed or replaced at the end of the term.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1178162

Principal address

4 Winpenny Close
Yarm
Cleveland
TS15 9XG

Trustees

Mrs C Lowe
Mrs K Shelley
Ms L Featherstone (resigned 14/10/2024)
Ms E Rees (resigned 14/10/2024)
Mrs J Naylor
Mr O Abolade
Ms C Jones (appointed 14/10/2024)

Sprouts Community Food Charity

Report of the Trustees
for the Year Ended 30 September 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

JBC Accountants Limited

Chartered Accountants

3B Lockheed Court

Preston Farm

Stockton on Tees

TS18 3SH

Approved by order of the board of trustees on and signed on its behalf by:

.....
Mrs C Lowe - Trustee

**Independent Examiner's Report to the Trustees of
Sprouts Community Food Charity**

Independent examiner's report to the trustees of Sprouts Community Food Charity

I report to the charity trustees on my examination of the accounts of Sprouts Community Food Charity (the Trust) for the year ended 30 September 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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Mrs Lynne Dickson

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Date:

Sprouts Community Food Charity

Statement of Financial Activities
for the Year Ended 30 September 2025

| | Notes | Unrestricted funds £ | Restricted funds £ | 30/9/25 Total funds £ | 30/9/24 Total funds £ |
|------------------------------------|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | | 6,617 | - | 6,617 | 9,233 |
| Charitable activities | | | | | |
| Health and Wellbeing | | 84,903 | 58,820 | 143,723 | 123,361 |
| Total | | <u>91,520</u> | <u>58,820</u> | <u>150,340</u> | <u>132,594</u> |
| EXPENDITURE ON | | | | | |
| Charitable activities | | | | | |
| Health and Wellbeing | | 121,565 | 50,677 | 172,242 | 156,508 |
| NET INCOME/(EXPENDITURE) | | (30,045) | 8,143 | (21,902) | (23,914) |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 100,570 | 16,770 | 117,340 | 141,254 |
| TOTAL FUNDS CARRIED FORWARD | | <u><u>70,525</u></u> | <u><u>24,913</u></u> | <u><u>95,438</u></u> | <u><u>117,340</u></u> |

The notes form part of these financial statements

Sprouts Community Food Charity

Balance Sheet
30 September 2025

| | Notes | Unrestricted funds £ | Restricted funds £ | 30/9/25 Total funds £ | 30/9/24 Total funds £ |
|--|-------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 5 | 12,707 | 16,455 | 29,162 | 18,243 |
| CURRENT ASSETS | | | | | |
| Debtors | 6 | 7,462 | - | 7,462 | 560 |
| Cash at bank | | 54,173 | 8,458 | 62,631 | 104,556 |
| | | <u>61,635</u> | <u>8,458</u> | <u>70,093</u> | <u>105,116</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 7 | (3,817) | - | (3,817) | (6,019) |
| NET CURRENT ASSETS | | <u>57,818</u> | <u>8,458</u> | <u>66,276</u> | <u>99,097</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | 70,525 | 24,913 | 95,438 | 117,340 |
| NET ASSETS | | <u>70,525</u> | <u>24,913</u> | <u>95,438</u> | <u>117,340</u> |
| FUNDS | 8 | | | | |
| Unrestricted funds | | | | 70,525 | 100,570 |
| Restricted funds | | | | 24,913 | 16,770 |
| TOTAL FUNDS | | | | <u>95,438</u> | <u>117,340</u> |

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
Mrs C Lowe - Trustee

Sprouts Community Food Charity

Notes to the Financial Statements for the Year Ended 30 September 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and fittings - 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2025 nor for the year ended 30 September 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2025 nor for the year ended 30 September 2024.

Sprouts Community Food Charity

Notes to the Financial Statements - continued
for the Year Ended 30 September 2025

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

| | | |
|--------------------|-----------------|-----------------|
| | 30/9/25 | 30/9/24 |
| Health & Wellbeing | 6 | 6 |
| | <u> </u> | <u> </u> |

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

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|------------------------------------|-------------------------------------|-----------------------------------|------------------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 9,233 | - | 9,233 |
| Charitable activities | | | |
| Health and Wellbeing | 66,301 | 57,060 | 123,361 |
| Total | <u>75,534</u> | <u>57,060</u> | <u>132,594</u> |
| EXPENDITURE ON | | | |
| Charitable activities | | | |
| Health and Wellbeing | 96,439 | 60,069 | 156,508 |
| NET INCOME/(EXPENDITURE) | (20,905) | (3,009) | (23,914) |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 121,475 | 19,779 | 141,254 |
| TOTAL FUNDS CARRIED FORWARD | <u>100,570</u> | <u>16,770</u> | <u>117,340</u> |

Sprouts Community Food Charity

Notes to the Financial Statements - continued
for the Year Ended 30 September 2025

5. TANGIBLE FIXED ASSETS

| | Fixtures and fittings £ | Motor vehicles £ | Totals £ |
|-----------------------|--|---------------------------------|---------------------|
| COST | | | |
| At 1 October 2024 | 25,673 | 11,858 | 37,531 |
| Additions | 16,406 | - | 16,406 |
| | <hr/> | <hr/> | <hr/> |
| At 30 September 2025 | 42,079 | 11,858 | 53,937 |
| | <hr/> | <hr/> | <hr/> |
| DEPRECIATION | | | |
| At 1 October 2024 | 15,953 | 3,335 | 19,288 |
| Charge for year | 3,356 | 2,131 | 5,487 |
| | <hr/> | <hr/> | <hr/> |
| At 30 September 2025 | 19,309 | 5,466 | 24,775 |
| | <hr/> | <hr/> | <hr/> |
| NET BOOK VALUE | | | |
| At 30 September 2025 | 22,770 | 6,392 | 29,162 |
| | <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |
| At 30 September 2024 | 9,720 | 8,523 | 18,243 |
| | <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 30/9/25 £ | | 30/9/24 £ |
|---------------|----------------------|--|----------------------|
| Trade debtors | 1,485 | | 560 |
| Other debtors | 5,977 | | - |
| | <hr/> | | <hr/> |
| | 7,462 | | 560 |
| | <hr/> <hr/> | | <hr/> <hr/> |

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 30/9/25 £ | | 30/9/24 £ |
|------------------------------|----------------------|--|----------------------|
| Trade creditors | 790 | | 2,958 |
| Taxation and social security | - | | 1,805 |
| Other creditors | 3,027 | | 1,256 |
| | <hr/> | | <hr/> |
| | 3,817 | | 6,019 |
| | <hr/> <hr/> | | <hr/> <hr/> |

Sprouts Community Food Charity

Notes to the Financial Statements - continued
for the Year Ended 30 September 2025

8. MOVEMENT IN FUNDS

| | At 1/10/24 | Net movement in funds | At 30/9/25 |
|---|----------------|-----------------------------|---------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 100,570 | (30,045) | 70,525 |
| Restricted funds | | | |
| Community Cooking | 854 | (213) | 641 |
| Hartisan Bread Project | 65 | (16) | 49 |
| The Hart Cafe | 453 | (113) | 340 |
| Teesside Charity; Youth Cafe project | 4,340 | (4,340) | - |
| Sustain Food Power for Generation Covid | 292 | (73) | 219 |
| The Five Lamps Org Youth | 5,766 | (5,766) | - |
| Catalyst; Fairer Start Stockton project | 3,000 | (3,000) | - |
| HSBC; Supporting our community | - | 23,664 | 23,664 |
| Stockton BC; Public Health Small Grants Fund 2023/24 | 2,000 | (2,000) | - |
| | <hr/> | <hr/> | <hr/> |
| | 16,770 | 8,143 | 24,913 |
| | <hr/> | <hr/> | <hr/> |
| TOTAL FUNDS | <u>117,340</u> | <u>(21,902)</u> | <u>95,438</u> |

Net movement in funds, included in the above are as follows:

| | Incoming resources | Resources expended | Movement in funds |
|---|-----------------------|-----------------------|----------------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 91,520 | (121,565) | (30,045) |
| Restricted funds | | | |
| Community Cooking | - | (213) | (213) |
| Hartisan Bread Project | - | (16) | (16) |
| The Hart Cafe | - | (113) | (113) |
| Teesside Charity; Youth Cafe project | - | (4,340) | (4,340) |
| Sustain Food Power for Generation Covid | - | (73) | (73) |
| The Five Lamps Org Youth | - | (5,766) | (5,766) |
| Coop; Hubbub Foundation UK - Community Fridge | 6,160 | (6,160) | - |
| Stockton Borough Council - Food Aid | 1,250 | (1,250) | - |
| North Star Housing - Youth Work | 11,000 | (11,000) | - |
| Teesside University; Together fund project | 14,160 | (14,160) | - |
| Catalyst; Fairer Start Stockton project | 750 | (3,750) | (3,000) |
| HSBC; Supporting our community | 24,500 | (836) | 23,664 |
| Stockton BC; Public Health Small Grants Fund 2023/24 | - | (2,000) | (2,000) |
| Groundwork UK; Tesco Stronger Starts | 1,000 | (1,000) | - |
| | <hr/> | <hr/> | <hr/> |
| | 58,820 | (50,677) | 8,143 |
| | <hr/> | <hr/> | <hr/> |
| TOTAL FUNDS | <u>150,340</u> | <u>(172,242)</u> | <u>(21,902)</u> |

Sprouts Community Food Charity

Notes to the Financial Statements - continued
for the Year Ended 30 September 2025

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

| | At 1/10/23 | Net movement in funds | At 30/9/24 |
|---|-----------------------|--------------------------------------|-----------------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 121,475 | (20,905) | 100,570 |
| Restricted funds | | | |
| Community Cooking | 1,139 | (285) | 854 |
| Hartisan Bread Project | 87 | (22) | 65 |
| The Hart Cafe | 604 | (151) | 453 |
| Community Hub Thornaby | 11,000 | (11,000) | - |
| Teesside Charity; Youth Cafe project | - | 4,340 | 4,340 |
| Sustain Food Power for Generation Covid | 389 | (97) | 292 |
| The Five Lamps Org Youth | 4,200 | 1,566 | 5,766 |
| North East Ladies Day fund | 360 | (360) | - |
| Catalyst; Fairer Start Stockton project | 2,000 | 1,000 | 3,000 |
| Stockton BC; Public Health Small Grants Fund 2023/24 | - | 2,000 | 2,000 |
| | <u>19,779</u> | <u>(3,009)</u> | <u>16,770</u> |
| TOTAL FUNDS | <u><u>141,254</u></u> | <u><u>(23,914)</u></u> | <u><u>117,340</u></u> |

Sprouts Community Food Charity

Notes to the Financial Statements - continued
for the Year Ended 30 September 2025

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---|-------------------------------------|-------------------------------------|------------------------------------|
| Unrestricted funds | | | |
| General fund | 75,534 | (96,439) | (20,905) |
| Restricted funds | | | |
| Community Cooking | - | (285) | (285) |
| Hartisan Bread Project | - | (22) | (22) |
| The Hart Cafe | - | (151) | (151) |
| Community Hub Thornaby | - | (11,000) | (11,000) |
| Teesside Charity; Youth Cafe project | 4,340 | - | 4,340 |
| Sustain Food Power for Generation Covid | - | (97) | (97) |
| The Five Lamps Org Youth | 26,200 | (24,634) | 1,566 |
| Coop; Hubbub Foundation UK - Community Fridge | 1,000 | (1,000) | - |
| Stockton Borough Council - Food Aid | 1,500 | (1,500) | - |
| North East Ladies Day fund | 520 | (880) | (360) |
| Catalyst; Fairer Start Stockton project | 8,250 | (7,250) | 1,000 |
| Stockton BC; Community Spaces | 2,000 | (2,000) | - |
| Stockton BC; Public Health Small Grants Fund 2023/24 | 10,000 | (8,000) | 2,000 |
| Hubbub Foundation; Eat Your Pumpkin Community Grant 2024 | 800 | (800) | - |
| The Bread and Butter Thing; Big Brew Time | 400 | (400) | - |
| The Thirteen Group; Breakfast Club | 550 | (550) | - |
| Groundwork UK; Tesco Stronger Starts | 500 | (500) | - |
| The Hospital of God at Greatham; Youth Cafe | 1,000 | (1,000) | - |
| | 57,060 | (60,069) | (3,009) |
| TOTAL FUNDS | 132,594 | (156,508) | (23,914) |

Balances held on Community Cooking, Hartisan Bread Project, The Hart Cafe and Sustain funds will be carried forward to meet future depreciation costs of equipment used by the projects.

Funding of £11,000 from North Star Housing has been received during the year and has been used to support the work carried out at the Community Hub.

Further funding of £750 received from Catalyst Stockton-on-Tees, Fairer Start Stockton Project was spent in full to support cooking workshops, the community shop and VCSE meetings.

Funding of £24,500 received from HSBC during the year to support plot to plate growing and connected cooking sessions. £16,043 has been spent during the year on a storage container and the grant will be released annually to meet the depreciation charge on this. The remaining £8,457 will be carried forward to 2025/26 to meet volunteer courses and volunteer co-ordination.

Funding of £14,160 received in the year from Teesside University has been spent in full supporting Sport England Development.

Sprouts Community Food Charity

Notes to the Financial Statements - continued
for the Year Ended 30 September 2025

8. MOVEMENT IN FUNDS - continued

Income from the Hubbub Foundation, Stockton-on-Tees BC and Groundwork UK has been used in full during the year on the charity's community work including community shops, cafes, workshops, school holiday meals, community gardens, courses and training.

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 September 2025.

Sprouts Community Food Charity

England & Wales - Charity number 1178162

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 September 2024
for
Little Sprouts Health and Wellbeing

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Little Sprouts Health and Wellbeing

Contents of the Financial Statements
for the Year Ended 30 September 2024

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| Statement of Financial Activities | 7 |
| Balance Sheet | 8 |
| Notes to the Financial Statements | 9 to 15 |

Little Sprouts Health and Wellbeing
Report of the Trustees
for the Year Ended 30 September 2024

The trustees present their report with the financial statements of the charity for the year ended 30 September 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are to carry on activities which benefit the community and in particular (without limitation), to improve the health and wellbeing of the people of Stockton, Thornaby and surrounding areas, through the provision of education, training and workshops in nutrition and healthy cookery.

Significant activities

Little Sprouts Health and Wellbeing commit to use food and nutrition to support our vulnerable adults and communities to improve their wellbeing through our community cooking clubs and cafes. Our clubs support social inclusion, reduce isolation whilst tackling food poverty and provide safe fully inclusive community spaces.

Since forming in 2011, Little Sprouts have made a real contribution to children, young people and adults in Stockton and surrounding areas. We have built strong partnerships across the VCSE and local communities to help achieve our ambitions and we work closely with our partners to ensure that cooking is used to bring communities together, to share skills and break down many social barriers.

The Little Sprouts team are passionate about food and the health and well-being of communities. We appreciate that the groups we work with often made poor food choices, opting for budget and nutritionally deficient options, leading to many health problems. With few people learning basic cooking skills and increased financial constraints, this contributes to the multifaceted issue of poor nutrition in our area.

Public benefit

The Trustees confirm that they have complied with the duty set out in section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charities Commission in respect of public benefit.

Little Sprouts Health and Wellbeing
Report of the Trustees
for the Year Ended 30 September 2024

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We pride ourselves on continuing to consistently offer a fully inclusive, dynamic service that is embedded in the Mandale & Victoria community, Bowesfield ward and the wider communities. We are the 'go to' service for those individuals & families that need it the most; those in poverty, those who are feeling isolated, those who are newly arrived/displaced, those who are homeless, those who need to see a friendly face and those facing stigma or prejudice. We truly believe (and are told) that our service is an absolute lifeline for the most vulnerable in society.

Community hub and Victoria Park Community Centre

Mondays

Mondays are when we have the capacity to invite volunteers to The Community Shop, Victoria Park. We spend the time 11am-1pm sorting donations of food, clothing, housewares etc. Due to the number of volunteers, we have recruited a volunteer coordinator, who is able to spend time with each new person and complete a comprehensive induction. Volunteers are normally people who use the service and would like to give back, or those looking for employment and would like some experience to build up a CV.

Callum, (part time member of staff) has passed his PAT testing certificate and spends Mondays PAT testing small second hand electrical items for resale in the shop.

Mondays 1-3pm - Barbara and the team of volunteers look after the garden at Victoria Park and we often invite school groups and residents to join us. Surplus fruit and herbs and vegetables are given to the shop or café where an "allotment soup" for £1 per portion is available on Tuesday and Wednesdays at the café.

Tuesdays

The Community shop is open 9-12pm for clothes, homewares etc.

We continue to collect in surplus food from 5 supermarkets and with the help of 5 volunteers stock the food side of the shop.

Knit and natter group is at The Community Hub 10-12pm.

Community cooking is at The Community Hub 12.30-2pm.

Community café is open 10-2pm.

Wednesdays

The Community shop is open 9-12pm for food, clothes and household items.

The Community café is open 10-2pm (which includes lunch club £3.50 for a 2 course meal and drink).

Breakfast club from The Community Hub is open 8am-9pm.

Cooking and crafting workshop is at 10-11.30pm.

Any surplus food from any of the projects is taken to Arlington Park.

There is a bi-weekly Youth Café at the Victoria Hall Community Centre.

Thursdays

Arlington Park community day is at 9-1pm.

Cooking, growing and shopping at the ECO shop (run in conjunction with Corner House, Amal Project, Cultivate Tees Valley).

Additional work

We are running mobile cooking workshops throughout the year with various partners including Roseworth Big Local, The Junction and Thumara Group (Robert Atkinson, Thornaby).

We are working alongside Stockton BC on a Sport England funded project, on the developmental stage, looking to increase activity in the borough with Thornaby being one of the localities highlighted.

We continue to deliver the Level 2 Food Hygiene Course.

We have guest lectured at Teesside University supporting the occupational therapy degree course - module community engagement.

This year has been particularly challenging with the ongoing cost of living crisis, high fuel bills, private rents and the interest rate increases. We have found that our services are being accessed by a wider range of people, with varying financial pressures. Working couples whose mortgage or rent has increased are also using the shop to help with food costs, especially during school holidays.

Little Sprouts Health and Wellbeing
Report of the Trustees
for the Year Ended 30 September 2024

In October, we realised our shop numbers were increasing week in week out, with the arrival of international mature students attending Teesside University, living in the immediate area. We happily responded to need, but the amount of students using the shop pushed us to capacity by way of food costs. We approached the university and received £500 in Sainsburys vouchers to help. A BBC report on the economy crash in Nigeria and how this has affected the students, brought the situation to a head. In Nigeria, the thought of being associated with a charity was not in their culture, so overnight the community stopped using our services (May 2024). Students of other nationalities still use the shop and some Nigerians have started to come back. We have produced literature explaining the difference between "receiving charity" and a "charity" ensuring those who choose to use the shop, can do so with understanding.

The diverse customer base means we have had to work hard to reduce any racial tensions, debunking fake facts about the asylum seeking and BAME community. This is something we stress to all customers, volunteers and staff, that everyone is welcome and we stand firmly against racism and discrimination in all of its forms. Our statement on inclusivity was brought to the forefront during the recent racially motivated riots in the country. Many of our customers came to the shop, disclosing that they and families hadn't been leaving the house during the period. We invited Chief Inspector Dan Herron to our site and his presence provided much-needed reassurance. We used the COPA app to report instances of racial abuse, with satisfying results.

Achievements

We are proud to say that 2024 saw Sprouts receive the Kings Award for Voluntary service, to recognise and honour an exceptional group of people who dedicate their time, energy and passion to making a difference in the lives of others. Receiving the King's Award for Voluntary Service is a testament to the unwavering dedication and outstanding contributions of our volunteers to our community. This prestigious recognition is not just an acknowledgment of their efforts; it is a symbol of the immense respect and admiration that is held for the volunteers, who pour their hearts and souls into making our community better.

Having been a constant in the areas we work since the beginning of Covid we have gained the customers, clients, local business owners and local neighbour's trust. They talk to us and confide in us and we listen. In October, in direct response to major concerns about anti-social behaviour in the immediate area and extreme racism from a small group of young people, we contacted our trusted partners at Corner House to arrange for a detached youth programme to be introduced to the area. Funded by ourselves and with an immediate match funding response from North Star, they used their expertise and knowledge and quickly formed a project. This project has been so successful that they have now secured funding to increase the number of sessions for one year.

Future funding plans and plans for sustainability

Whilst look at potential funding opportunities earlier in the year, we sought the advice of Graeme Dent and asked him to take a look. Graeme is known to Sprouts and brings a wealth of experience as a business or technology led Programme/Senior Project/PMO Management professional. He has been responsible for the delivery of medium to large-scale complex initiatives including transformation, turnaround, technology/business alignment, merger/migration, procurement, capital fund raising, business disposal, project recovery, PMO, distributed Ops, JV and outsourcing. Graeme has taken on the role of CEO and is in the process of a full review of the Charity's structure, business and sustainability plan. We believe with Graemes' mentorship and business support, we can embed Sprouts as a brand, ensuring the Charity continues to serve communities for generations to come.

FINANCIAL REVIEW

Financial position

Income received during the year was £132,594 (2023: £123,212) and of this, £57,060 (2023: £59,026) was in respect of restricted funding.

At the year end, unrestricted funds amounted to £100,570 and restricted funds were £16,770. Cash at bank was £104,556. Funds are held to cover 4 months operational costs in the event of a loss of income and to meet any unforeseen expenditure that may occur.

Little Sprouts Health and Wellbeing
Report of the Trustees
for the Year Ended 30 September 2024

FINANCIAL REVIEW

Principal funding sources

Catalyst Stockton
North East Ladies Day
The National Lottery Community Fund
North Star Housing
Teesside University
Stockton-on-Tees BC
Hubbub Foundation
Groundwork UK
Co-op Local Community Fund
The Teesside Charity
Roseworth Big Local
The Greatham Foundation
Thirteen Group
The Bread and Butter Thing
Hopefields Education
Corner House Youth Project
The Junction Foundation
Eastern Ravens

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its constitution dated 14 November 2017 and is a Charitable Incorporated Organisation.

There must be at least 3 and no more than 12 trustees appointed at any one time. Each trustee is appointed for a specific term at a meeting of the charity's trustees and will be reappointed or replaced at the end of the term.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1178162

Principal address

4 Winpenny Close
Yarm
Cleveland
TS15 9XG

Trustees

Mrs C Lowe
Mrs K Shelley
Ms L Featherstone (resigned 14/10/2024)
Ms E Rees (resigned 14/10/2024)
Mrs J Naylor
Mr O Abolade
Ms C Jones (appointed 14/10/2024)

Independent Examiner

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Little Sprouts Health and Wellbeing

Report of the Trustees
for the Year Ended 30 September 2024

Approved by order of the board of trustees on2nd March 25..... and signed on its behalf by:

C Lowe

Mrs C Lowe - Trustee

**Independent Examiner's Report to the Trustees of
Little Sprouts Health and Wellbeing**

Independent examiner's report to the trustees of Little Sprouts Health and Wellbeing

I report to the charity trustees on my examination of the accounts of Little Sprouts Health and Wellbeing (the Trust) for the year ended 30 September 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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



Mrs Lynne Dickson

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Date: 4 March 2025

Little Sprouts Health and Wellbeing

Statement of Financial Activities
for the Year Ended 30 September 2024

| | Unrestricted funds £ | Restricted funds £ | 30/9/24 Total funds £ | 30/9/23 Total funds £ |
|------------------------------------|----------------------------|--------------------------|--------------------------------|--------------------------------|
| INCOME AND ENDOWMENTS FROM | | | | |
| Donations and legacies | 9,233 | - | 9,233 | 18,991 |
| Charitable activities | | | | |
| Health and Wellbeing | 66,301 | 57,060 | 123,361 | 104,223 |
| Total | <u>75,534</u> | <u>57,060</u> | <u>132,594</u> | <u>123,214</u> |
| EXPENDITURE ON | | | | |
| Charitable activities | | | | |
| Health and Wellbeing | 96,439 | 60,069 | 156,508 | 137,704 |
| NET INCOME/(EXPENDITURE) | (20,905) | (3,009) | (23,914) | (14,490) |
| RECONCILIATION OF FUNDS | | | | |
| Total funds brought forward | 121,475 | 19,779 | 141,254 | 155,744 |
| TOTAL FUNDS CARRIED FORWARD | <u><u>100,570</u></u> | <u><u>16,770</u></u> | <u><u>117,340</u></u> | <u><u>141,254</u></u> |

The notes form part of these financial statements

Little Sprouts Health and Wellbeing

Balance Sheet
30 September 2024

| | | Unrestricted funds £ | Restricted funds £ | 30/9/24 Total funds £ | 30/9/23 Total funds £ |
|--|---|----------------------------|--------------------------|--------------------------------|--------------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 5 | 16,579 | 1,664 | 18,243 | 24,323 |
| CURRENT ASSETS | | | | | |
| Debtors | 6 | 560 | - | 560 | 14,781 |
| Cash at bank | | 89,450 | 15,106 | 104,556 | 106,207 |
| | | <u>90,010</u> | <u>15,106</u> | <u>105,116</u> | <u>120,988</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 7 | (6,019) | - | (6,019) | (4,057) |
| NET CURRENT ASSETS | | <u>83,991</u> | <u>15,106</u> | <u>99,097</u> | <u>116,931</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | 100,570 | 16,770 | 117,340 | 141,254 |
| NET ASSETS | | <u>100,570</u> | <u>16,770</u> | <u>117,340</u> | <u>141,254</u> |
| FUNDS | 8 | | | | |
| Unrestricted funds | | | | 100,570 | 121,475 |
| Restricted funds | | | | 16,770 | 19,779 |
| TOTAL FUNDS | | | | <u>117,340</u> | <u>141,254</u> |

The financial statements were approved by the Board of Trustees and authorised for issue on 2nd March 25 and were signed on its behalf by:



Mrs C Lowe - Trustee

Little Sprouts Health and Wellbeing

Notes to the Financial Statements for the Year Ended 30 September 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and fittings - 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2024 nor for the year ended 30 September 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2024 nor for the year ended 30 September 2023.

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2024

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

| | | |
|--------------------|-----------------|-----------------|
| | 30/9/24 | 30/9/23 |
| Health & Wellbeing | 6 | 5 |
| | <u> </u> | <u> </u> |

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

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|------------------------------------|----------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 18,991 | - | 18,991 |
| Charitable activities | | | |
| Health and Wellbeing | 45,197 | 59,026 | 104,223 |
| Total | <u>64,188</u> | <u>59,026</u> | <u>123,214</u> |
| EXPENDITURE ON | | | |
| Charitable activities | | | |
| Health and Wellbeing | 70,423 | 67,281 | 137,704 |
| NET INCOME/(EXPENDITURE) | (6,235) | (8,255) | (14,490) |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 127,710 | 28,034 | 155,744 |
| TOTAL FUNDS CARRIED FORWARD | <u>121,475</u> | <u>19,779</u> | <u>141,254</u> |

5. TANGIBLE FIXED ASSETS

| | Fixtures and fittings £ | Motor vehicles £ | Totals £ |
|---|----------------------------------|------------------------|---------------|
| COST | | | |
| At 1 October 2023 and 30 September 2024 | 25,673 | 11,858 | 37,531 |
| DEPRECIATION | | | |
| At 1 October 2023 | 12,714 | 494 | 13,208 |
| Charge for year | 3,239 | 2,841 | 6,080 |
| At 30 September 2024 | 15,953 | 3,335 | 19,288 |
| NET BOOK VALUE | | | |
| At 30 September 2024 | <u>9,720</u> | <u>8,523</u> | <u>18,243</u> |
| At 30 September 2023 | <u>12,959</u> | <u>11,364</u> | <u>24,323</u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2024

| | | | |
|--|-------------------|-------------------|-------------------|
| 6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR | | 30/9/24 | 30/9/23 |
| | | £ | £ |
| Trade debtors | | 560 | 14,781 |
| | | <u> </u> | <u> </u> |
| | | | |
| 7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR | | 30/9/24 | 30/9/23 |
| | | £ | £ |
| Trade creditors | | 2,958 | 250 |
| Taxation and social security | | 1,805 | 2,553 |
| Other creditors | | 1,256 | 1,254 |
| | | <u> </u> | <u> </u> |
| | | 6,019 | 4,057 |
| | | <u> </u> | <u> </u> |
| | | | |
| 8. MOVEMENT IN FUNDS | | | |
| | | Net | |
| | | movement | |
| | At 1/10/23 | in funds | At 30/9/24 |
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 121,475 | (20,905) | 100,570 |
| | | | |
| Restricted funds | | | |
| Community Cooking | 1,139 | (285) | 854 |
| Hartisan Bread Project | 87 | (22) | 65 |
| The Hart Cafe | 604 | (151) | 453 |
| Community Hub Thornaby | 11,000 | (11,000) | - |
| Teesside Charity; Youth Cafe project | - | 4,340 | 4,340 |
| Sustain Food Power for Generation Covid | 389 | (97) | 292 |
| The Five Lamps Org Youth | 4,200 | 1,566 | 5,766 |
| North East Ladies Day fund | 360 | (360) | - |
| Catalyst; Fairer Start Stockton project | 2,000 | 1,000 | 3,000 |
| Stockton BC; Public Health Small Grants Fund 2023/24 | - | 2,000 | 2,000 |
| | <u> </u> | <u> </u> | <u> </u> |
| | 19,779 | (3,009) | 16,770 |
| | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS | 141,254 | (23,914) | 117,340 |
| | <u> </u> | <u> </u> | <u> </u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2024

8. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---|-------------------------------------|-------------------------------------|------------------------------------|
| Unrestricted funds | | | |
| General fund | 75,534 | (96,439) | (20,905) |
| Restricted funds | | | |
| Community Cooking | - | (285) | (285) |
| Hartisan Bread Project | - | (22) | (22) |
| The Hart Cafe | - | (151) | (151) |
| Community Hub Thornaby | - | (11,000) | (11,000) |
| Teesside Charity; Youth Cafe project | 4,340 | - | 4,340 |
| Sustain Food Power for Generation Covid | - | (97) | (97) |
| The Five Lamps Org Youth | 26,200 | (24,634) | 1,566 |
| Coop; Hubbub Foundation UK - Community Fridge | 1,000 | (1,000) | - |
| Stockton Borough Council - Food Aid | 1,500 | (1,500) | - |
| North East Ladies Day fund | 520 | (880) | (360) |
| Catalyst; Fairer Start Stockton project | 8,250 | (7,250) | 1,000 |
| Stockton BC; Community Spaces | 2,000 | (2,000) | - |
| Stockton BC; Public Health Small Grants Fund 2023/24 | 10,000 | (8,000) | 2,000 |
| Hubbub Foundation; Eat Your Pumpkin Community Grant 2024 | 800 | (800) | - |
| The Bread and Butter Thing; Big Brew Time | 400 | (400) | - |
| The Thirteen Group; Breakfast Club | 550 | (550) | - |
| Groundwork UK; Tesco Stronger Starts | 500 | (500) | - |
| The Hospital of God at Greatham; Youth Cafe | 1,000 | (1,000) | - |
| | <hr/> | <hr/> | <hr/> |
| | 57,060 | (60,069) | (3,009) |
| | <hr/> | <hr/> | <hr/> |
| TOTAL FUNDS | 132,594 | (156,508) | (23,914) |
| | <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2024

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

| | At 1/10/22 | Net movement in funds | At 30/9/23 |
|---|----------------|-----------------------------|----------------|
| | £ | £ | £ |
| Unrestricted funds | | | |
| General fund | 127,710 | (6,235) | 121,475 |
| Restricted funds | | | |
| Community Cooking | 1,519 | (380) | 1,139 |
| Hartisan Bread Project | 116 | (29) | 87 |
| The Hart Cafe | 806 | (202) | 604 |
| Community Hub Thornaby | 8,252 | 2,748 | 11,000 |
| Sustain Food Power for Generation Covid | 518 | (129) | 389 |
| Morrisons Foundation | 9,360 | (9,360) | - |
| National Lottery Community Fund | 2,750 | (2,750) | - |
| The Platinum Jubilee Fund | 4,713 | (4,713) | - |
| The Five Lamps Org Youth | - | 4,200 | 4,200 |
| North East Ladies Day fund | - | 360 | 360 |
| Catalyst; Fairer Start Stockton project | - | 2,000 | 2,000 |
| | <u>28,034</u> | <u>(8,255)</u> | <u>19,779</u> |
| TOTAL FUNDS | <u>155,744</u> | <u>(14,490)</u> | <u>141,254</u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2024

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|--|-------------------------------------|-------------------------------------|------------------------------------|
| Unrestricted funds | | | |
| General fund | 64,188 | (70,423) | (6,235) |
| Restricted funds | | | |
| Community Cooking | - | (380) | (380) |
| Hartisan Bread Project | - | (29) | (29) |
| The Hart Cafe | - | (202) | (202) |
| Community Hub Thornaby | 11,000 | (8,252) | 2,748 |
| Sustain Food Power for Generation Covid | - | (129) | (129) |
| Morrisons Foundation | - | (9,360) | (9,360) |
| National Lottery Community Fund | - | (2,750) | (2,750) |
| The Platinum Jubilee Fund | - | (4,713) | (4,713) |
| The Five Lamps Org Youth | 16,800 | (12,600) | 4,200 |
| Tees Valley Community Grant | 1,534 | (1,534) | - |
| Arlington park BAME Community Shop | 500 | (500) | - |
| Coop; Hubbub Foundation UK - Community Fridge | 3,000 | (3,000) | - |
| CDCF; PHP Social Prescribed Fund - workshop project | 4,426 | (4,426) | - |
| Stockton Borough Council - Food Aid | 2,250 | (2,250) | - |
| North East Ladies Day fund | 1,200 | (840) | 360 |
| North Star Housing - Youth Work | 800 | (800) | - |
| Teesside University; Together fund project | 3,900 | (3,900) | - |
| Fareshare Subscription AMAL Project | 600 | (600) | - |
| Catalyst; Fairer Start Stockton project | 6,000 | (4,000) | 2,000 |
| HSBC; Supporting our community | 5,766 | (5,766) | - |
| Kabron Homes; Community Shop | 1,250 | (1,250) | - |
| | <u>59,026</u> | <u>(67,281)</u> | <u>(8,255)</u> |
| TOTAL FUNDS | <u><u>123,214</u></u> | <u><u>(137,704)</u></u> | <u><u>(14,490)</u></u> |

Balances held on Community Cooking, Hartisan Bread Project, The Hart Cafe and Sustain funds will be carried forward to meet future depreciation costs of equipment used by the projects.

Funding of £11,000 from North Star Housing has been brought forward from last year and has been used to support the work carried out at the Community Hub at Havelock Street in Thornaby.

Funding from The National Lottery Community Fund through The Five Lamps Youth Partnership will be used to deliver youth led services in Stockton on Tees, focusing on 'grow your own' and upskilling the community. £5,766 will be carried forward to meet costs in 2024/25.

Further funding received from Catalyst Stockton-on-Tees, Fairer Start Stockton Project to support cooking workshops, the community shop and VCSE meetings. £3,000 will be carried forward to meet costs in 2024/25.

Funding of £10,000 from Sports England through Stockton BC has been received to develop a project to increase activity in the borough, particularly Thornaby.

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2024

8. MOVEMENT IN FUNDS - continued

£4,340 has been received from the Teesside Charity for a Youth Cafe project, to provide a safe environment for the group and wider community. By engaging the youth in positive activities, we can help reduce anti-social behaviour and vandalism by providing them with constructive ways to spend their time. This will be carried forward to meet costs in 2024/25.

Income from the Hubbub Foundation, Stockton-on-Tees BC, North East Ladies Day, Thirteen Group, Groundwork UK, the Greatham Foundation and the bread and butter thing has been used in full during the year on the charity's community work including community shops, cafes, workshops, school holiday meals, community gardens, courses and training.

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 September 2024.

Sprouts Community Food Charity

England & Wales - Charity number 1178162

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 September 2023
for
Little Sprouts Health and Wellbeing

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Little Sprouts Health and Wellbeing

**Contents of the Financial Statements
for the Year Ended 30 September 2023**

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Little Sprouts Health and Wellbeing

Report of the Trustees for the Year Ended 30 September 2023

The trustees present their report with the financial statements of the charity for the year ended 30 September 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are to carry on activities which benefit the community and in particular (without limitation), to improve the health and wellbeing of the people of Stockton, Thornaby and surrounding areas, through the provision of education, training and workshops in nutrition and healthy cookery.

Significant activities

Little Sprouts Health and Wellbeing commit to use food and nutrition to support our vulnerable adults and communities to improve their wellbeing through our community cooking clubs and cafes. Our clubs support social inclusion, reduce isolation whilst tackling food poverty and provide safe fully inclusive community spaces.

Since forming in 2011, Little Sprouts have made a real contribution to children, young people and adults in Stockton and surrounding areas. We have built strong partnerships across the VCSE and local communities to help achieve our ambitions and we work closely with our partners to ensure that cooking is used to bring communities together, to share skills and break down many social barriers.

The Little Sprouts team are passionate about food and the health and well-being of communities. We appreciate that the groups we work with often made poor food choices, opting for budget and nutritionally deficient options, leading to many health problems. With few people learning basic cooking skills and increased financial constraints, this contributes to the multifaceted issue of poor nutrition in our area.

Public benefit

The Trustees confirm that they have complied with the duty set out in section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charities Commission in respect of public benefit.

Little Sprouts Health and Wellbeing

Report of the Trustees for the Year Ended 30 September 2023

ACHIEVEMENT AND PERFORMANCE

Charitable activities

We have continued to use food as an engagement tool, helping us to form connections with people, families and the community at large. The 'community shop' model we have created is a fully inclusive, non referral service, where people feel like they are going to an actual shop rather than receiving 'handouts'. Individuals can choose what food they would like/what they would like to eat that week, rather than being handed a bag of food, which may get wasted due to them not liking the food given/not knowing how to cook what they are given.

Through the diverse, community led and peer supported activities we run, we are able to address :

- Food poverty - collecting in surplus food from local stores and supermarkets and offering low cost store items;
- Poor nutrition;
- Financial stress;
- Isolation and loneliness;
- Mental health needs - largely through being present & offering a friendly face and accessible space without prejudice;
- Wellbeing - via community gardening/open spaces projects, through listening & respecting every single person who accesses our offer and by providing 'Warm spaces' for anyone who needs it;
- Climate Change - through reducing landfill by collecting and redistributing over 100Kg of surplus food per week;
- Fuel poverty - providing warm spaces for people and access to CAB/welfare services;
- Community cohesion - working with and supporting the BAME community, the LGBTQ+ community, the Asylum & Refugee community, the youth community, the elderly & lonely and our local schools. We work hard to ensure there are no barriers to access for anyone using our services.

We do all of this by offering and providing:

- A culture of relationship based, trauma informed practice in all that we do;
- Community Shop & Community Café (currently accessible 2 full days per week);
- Hosting Cooking Workshops & teaching how to cook on a budget (which often leads to further conversations around hardship);
- Breakfast clubs - sharing current health promotions eg oral health, healthy eating;
- Youth café - giving young people a safe, supportive space to meet, eat, learn & create;
- 'Pop Up in the Park' - providing free "on the doorstep" activities and food for all the family;
- Upskilling with training - via an accredited Level 2 Food hygiene course, Mental Health First Aid training, Safeguarding training and much more. This is available to our volunteers and anyone who accesses our services;
- Work, life and social experience to 5 people with learning disabilities via our community cafe;
- Partnership working - working closely with our Local Authority, local Police force, schools, VCSE sector, businesses & residents to provide a multifaceted approach to supporting the community and maintaining engagement;
- Recycling - redistributing donations of clothes, bedding, towels, shoes, kitchen goods (and soon 2nd hand electrical items) to people who need it the most at prices from 10p-£2;
- Providing volunteer opportunities, often for those who need a focus/something to look forward to/purposeful activity and who may be ignored/overlooked by other organisations.

Victoria Park

Our focus is to remove financial pressure from families so we can address the health inequalities in Mandale and Victoria Ward and central Stockton. We do this by community building through social occupations, offering various activities and initiatives to strengthen relationships, encourage collaboration and enhance the overall well-being of the community. This funding specifically will enable us to continue with our "pop-up" in the park model, offering free nutritious food for children via the community café on Victoria Park, and bringing in community sports partners to give families the opportunity to access free physical activities, during school holidays.

From July 2023 we have had access to the renovated Victoria Hall, managed by Thornaby Town Centre. We are keeping the prices as low as possible so the café can be accessed by all, especially those who would not normally be able to afford to go to a café. We recently held a "restaurant night", inviting local elderly residents to come and experience a home-cooked 3 course meal (with choices) helping to combat loneliness, bringing the community together whilst providing great food.

This is a "without barriers" project, no referrals, no need to sign up, no time commitments and family and individual inclusive.

In addition to the nutrition & physical activity connection, as a by-product of our interventions, we are also able to upskill our community, by offering volunteer opportunities at the events to raise aspirations by giving people respect and responsibility, promote community cohesion and reduce isolation, poverty & low mood whilst increasing physical activity and healthy eating.

Little Sprouts Health and Wellbeing

Report of the Trustees for the Year Ended 30 September 2023

The relationship based, "on the doorstep" approach that we take, allows us to connect with individuals on a human level. We find that people feel safer & more at ease when accessing smaller, local community provisions-like ours. We are viewed as less daunting/intimidating to the chronically disengaged & those with a mistrust of bureaucracy and larger organisations.

Arlington Park

We have an Eco Shop, cookery workshop and pop-up clothes/houseware items shop running at Arlington Park every Thursday. This project also runs alongside a growing session ran by Cultivate Tees Valley. Thursday is a hive of activity that has something for everyone, often by engaging with the Eco Shop we see the customers confidence grow and they start to engage by volunteering either in the garden or with the cookery workshop. Most often with using ingredients from the Eco Shop or garden we show people how to make a meal or sweet treat. We invite customers and volunteers to share their recipes and most recently had a vegan brownie recipe shared with us from one of our volunteers, which we have since made and went down a treat with everyone. During school holidays we have activities for the children and families, providing an environment for community cohesion.

Outreach

We have continued to work with VCSE partners on outreach cooking workshops, eg Eastern Ravens young carer and The Junction, Redcar youth programme.

We have successfully ran a Level 2 Food Hygiene course to upskill our volunteers and staff and as commissions via other VCSE organisations.

FINANCIAL REVIEW

Financial position

Income received during the year was £123,212 (2022: £127,309) and of this, £59,026 (2022: £72,799) was in respect of restricted funding.

At the year end, unrestricted funds amounted to £121,475 and restricted funds were £19,779. Cash at bank was £106,207. Funds are held to cover 4 months operational costs in the event of a loss of income and to meet any unforeseen expenditure that may occur.

Principal funding sources

Catalyst Stockton
Teesside University
North East Ladies Day
The National Lottery Community Fund
HSBC; Supporting our community
Kabron Homes Limited
North Star Housing Group
Stockton-on-Tees BC
Tees Valley Foundation
Groundwork UK
County Durham Community Foundation
The Co-op
The Teesside Charity
Rotary Club Yarm
Hopefields
Noble Charitable Trust
CareTech Foundation

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its constitution dated 14 November 2017 and is a Charitable Incorporated Organisation.

There must be at least 3 and no more than 12 trustees appointed at any one time. Each trustee is appointed for a specific term at a meeting of the charity' trustees and will be reappointed or replaced at the end of the term.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1178162

Little Sprouts Health and Wellbeing

Report of the Trustees
for the Year Ended 30 September 2023

Principal address

4 Winpenny Close
Yarm
Cleveland
TS15 9XG

Trustees

Mrs C Lowe
Mrs K Shelley
Mr G Niven (resigned 26/6/2023)
Ms L Featherstone
Ms E Rees
Mrs J Naylor (appointed 27/6/2023)
Mr O Abolade (appointed 12/9/2023)

Independent Examiner

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Approved by order of the board of trustees on and signed on its behalf by:

.....
Mrs C Lowe - Trustee

**Independent Examiner's Report to the Trustees of
Little Sprouts Health and Wellbeing**

Independent examiner's report to the trustees of Little Sprouts Health and Wellbeing

I report to the charity trustees on my examination of the accounts of Little Sprouts Health and Wellbeing (the Trust) for the year ended 30 September 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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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

Mrs Lynne Dickson

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Date:

Little Sprouts Health and Wellbeing

Statement of Financial Activities
for the Year Ended 30 September 2023

| | Notes | Unrestricted funds £ | Restricted funds £ | 2023 Total funds £ | 2022 Total funds £ |
|------------------------------------|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | | 18,991 | - | 18,991 | 30,509 |
| Charitable activities | | | | | |
| Health and Wellbeing | | <u>45,197</u> | <u>59,026</u> | <u>104,223</u> | <u>96,800</u> |
| Total | | <u>64,188</u> | <u>59,026</u> | <u>123,214</u> | <u>127,309</u> |
| | | | | | |
| EXPENDITURE ON | | | | | |
| Charitable activities | | | | | |
| Health and Wellbeing | | <u>70,423</u> | <u>67,281</u> | <u>137,704</u> | <u>117,402</u> |
| | | | | | |
| NET INCOME/(EXPENDITURE) | | (6,235) | (8,255) | (14,490) | 9,907 |
| | | | | | |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | <u>127,710</u> | <u>28,034</u> | <u>155,744</u> | <u>145,837</u> |
| | | | | | |
| TOTAL FUNDS CARRIED FORWARD | | <u><u>121,475</u></u> | <u><u>19,779</u></u> | <u><u>141,254</u></u> | <u><u>155,744</u></u> |

The notes form part of these financial statements

Little Sprouts Health and Wellbeing

**Balance Sheet
30 September 2023**

| | Notes | Unrestricted funds £ | Restricted funds £ | 2023 Total funds £ | 2022 Total funds £ |
|--|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 5 | 22,104 | 2,219 | 24,323 | 15,179 |
| CURRENT ASSETS | | | | | |
| Debtors | 6 | 14,781 | - | 14,781 | 845 |
| Cash at bank | | <u>88,647</u> | <u>17,560</u> | <u>106,207</u> | <u>141,547</u> |
| | | 103,428 | 17,560 | 120,988 | 142,392 |
| CREDITORS | | | | | |
| Amounts falling due within one year | 7 | (4,057) | - | (4,057) | (1,827) |
| | | <u>99,371</u> | <u>17,560</u> | <u>116,931</u> | <u>140,565</u> |
| NET CURRENT ASSETS | | | | | |
| | | 121,475 | 19,779 | 141,254 | 155,744 |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | <u>121,475</u> | <u>19,779</u> | <u>141,254</u> | <u>155,744</u> |
| NET ASSETS | | <u>121,475</u> | <u>19,779</u> | <u>141,254</u> | <u>155,744</u> |
| FUNDS | 8 | | | | |
| Unrestricted funds | | | | 121,475 | 127,710 |
| Restricted funds | | | | <u>19,779</u> | <u>28,034</u> |
| TOTAL FUNDS | | | | <u>141,254</u> | <u>155,744</u> |

The financial statements were approved by the Board of Trustees and authorised for issue on and were signed on its behalf by:

.....
Mrs C Lowe - Trustee

Little Sprouts Health and Wellbeing

Notes to the Financial Statements **for the Year Ended 30 September 2023**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Fixtures and fittings - 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2023 nor for the year ended 30 September 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2023 nor for the year ended 30 September 2022.

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

| | 2023 | 2022 |
|--------------------|----------|----------|
| Health & Wellbeing | <u>5</u> | <u>6</u> |

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

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|------------------------------------|----------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 30,509 | - | 30,509 |
| Charitable activities | | | |
| Health and Wellbeing | <u>24,001</u> | <u>72,799</u> | <u>96,800</u> |
| Total | <u>54,510</u> | <u>72,799</u> | <u>127,309</u> |
| | | | |
| EXPENDITURE ON | | | |
| Charitable activities | | | |
| Health and Wellbeing | <u>41,077</u> | <u>76,325</u> | <u>117,402</u> |
| | | | |
| NET INCOME/(EXPENDITURE) | 13,433 | (3,526) | 9,907 |
| | | | |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | <u>114,277</u> | <u>31,560</u> | <u>145,837</u> |
| | | | |
| TOTAL FUNDS CARRIED FORWARD | <u>127,710</u> | <u>28,034</u> | <u>155,744</u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

5. TANGIBLE FIXED ASSETS

| | Fixtures and fittings £ | Motor vehicles £ | Totals £ |
|-----------------------|----------------------------------|------------------------|----------------------|
| COST | | | |
| At 1 October 2022 | 23,573 | - | 23,573 |
| Additions | <u>2,100</u> | <u>11,858</u> | <u>13,958</u> |
| At 30 September 2023 | <u>25,673</u> | <u>11,858</u> | <u>37,531</u> |
| DEPRECIATION | | | |
| At 1 October 2022 | 8,394 | - | 8,394 |
| Charge for year | <u>4,320</u> | <u>494</u> | <u>4,814</u> |
| At 30 September 2023 | <u>12,714</u> | <u>494</u> | <u>13,208</u> |
| NET BOOK VALUE | | | |
| At 30 September 2023 | <u><u>12,959</u></u> | <u><u>11,364</u></u> | <u><u>24,323</u></u> |
| At 30 September 2022 | <u><u>15,179</u></u> | <u><u>-</u></u> | <u><u>15,179</u></u> |

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2023 £ | | 2022 £ |
|---------------|---------------|--|------------|
| Trade debtors | <u>14,781</u> | | <u>845</u> |

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2023 £ | | 2022 £ |
|------------------------------|---------------------|--|---------------------|
| Trade creditors | 250 | | 907 |
| Taxation and social security | 2,553 | | - |
| Other creditors | <u>1,254</u> | | <u>920</u> |
| | <u><u>4,057</u></u> | | <u><u>1,827</u></u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

8. MOVEMENT IN FUNDS

| | At 1/10/22 £ | Net movement in funds £ | At 30/9/23 £ |
|---|-----------------------|----------------------------------|-----------------------|
| Unrestricted funds | | | |
| General fund | 127,710 | (6,235) | 121,475 |
| Restricted funds | | | |
| Community Cooking | 1,519 | (380) | 1,139 |
| Hartisan Bread Project | 116 | (29) | 87 |
| The Hart Cafe | 806 | (202) | 604 |
| Community Hub Thornaby | 8,252 | 2,748 | 11,000 |
| Sustain Food Power for Generation Covid | 518 | (129) | 389 |
| Morrisons Foundation | 9,360 | (9,360) | - |
| National Lottery Community Fund | 2,750 | (2,750) | - |
| The Platinum Jubilee Fund | 4,713 | (4,713) | - |
| The Five Lamps Org Youth | - | 4,200 | 4,200 |
| North East Ladies Day fund | - | 360 | 360 |
| Catalyst; Fairer Start Stockton project | - | 2,000 | 2,000 |
| | <u>28,034</u> | <u>(8,255)</u> | <u>19,779</u> |
| TOTAL FUNDS | <u><u>155,744</u></u> | <u><u>(14,490)</u></u> | <u><u>141,254</u></u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

8. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|--|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 64,188 | (70,423) | (6,235) |
| Restricted funds | | | |
| Community Cooking | - | (380) | (380) |
| Hartisan Bread Project | - | (29) | (29) |
| The Hart Cafe | - | (202) | (202) |
| Community Hub Thornaby | 11,000 | (8,252) | 2,748 |
| Sustain Food Power for Generation Covid | - | (129) | (129) |
| Morrisons Foundation | - | (9,360) | (9,360) |
| National Lottery Community Fund | - | (2,750) | (2,750) |
| The Platinum Jubilee Fund | - | (4,713) | (4,713) |
| The Five Lamps Org Youth | 16,800 | (12,600) | 4,200 |
| Tees Valley Community Grant | 1,534 | (1,534) | - |
| Arlington park BAME Community Shop | 500 | (500) | - |
| Coop; Hubbub Foundation UK - Community Fridge | 3,000 | (3,000) | - |
| CDCF; PHP Social Prescribed Fund - workshop project | 4,426 | (4,426) | - |
| Stockton Borough Council - Food Aid | 2,250 | (2,250) | - |
| North East Ladies Day fund | 1,200 | (840) | 360 |
| North Star Housing - Youth Work | 800 | (800) | - |
| Teesside University; Together fund project | 3,900 | (3,900) | - |
| Fareshare Subscription AMAL Project | 600 | (600) | - |
| Catalyst; Fairer Start Stockton project | 6,000 | (4,000) | 2,000 |
| HSBC; Supporting our community | 5,766 | (5,766) | - |
| Kabron Homes; Community Shop | 1,250 | (1,250) | - |
| | <u>59,026</u> | <u>(67,281)</u> | <u>(8,255)</u> |
| TOTAL FUNDS | <u><u>123,214</u></u> | <u><u>(137,704)</u></u> | <u><u>(14,490)</u></u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

| | At 1/10/21 £ | Net movement in funds £ | At 30/9/22 £ |
|---|-----------------------|----------------------------------|-----------------------|
| Unrestricted funds | | | |
| General fund | 114,277 | 13,433 | 127,710 |
| Restricted funds | | | |
| Community Cooking | 14,761 | (13,242) | 1,519 |
| Hartisan Bread Project | 291 | (175) | 116 |
| The Hart Cafe | 1,075 | (269) | 806 |
| Community Hub Thornaby | 7,333 | 919 | 8,252 |
| The National Lottery Awards for All | 6,660 | (6,660) | - |
| Sustain Food Power for Generation Covid | 690 | (172) | 518 |
| Sustain Eco Shops consultation and set up | 750 | (750) | - |
| Morrisons Foundation | - | 9,360 | 9,360 |
| National Lottery Community Fund | - | 2,750 | 2,750 |
| The Platinum Jubilee Fund | - | 4,713 | 4,713 |
| | <u>31,560</u> | <u>(3,526)</u> | <u>28,034</u> |
| TOTAL FUNDS | <u><u>145,837</u></u> | <u><u>9,907</u></u> | <u><u>155,744</u></u> |

Comparative net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 54,510 | (41,077) | 13,433 |
| Restricted funds | | | |
| Community Cooking | 25,472 | (38,714) | (13,242) |
| Hartisan Bread Project | - | (175) | (175) |
| The Hart Cafe | - | (269) | (269) |
| Community Hub Thornaby | 11,000 | (10,081) | 919 |
| The National Lottery Awards for All | - | (6,660) | (6,660) |
| Sustain Food Power for Generation Covid | - | (172) | (172) |
| Sustain Eco Shops consultation and set up | - | (750) | (750) |
| Morrisons Foundation | 11,232 | (1,872) | 9,360 |
| MFC Foundation | 1,200 | (1,200) | - |
| National Lottery Community Fund | 16,500 | (13,750) | 2,750 |
| The Platinum Jubilee Fund | 7,070 | (2,357) | 4,713 |
| Victoria Park Jubilee Celebration | 325 | (325) | - |
| | <u>72,799</u> | <u>(76,325)</u> | <u>(3,526)</u> |
| TOTAL FUNDS | <u><u>127,309</u></u> | <u><u>(117,402)</u></u> | <u><u>9,907</u></u> |

Balances held on Community Cooking, Hartisan Bread Project, The Hart Cafe and Sustain funds will be carried forward to meet future depreciation costs of equipment used by the projects.

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2023

8. MOVEMENT IN FUNDS - continued

Funding of £11,000 from North Star Housing has been received to support the work carried out at the Community Hub at Havelock Street in Thornaby. £11,000 of this funding will be carried forward to meet costs in 2023/24.

Funding from The National Lottery Community Fund through The Five Lamps Youth Partnership will be used to deliver youth led services in Stockton on Tees, focusing on 'grow your own' and upskilling the community. £4,200 will be carried forward to meet costs in 2023/24.

Funding of £6,000 from Catalyst Stockton-on-Tees, Fairer Start Stockton Project has been received to support cooking workshops, the community shop and VCSE meetings. £2,000 will be carried forward to meet costs in 2023/24.

Funding of £3,000 has been received from the Coop through the Hubbub Foundation UK to launch a community fridge which is open and accessible to diverse and local communities. All has been spent in the year.

Income from the Tees Valley Foundation, the County Durham Community Fund, Stockton-on-Tees BC, North East Ladies Day, Teesside University, HSBC and Kabron Homes Limited has been used in full during the year on the charity's community work including community shops, cafes, workshops, community gardens, courses and training.

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 September 2023.

Sprouts Community Food Charity

England & Wales - Charity number 1178162

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 September 2022
for
Little Sprouts Health and Wellbeing

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Little Sprouts Health and Wellbeing

**Contents of the Financial Statements
for the Year Ended 30 September 2022**

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Little Sprouts Health and Wellbeing
Report of the Trustees
for the Year Ended 30 September 2022

The trustees present their report with the financial statements of the charity for the year ended 30 September 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are to carry on activities which benefit the community and in particular (without limitation), to improve the health and wellbeing of the people of Stockton, Thornaby and surrounding areas, through the provision of education, training and workshops in nutrition and healthy cookery.

Significant activities

Little Sprouts Health and Wellbeing commit to use food and nutrition to support our vulnerable adults and communities to improve their wellbeing through our community cooking clubs and cafes. Our clubs support social inclusion, reduce isolation whilst tackling food poverty and provide safe fully inclusive community spaces.

Since forming in 2011, Little Sprouts have made a real contribution to children, young people and adults in Stockton and surrounding areas. We have built strong partnerships across the VCSE and local communities to help achieve our ambitions and we work closely with our partners to ensure that cooking is used to bring communities together, to share skills and break down many social barriers.

The Little Sprouts team are passionate about food and the health and well-being of communities. We appreciate that the groups we work with often made poor food choices, opting for budget and nutritionally deficient options, leading to many health problems. With few people learning basic cooking skills and increased financial constraints, this contributes to the multifaceted issue of poor nutrition in our area.

Public benefit

The Trustees confirm that they have complied with the duty set out in section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charities Commission in respect of public benefit.

Little Sprouts Health and Wellbeing

Report of the Trustees for the Year Ended 30 September 2022

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Sprouts have continued with their ethos to improve the nutritional, physical and mental health and wellbeing of the communities we work in. We address the health inequalities in the borough by running community shops, lunch clubs, cooking workshops, community gardens and family pop up events. We have an onsite CAB advisor one morning a month, offering financial health checks and we work closely with social prescribers, housing and welfare services, health visitors and social workers, mental health and drug and alcohol services, schools and colleges, often acting as a triage service whilst people wait for contact / appointments.

Our projects prove invaluable from a food aspect; however, it is the sociable element which has helped people improve their mental wellbeing and they have gained confidence to access other services, which we have been able to sign post them to.

We work closely with VCSE organisations and have a strong knowledge of projects and events in the borough. Often working in partnership with another VCSE group, provides a multifaceted approach to helping people, giving options of activities to maintain engagement. We strongly advocate the "side by side" therapy that our projects provide, allowing people to grow in confidence whilst producing a tangible product/meal. This in turn raises aspirations and people feel empowered to reach out further into their community to engage in volunteering roles and even into employment.

We run our projects with 4 part time members of staff and 22 volunteers, (volunteer hours equate to 65hrs per week).

We address:

- Food poverty via our community shops - collecting in surplus food from local stores and supermarkets
- Poor nutrition through cooking workshops (Debra Fixter holds a Bsc Hons degree in Nutrition and Health Science)
- Financial stress teaching cooking on a budget (which in turn leads to wider conversations about finances)
- Isolation and loneliness via lunch clubs and activities
- Mental health via workshops and volunteering opportunities
- Upskilling with training via accredited Level 2 Food hygiene courses (raising aspirations and confidence and building cv credentials)
- Wellbeing - via community gardening and open space projects
- Fuel poverty - providing warm spaces for people and access to CAB
- Community cohesion, working with and supporting the BAME community whether they are in the asylum seeking process or the transition into their right to stay

We work in areas of high deprivation where financial pressures lead to the ever-widening health inequalities in our borough. Our three main locations being Mandale and Victoria Ward in Thornaby, Hartington Road and Arlington Park in Stockton. Please see below in more detail about what projects we run from each location.

Hartington Road

The Hart Café is a weekly, drop-in café service Sprouts provide with the support of New Walk CIC, within their office building on Hartington Road in central Stockton.

The café provides a hot, nutritious 2 course meal and hot drinks to the residents of the New Walk hostel and the wider Hartington Road community. As well as the obvious benefits of a free hot meal, the café provides a safe, warm space for people to gather and gives New Walk staff a great, informal opportunity to catch up with their residents, the vast majority of whom are battling addictions and have multiple health problems. The café is run by one member of Sprouts staff and 2 core volunteers who endeavor to offer a high quality, non- judgmental service that customers look forward to every week. During the last 3-4 months as winter has got colder and the escalating cost of living crisis, we have seen numbers increase week on week, and we are currently serving around 70 people every Tuesday.

Mandale and Victoria Ward Project

Little Sprouts Health and Wellbeing

Report of the Trustees for the Year Ended 30 September 2022

Embedding ourselves at the heart of the community to understand, empathise and action, the issues, problems and needs of the Community. As Covid restrictions lifted, we anticipated reducing the community shop element, returning back to our roots of cooking in the community. However, it was, and still is, apparent that the need to offer affordable, quality food to help people experiencing financial difficulties will continue indefinitely and may in fact worsen over the coming months given increases in the cost of living. With funding, we have doubled our workload to continue the community shop and also restart community cooking, afterschool workshops, lunch clubs, family pop-up in the park events and the community garden.

During the school holidays we continued our pop-up events on the Victoria Park site and worked to create unique events that can bring together like-minded organisations to address the ever-increasing issues of poverty, food insecurity, physical health inequalities and mental health problems.

Arlington Park

The Community Project at Arlington Park, provides an ECO shop cookery workshops and pop-up clothes/houseware items shop. This project also runs alongside a growing session ran by Cultivate Tees Valley. Thursday sees a hive of activity that has something for everyone, often by engaging with the Eco Shop we see the customers confidence grow and they start to engage by volunteering either in the garden or with the cookery workshop. Most often with using ingredients from the Eco Shop or garden we show people how to make a meal or sweet treat. We invite customers and volunteers to share their recipes and most recently had a vegan brownie recipe shared with us from one of our volunteers, which we have since made and has gone down a treat with everyone. During school holidays we have had biscuit decoration available for children to join in with, as well as arts and crafts to ensure our project is as engaging and inviting as possible. We work in partnership with Amal Project Teesside to provide BAME focussed food items and celebrate cultural throughout the year.

Community Cooking

We have deliberately scaled back our school cooking workshops, instead choosing to concentrate on community based work. We have continued our mobile sessions with community partners such as Thumara, Autism Matters, Eastern Ravens and Daisy Chain. We have continued to offer Food Hygiene training as a revenue stream and an addition to the cooking workshops we offer.

FINANCIAL REVIEW

Financial position

Income received during the year was £127,309 (2021: £173,225) and of this, £72,799 (2021: £105,714) was in respect of restricted funding.

At the year end, unrestricted funds amounted to £127,710 and restricted funds were £28,034. Cash at bank was £141,547. Funds are held to cover 4 months operational costs in the event of a loss of income and to meet any unforeseen expenditure that may occur.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its constitution dated 14 November 2017 and is a Charitable Incorporated Organisation.

There must be at least 3 and no more than 12 trustees appointed at any one time. Each trustee is appointed for a specific term at a meeting of the charity' trustees and will be reappointed or replaced at the end of the term.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1178162

Principal address

4 Winpenny Close
Yarm
Cleveland
TS15 9XG

Little Sprouts Health and Wellbeing

Report of the Trustees
for the Year Ended 30 September 2022

Trustees

Mrs C Lowe
Mrs K Shelley
Mr G Niven
Ms L Featherstone
Ms E Rees

Independent Examiner

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Approved by order of the board of trustees on 12.4.23 and signed on its behalf by:



.....
Mrs C Lowe - Trustee

**Independent Examiner's Report to the Trustees of
Little Sprouts Health and Wellbeing**

Independent examiner's report to the trustees of Little Sprouts Health and Wellbeing

I report to the charity trustees on my examination of the accounts of Little Sprouts Health and Wellbeing (the Trust) for the year ended 30 September 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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



Mrs Lynne Dickson
FCA
JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Date: 13 April 2023

Little Sprouts Health and Wellbeing

Statement of Financial Activities
for the Year Ended 30 September 2022

| | Notes | Unrestricted funds £ | Restricted funds £ | 2022 Total funds £ | 2021 Total funds £ |
|------------------------------------|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | | 30,509 | - | 30,509 | 57,405 |
| Charitable activities | | | | | |
| Health and Wellbeing | | 24,001 | 72,799 | 96,800 | 115,820 |
| Total | | <u>54,510</u> | <u>72,799</u> | <u>127,309</u> | <u>173,225</u> |
| EXPENDITURE ON | | | | | |
| Charitable activities | | | | | |
| Health and Wellbeing | | 41,077 | 76,325 | 117,402 | 164,836 |
| NET INCOME/(EXPENDITURE) | | 13,433 | (3,526) | 9,907 | 8,389 |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 114,277 | 31,560 | 145,837 | 137,448 |
| TOTAL FUNDS CARRIED FORWARD | | <u>127,710</u> | <u>28,034</u> | <u>155,744</u> | <u>145,837</u> |


The notes form part of these financial statements

Little Sprouts Health and Wellbeing

**Balance Sheet
30 September 2022**

| | Notes | Unrestricted funds £ | Restricted funds £ | 2022 Total funds £ | 2021 Total funds £ |
|--|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 5 | 12,220 | 2,959 | 15,179 | 7,484 |
| CURRENT ASSETS | | | | | |
| Debtors | 6 | 845 | - | 845 | 2,340 |
| Cash at bank | | 116,472 | 25,075 | 141,547 | 139,152 |
| | | <u>117,317</u> | <u>25,075</u> | <u>142,392</u> | <u>141,492</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 7 | (1,827) | - | (1,827) | (3,139) |
| NET CURRENT ASSETS | | <u>115,490</u> | <u>25,075</u> | <u>140,565</u> | <u>138,353</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | <u>127,710</u> | <u>28,034</u> | <u>155,744</u> | <u>145,837</u> |
| NET ASSETS | | <u>127,710</u> | <u>28,034</u> | <u>155,744</u> | <u>145,837</u> |
| FUNDS | 8 | | | | |
| Unrestricted funds | | | | 127,710 | 114,277 |
| Restricted funds | | | | 28,034 | 31,560 |
| TOTAL FUNDS | | | | <u>155,744</u> | <u>145,837</u> |

The financial statements were approved by the Board of Trustees and authorised for issue on 12/14/23 and were signed on its behalf by:



Mrs C Lowe - Trustee

Little Sprouts Health and Wellbeing

Notes to the Financial Statements
for the Year Ended 30 September 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

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

Fixtures and fittings - 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2022 nor for the year ended 30 September 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2022 nor for the year ended 30 September 2021.

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

| | | |
|--------------------|----------|----------|
| | 2022 | 2021 |
| Health & Wellbeing | 6 | 6 |
| | <u>6</u> | <u>6</u> |

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

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|------------------------------------|----------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 57,405 | - | 57,405 |
| Charitable activities | | | |
| Health and Wellbeing | 10,106 | 105,714 | 115,820 |
| Total | <u>67,511</u> | <u>105,714</u> | <u>173,225</u> |
| EXPENDITURE ON | | | |
| Charitable activities | | | |
| Health and Wellbeing | 10,154 | 154,682 | 164,836 |
| NET INCOME/(EXPENDITURE) | 57,357 | (48,968) | 8,389 |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 56,920 | 80,528 | 137,448 |
| TOTAL FUNDS CARRIED FORWARD | <u>114,277</u> | <u>31,560</u> | <u>145,837</u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

5. TANGIBLE FIXED ASSETS

| | Fixtures and fittings £ |
|-----------------------|----------------------------------|
| COST | |
| At 1 October 2021 | 10,819 |
| Additions | 12,754 |
| | 23,573 |
| At 30 September 2022 | |
| DEPRECIATION | |
| At 1 October 2021 | 3,335 |
| Charge for year | 5,059 |
| | 8,394 |
| At 30 September 2022 | |
| NET BOOK VALUE | |
| At 30 September 2022 | 15,179 |
| At 30 September 2021 | 7,484 |

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2022 | 2021 |
|---------------|------|-------|
| | £ | £ |
| Trade debtors | 845 | 2,340 |
| | 845 | 2,340 |

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2022 | 2021 |
|------------------------------|-------|-------|
| | £ | £ |
| Trade creditors | 907 | 1,357 |
| Taxation and social security | 420 | 1,282 |
| Other creditors | 500 | 500 |
| | 1,827 | 3,139 |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

8. MOVEMENT IN FUNDS

| | At 1/10/21 £ | Net movement in funds £ | At 30/9/22 £ |
|---|--------------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 114,277 | 13,433 | 127,710 |
| Restricted funds | | | |
| Community Cooking | 14,761 | (13,242) | 1,519 |
| Hartisan Bread Project | 291 | (175) | 116 |
| The Hart Cafe | 1,075 | (269) | 806 |
| Community Hub Thornaby | 7,333 | 919 | 8,252 |
| The National Lottery Awards for All | 6,660 | (6,660) | - |
| Sustain Food Power for Generation Covid | 690 | (172) | 518 |
| Sustain Eco Shops consultation and set up | 750 | (750) | - |
| Morrisons Foundation | - | 9,360 | 9,360 |
| National Lottery Community Fund | - | 2,750 | 2,750 |
| The Platinum Jubilee Fund | - | 4,713 | 4,713 |
| | <hr/> | <hr/> | <hr/> |
| | 31,560 | (3,526) | 28,034 |
| | <hr/> | <hr/> | <hr/> |
| TOTAL FUNDS | 145,837 | 9,907 | 155,744 |
| | <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |

Net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 54,510 | (41,077) | 13,433 |
| Restricted funds | | | |
| Community Cooking | 25,472 | (38,714) | (13,242) |
| Hartisan Bread Project | - | (175) | (175) |
| The Hart Cafe | - | (269) | (269) |
| Community Hub Thornaby | 11,000 | (10,081) | 919 |
| The National Lottery Awards for All | - | (6,660) | (6,660) |
| Sustain Food Power for Generation Covid | - | (172) | (172) |
| Sustain Eco Shops consultation and set up | - | (750) | (750) |
| Morrisons Foundation | 11,232 | (1,872) | 9,360 |
| MFC Foundation | 1,200 | (1,200) | - |
| National Lottery Community Fund | 16,500 | (13,750) | 2,750 |
| The Platinum Jubilee Fund | 7,070 | (2,357) | 4,713 |
| Victoria Park Jubilee Celebration | 325 | (325) | - |
| | <hr/> | <hr/> | <hr/> |
| | 72,799 | (76,325) | (3,526) |
| | <hr/> | <hr/> | <hr/> |
| TOTAL FUNDS | 127,309 | (117,402) | 9,907 |
| | <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

| | At 1/10/20 £ | Net movement in funds £ | At 30/9/21 £ |
|---|--------------------|----------------------------------|--------------------|
| Unrestricted funds | | | |
| General fund | 56,920 | 57,357 | 114,277 |
| Restricted funds | | | |
| Community Cooking | 17,022 | (2,261) | 14,761 |
| Hartisan Bread Project | 466 | (175) | 291 |
| The Hart Cafe | 14,293 | (13,218) | 1,075 |
| Yarm Community Food Project | 5,000 | (5,000) | - |
| Covid 19 Sustainability Fund | 5,000 | (5,000) | - |
| Community Hub Thornaby | 2,640 | 4,693 | 7,333 |
| Wellbeing and Food Support Team | 36,107 | (36,107) | - |
| The National Lottery Awards for All | - | 6,660 | 6,660 |
| Sustain Food Power for Generation Covid | - | 690 | 690 |
| Sustain Eco Shops consultation and set up | - | 750 | 750 |
| | <hr/> | <hr/> | <hr/> |
| | 80,528 | (48,968) | 31,560 |
| | <hr/> | <hr/> | <hr/> |
| TOTAL FUNDS | 137,448 | 8,389 | 145,837 |
| | <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |

Comparative net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 67,511 | (10,154) | 57,357 |
| Restricted funds | | | |
| Community Cooking | 50,945 | (53,206) | (2,261) |
| Hartisan Bread Project | - | (175) | (175) |
| The Hart Cafe | 990 | (14,208) | (13,218) |
| Yarm Community Food Project | - | (5,000) | (5,000) |
| Covid 19 Sustainability Fund | - | (5,000) | (5,000) |
| Community Hub Thornaby | 14,900 | (10,207) | 4,693 |
| Wellbeing and Food Support Team | - | (36,107) | (36,107) |
| Teesside Charity - Food waste and distribution hub | 4,900 | (4,900) | - |
| The National Lottery Awards for All | 9,499 | (2,839) | 6,660 |
| Sustain Food Power for Generation Covid | 21,980 | (21,290) | 690 |
| Sustain Eco Shops consultation and set up | 2,500 | (1,750) | 750 |
| | <hr/> | <hr/> | <hr/> |
| | 105,714 | (154,682) | (48,968) |
| | <hr/> | <hr/> | <hr/> |
| TOTAL FUNDS | 173,225 | (164,836) | 8,389 |
| | <hr/> <hr/> | <hr/> <hr/> | <hr/> <hr/> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2022

8. MOVEMENT IN FUNDS - continued

The National Lottery Reaching Communities continued to provide funding for the Community Cooking programme, which runs from our Community Cafés and outreach mobile kitchens to provide a unique cooking and food education project which is designed to inspire everyone to make better food choices through practical, innovative and fun cooking workshops aimed at all ages and abilities. The balance at the year end will be carried forward to meet future depreciation costs of equipment used by the project.

Funding of £11,000 from North Star Housing has been received to support the work carried out at the Community Hub at Havelock Street in Thornaby. £8,252 of this funding will be carried forward to meet costs in 2022/23.

Funds from National Lottery Awards of £6,600 brought forward has been used in full to support the charities work in respect of the Eco Shop at Arlington Park, Stockton. Also used on this project is funding of £1,200 from the MFC Foundation.

Funding provided by Stockton Soup in 2019, for the Hart Cafe, and Sustain will be carried forward to meet the future depreciation costs of equipment.

Funds have been provided by the Morrisons Foundation of £11,232 to support a Casserole Club. £9,360 will be carried forward to meet costs in 2022/23.

Cultivate Teesvalley has provided funds of £7,070 from The Jubilee Fund to support a plot to plate project, encouraging the development of growing spaces and cooking sessions which use the produce grown. £4,713 will be carried forward to meet expenditure in 2022/23.

Funding from The National Lottery Community Fund through The Five Lamps Youth Partnership will be used to deliver youth led services in Stockton on Tees, focusing on 'grow your own' and upskilling the community. £2,750 will be carried forward to meet costs in 2022/23.

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 September 2022.

Sprouts Community Food Charity

England & Wales - Charity number 1178162

Accounts

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 30 September 2021
for
Little Sprouts Health and Wellbeing

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Little Sprouts Health and Wellbeing

**Contents of the Financial Statements
for the Year Ended 30 September 2021**

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Little Sprouts Health and Wellbeing

Report of the Trustees for the Year Ended 30 September 2021

The trustees present their report with the financial statements of the charity for the year ended 30 September 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are to carry on activities which benefit the community and in particular (without limitation), to improve the health and wellbeing of the people of Stockton, Thornaby and surrounding areas, through the provision of education, training and workshops in nutrition and healthy cookery.

Significant activities

Little Sprouts Health and Wellbeing commit to use food and nutrition to support our vulnerable adults and communities to improve their wellbeing through our community cooking clubs and cafes. Our clubs support social inclusion, reduce isolation whilst tackling food poverty and provide safe fully inclusive community spaces.

Since forming in 2011, Little Sprouts have made a real contribution to children, young people and adults in Stockton and surrounding areas. We have built strong partnerships across the VCSE and local communities to help achieve our ambitions and we work closely with our partners to ensure that cooking is used to bring communities together, to share skills and break down many social barriers.

The Little Sprouts team are passionate about food and the health and well-being of communities. We appreciate that the groups we work with often made poor food choices, opting for budget and nutritionally deficient options, leading to many health problems. With few people learning basic cooking skills and increased financial constraints, this contributes to the multifaceted issue of poor nutrition in our area.

Public benefit

The Trustees confirm that they have complied with the duty set out in section 17(5) of the 2011 Charities Act to have due regard to guidance published by the Charities Commission in respect of public benefit.

Little Sprouts Health and Wellbeing

Report of the Trustees for the Year Ended 30 September 2021

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Charitable activities carried out during the year included the following:

Hartington Road - Feeding people living in bedsits and supported housing

October and November saw a continued 5 day service and from December this was reduced to 3 days a week as the funder (a local business) had to cease with the funding due to the financial impact of Covid on his business. We are continuing to fund the service through New Walk funding, Comic relief funding and The National Lottery. We had developed the garden during the summer and have tables and canopies in place for when we can open the café.

We delivered Christmas dinner on Christmas day along with 60 health and wellbeing gift bags for the residents of the street.

January to March 2021 saw a 3 day a week service and April to September, a 2 day week service. The Café re-opened one day a week in September 2021.

Recipe Bags

Covid-19 has brought many challenges to the way we support our communities, however we have been passionate in trying to keep to our core values of community cooking. Social distance restraints have meant face to face sessions have been cancelled indefinitely, however we have been putting together themed recipe bags and baking bags and distributing them to community groups and individuals. Working closely with Autism Parents, Teesside Dementia, local schools and individuals, we have sold 150 bags and given out a further 120, free of charge. Going forward, we pledge to provide 60 bags per week to schools and organisations and for sale at the ECO shops.

Digital inclusion work allows us to run zoom cooking classes. Working in partnership with TRAC UK recovery group, we have created recipes and will deliver the bags for collection from the group leader. We will then run an evening, live zoom session

The Community Hub, 34 Havelock St, Thornaby, TS17 6HN

We have continued to buy and collect food to enable us to open The Hub on Tuesdays and Thursdays to hand out food parcels and we currently serve 100 families a week (ever increasing). We are also delivering to 25 families each week who are in a situation where they can't access food due to either health or financial issues. We have put together baking and recipe bags and have sourced and been donated craft packs and books which have proven to be as essential as the food. The Hub is run by 2 members of staff along with a bank of 8 volunteers who help with deliveries, making up food parcels and handing these out directly from the HUB. We charge £1 per food bag and £1 for 5 toiletries.

We have continued to provide recipe bags for schools, ECO shops, the Food Power Network and Zoom cooking.

October to December saw the project grow from just food and essentials, to collecting in clothes, toys and household items, donations and passing them on to families who would benefit the most. We ran a winter coat campaign with volunteers collecting in 300+ coats. These were given out to the community and shared with our partners, health visitors and social workers. We held 2 Covid safe community events, allowing people to access a 2nd community centre that had all the donations displayed, donations for these events totalled in excess £1000.

During the October half term, we responded to the government's decision not to provide free school meals to those eligible and provided 200 food bags containing enough ingredients for a weeks' worth of lunches. With amazing support from local businesses and the community we were also able to provide additional food items, prepared meals and cakes.

The service has been extended to provide Citizen Advice Bureau support and a drug and alcohol peer mentor programme for the community. Being at the grassroots of the community has enabled us to work directly with families and identify specific needs. We can react quickly and in addition to food we also help to provide, clothes, furniture essentials etc. We continue to work closely with MIND, Stockton Welfare, Health Visitors, Social Workers, local schools, Bridges, Northstar Housing, Thirteen Group, Billingham Baby Bank, Justice First (asylum seekers), Eastern Ravens, Teesside Dementia, Five Lamps and more.

Thornaby Partnership

Working with Five Lamps in Thornaby, we have been running community pop ups around the town, specifically targeting pensioners and children. Trying to bring some much needed joy to the area, we take nominations for pensioners to receive free fish and chips on Fridays, or we have made afternoon tea from Hartington Rd and delivered them door to door. When the 3rd lockdown was implemented, we provided stationary/school packs and printing facilities to help children and families with their schoolwork. We were also able to run an Easter pop up event at the local park, gifting donated Easter Eggs as prizes for games and sports competitions.

Norton Grange Eco /Community Shop

Little Sprouts Health and Wellbeing

Report of the Trustees for the Year Ended 30 September 2021

Little Sprouts have had a partnership with Norton Grange Community Centre, which is in an area of high deprivation, and we have worked with Groundwork, Norton Conduit, Norton Community Kinship Carers, for many years and have been delivering cooking and food education projects to address the health and wellbeing of this community. We are a trusted provider and during Covid we have provided weekly food support, craft packs, Christmas hampers and donations to support their collective charitable work. The Groundwork team have volunteered for our organisation as part of our covid response during furlough and we utilised their drivers to support our food collection in the early months of covid, creating a joint community response to meet the demanding needs of delivery at this time.

All these organisations utilise Norton Grange Community Centre which had just completed its renovation prior to March 2020, and as a community partner we planned a variety of joint working.

We have all worked together identifying the community reliance on donated food and foodbanks, whilst also evidencing the families/people who need support but are unable to access services due to isolation, poor mental health, shielding or anxiety due to the current restrictions. This area is serviced solely by a local small convenience shop, as the nearest Aldi is being refurbished, leading to a food desert.

We have started a community shop to address these needs, which is a collaborative project and provides an opportunity for residents to make an appointment to access this environment during the current restrictions.

The eco shop model is the perfect solution to reducing food waste, and we will use this project as a learning exercise and evidence how best we can work with all the local community/businesses etc to help this venture become sustainable.

The eco shop has continued to run successfully. Groundwork NE and Norton Community group use social media for people to book food parcels and recipe bags. Our surplus food and distribution centre makes a weekly delivery, in addition to purchasing nonperishable items.

School Holidays Partnership Work

Working closely with Groundwork/Five Lamps/Corner House/Eastern Ravens, we complemented their holiday enrichment projects by providing recipe bags for children and families to make nutritious home cooked meals.

Community Garden

Building on the community relationships formed, whilst running the Hub at Havelock St, we decided to start a Community Garden on a piece of wasteland. Working with Cultivate Tees Valley, we have 15+ community volunteers attending the project weekly, clearing the land, creating growing beds and cultivating seeds for planting. This is an ongoing project that will continue to be community led to give residents a space to grow their own fruit and vegetables, whilst providing an activity to meet new people and be out in the fresh air. We have enough space to also work with local schools for them to develop their own beds.

"Check in and Chatter"

Throughout our Covid project work, we have come to meet lots of the community who have been very generous in offering to help. Alongside this, we have met people who need to talk. They are often on waiting lists for mental health services or, whilst in lockdown just need company. We contacted Catalyst and worked with them to implement a "check in and chatter" service, matching up volunteers with people who need to talk. The service has proved invaluable, both for the volunteers, in achieving a sense of purpose and feeling like they are giving back, and for the clients, having someone on the end of the phone to chat to and feel supported.

Christmas Hampers and presents

Following the success of a "reverse advent calendar" campaign, we successfully collected in hampers and food donations for 315 hampers. These were collected and distributed by the help of local businesses, individuals and volunteers. We also collected presents and gifts to distribute to the families and partners we work with.

Yarm Youth and Community Hub

At Yarm Youth and Community Hall, we have continued our Covid response through our surplus food and distribution project which has been funded from September 2020 to the end of February 2021 by the National Lottery Covid Government Grant of approx. £36,000.

This funding has enabled our charity to actively, 'reduce food waste', and ensure the food is re-distributed to our Little Sprouts projects, for referrals for individuals, or for our project work with our partner organisations to distribute to local community groups/VCSE/schools, as this ensures we are able to help people experiencing food poverty to have access to nutritional food.

The volume of surplus food can be in excess of 70kg per day, with collection of food up to 6 days per week and the food can range from fresh fruit, vegetables, pastries, bread, non-perishable items and occasionally toiletries, which can all be donated. The services are delivered by three staff members on a rota basis and a driver and we have a base of 26 volunteers who support the project, throughout its day-to-day operations.

The funding has enabled us to employ a driver to collect the foods and distribute the produce to:

Little Sprouts Health and Wellbeing

Report of the Trustees for the Year Ended 30 September 2021

- Havelock Road project twice a week
- Hartington Road where produce is applicable.
- up to 50 individual referrals a week with doorstep delivery by our volunteers
- an additional 150 people through community partners

Due to the volume of foods collected, we committed to impacting the wider community through our work with our partner agencies, some of which we had worked in partnership pre-covid, and others with whom we have built new relationships, as listed below is a selection of our partners who are also committed to helping us reduce food waste and distribute direct to their client making nutritional food available to everyone:

Eastern Ravens Trust, Norton Grange Community Centre in association with Groundwork, Kinship Carers at Norton Grange, Community Champions, Early Intervention Teams, Family Hubs, Social Work Teams, Bridge Mission, 4 Primary Schools, Dementia Group, Hardwick Methodist Church, St Peters Church Stockton, Dementia Link Services, Five Lamps, Thornaby Foodbank, Refugee Charity.

Donating the surplus food provisions enables us to support up to 200 people plus per week and retains our strength in our partnerships work. In addition, during summer holidays, October half term and the lockdowns we have continued to work with our partners, typically the groups working with families and through their help they have identified which families were best to support, providing food provisions alongside their planned doorstep deliveries of craft boxes, lunch boxes and meal kits.

Locally we have had a fantastic response and support in the form of cash donations, Christmas hampers, and volunteering in our project communities. We have built a very strong relationship with the supermarkets based on the longevity of the pandemic and they contribute more and more items each week alongside in-store collections from staff. In Yarm the local banks, shops, Tetley plant in Eaglescliffe, Yarm Rugby Club, local schools, Yarm Churches, Sundaes, Yarm Town Council, HMP Kirkclevington Prison donate weekly meals and The Waiting Room and The Crown Pub both donate meals. These plus Yarm Independent School, who has nominated us as one of their key charities, have all supported our charity since Covid.

Food Power Network

Stockton on Tees Food Power Network (SFPN) promotes the health and wellbeing of people in Stockton. The SFPN was created to promote healthy and sustainable food to the public, to make good food affordable and accessible to all, to tackle food poverty and diet related ill health, increase skill, knowledge and resources and also include growing projects, whilst reducing food waste. We are a lead member of this alliance and form part of the working group, where our skills and expertise are drawn upon to help develop a sustainable and resilient plan to best achieve the outcomes above.

ECO Shop

Working in partnership with Amal Project Teesside, in July 2021 we started a BAME focused ECO shop, supported by MFC Foundation. Using links with local primary schools we provide culturally specific foods and use the shop to build relationships with the local BAME Community. Working in partnership with Cultivate Tees Valley, Cornerhouse Youth Project and Five Lamps, we intend to develop the site further and run cooking and growing sessions and community events from the site.

Community Cooking Workshops

As restrictions lifted, we have been able to slowly and safely resume our community cooking workshops. Working with partners and engaging the community who we have been working alongside during Covid.

FINANCIAL REVIEW

Financial position

Income received during the year was £173,225 (2020: £222,135) and of this, £105,714 (2020: £149,596) was in respect of restricted funding.

At the year end, unrestricted funds amounted to £114,277 and restricted funds were £31,560. Cash at bank was £139,152. Funds are held to cover 4 months operational costs in the event of a loss of income and to meet any unforeseen expenditure that may occur.

Little Sprouts Health and Wellbeing
Report of the Trustees
for the Year Ended 30 September 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is governed by its constitution dated 14 November 2017 and is a Charitable Incorporated Organisation.

There must be at least 3 and no more than 12 trustees appointed at any one time. Each trustee is appointed for a specific term at a meeting of the charity' trustees and will be reappointed or replaced at the end of the term.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1178162

Principal address

4 Winpenny Close
Yarm
Cleveland
TS15 9XG

Trustees

Mrs C Lowe
Mrs K Shelley
Mrs S Lillie (resigned 31/5/2021)
Mr G Niven (appointed 29/4/2021)
Ms L Featherstone (appointed 29/4/2021)
Ms E Rees (appointed 29/4/2021)

Independent Examiner

JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Approved by order of the board of trustees on 4 January 2022 and signed on its behalf by:

Mrs C Lowe - Trustee

**Independent Examiner's Report to the Trustees of
Little Sprouts Health and Wellbeing**

Independent examiner's report to the trustees of Little Sprouts Health and Wellbeing

I report to the charity trustees on my examination of the accounts of Little Sprouts Health and Wellbeing (the Trust) for the year ended 30 September 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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



Mrs Lynne Dickson
FCA
JBC Accountants Limited
Chartered Accountants
3B Lockheed Court
Preston Farm
Stockton on Tees
TS18 3SH

Date: 10 January 2022

Little Sprouts Health and Wellbeing

Statement of Financial Activities
for the Year Ended 30 September 2021

| | Notes | Unrestricted funds £ | Restricted funds £ | 2021 Total funds £ | 2020 Total funds £ |
|------------------------------------|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| INCOME AND ENDOWMENTS FROM | | | | | |
| Donations and legacies | | 57,405 | - | 57,405 | 59,943 |
| Charitable activities | | | | | |
| Health and Wellbeing | | 10,106 | 105,714 | 115,820 | 162,192 |
| Total | | <u>67,511</u> | <u>105,714</u> | <u>173,225</u> | <u>222,135</u> |
| EXPENDITURE ON | | | | | |
| Charitable activities | | | | | |
| Health and Wellbeing | | 10,154 | 154,682 | 164,836 | 120,728 |
| NET INCOME/(EXPENDITURE) | | <u>57,357</u> | <u>(48,968)</u> | <u>8,389</u> | <u>101,407</u> |
| RECONCILIATION OF FUNDS | | | | | |
| Total funds brought forward | | 56,920 | 80,528 | 137,448 | 36,041 |
| TOTAL FUNDS CARRIED FORWARD | | <u><u>114,277</u></u> | <u><u>31,560</u></u> | <u><u>145,837</u></u> | <u><u>137,448</u></u> |

The notes form part of these financial statements

Little Sprouts Health and Wellbeing

Balance Sheet
30 September 2021

| | Notes | Unrestricted funds £ | Restricted funds £ | 2021 Total funds £ | 2020 Total funds £ |
|--|-------|----------------------------|--------------------------|-----------------------------|-----------------------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 5 | 3,403 | 4,081 | 7,484 | 5,871 |
| CURRENT ASSETS | | | | | |
| Debtors | 6 | 2,340 | - | 2,340 | 7,262 |
| Cash at bank | | 111,673 | 27,479 | 139,152 | 131,413 |
| | | <u>114,013</u> | <u>27,479</u> | <u>141,492</u> | <u>138,675</u> |
| CREDITORS | | | | | |
| Amounts falling due within one year | 7 | (3,139) | - | (3,139) | (7,098) |
| NET CURRENT ASSETS | | <u>110,874</u> | <u>27,479</u> | <u>138,353</u> | <u>131,577</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | <u>114,277</u> | <u>31,560</u> | <u>145,837</u> | <u>137,448</u> |
| NET ASSETS | | <u>114,277</u> | <u>31,560</u> | <u>145,837</u> | <u>137,448</u> |
| FUNDS | 8 | | | | |
| Unrestricted funds | | | | 114,277 | 56,920 |
| Restricted funds | | | | 31,560 | 80,528 |
| TOTAL FUNDS | | | | <u>145,837</u> | <u>137,448</u> |

The financial statements were approved by the Board of Trustees and authorised for issue on 4th JAN 2022 and were signed on its behalf by:

Clare Lowe

Mrs C Lowe - Trustee

Little Sprouts Health and Wellbeing

Notes to the Financial Statements
for the Year Ended 30 September 2021

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities Act 2011. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Tangible fixed assets

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

Fixtures and fittings - 25% on reducing balance

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 September 2021 nor for the year ended 30 September 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 September 2021 nor for the year ended 30 September 2020.

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

3. STAFF COSTS

The average monthly number of employees during the year was as follows:

| | | |
|--------------------|-----------------|-----------------|
| | 2021 | 2020 |
| Health & Wellbeing | 6 | 6 |
| | <u> </u> | <u> </u> |

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

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

| | Unrestricted funds £ | Restricted funds £ | Total funds £ |
|------------------------------------|----------------------------|--------------------------|---------------------|
| INCOME AND ENDOWMENTS FROM | | | |
| Donations and legacies | 59,943 | - | 59,943 |
| Charitable activities | | | |
| Health and Wellbeing | 12,596 | 149,596 | 162,192 |
| | <u> </u> | <u> </u> | <u> </u> |
| Total | 72,539 | 149,596 | 222,135 |
| EXPENDITURE ON | | | |
| Charitable activities | | | |
| Health and Wellbeing | 26,111 | 94,617 | 120,728 |
| | <u> </u> | <u> </u> | <u> </u> |
| NET INCOME | 46,428 | 54,979 | 101,407 |
| RECONCILIATION OF FUNDS | | | |
| Total funds brought forward | 10,492 | 25,549 | 36,041 |
| | <u> </u> | <u> </u> | <u> </u> |
| TOTAL FUNDS CARRIED FORWARD | 56,920 | 80,528 | 137,448 |
| | <u> </u> | <u> </u> | <u> </u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

5. TANGIBLE FIXED ASSETS

| | Fixtures and fittings £ |
|-----------------------|----------------------------------|
| COST | |
| At 1 October 2020 | 7,566 |
| Additions | 3,253 |
| | 10,819 |
| DEPRECIATION | |
| At 1 October 2020 | 1,695 |
| Charge for year | 1,640 |
| | 3,335 |
| NET BOOK VALUE | |
| At 30 September 2021 | 7,484 |
| At 30 September 2020 | 5,871 |

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2021 | 2020 |
|---------------|-------|-------|
| | £ | £ |
| Trade debtors | 2,340 | 4,003 |
| Other debtors | - | 3,259 |
| | 2,340 | 7,262 |
| | 2,340 | 7,262 |

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

| | 2021 | 2020 |
|------------------------------|-------|-------|
| | £ | £ |
| Trade creditors | 1,357 | 5,721 |
| Taxation and social security | 1,282 | 877 |
| Other creditors | 500 | 500 |
| | 3,139 | 7,098 |
| | 3,139 | 7,098 |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

8. MOVEMENT IN FUNDS

| | At 1/10/20 £ | Net movement in funds £ | At 30/9/21 £ |
|---|-----------------------|----------------------------------|-----------------------|
| Unrestricted funds | | | |
| General fund | 56,920 | 57,357 | 114,277 |
| Restricted funds | | | |
| Community Cooking | 17,022 | (2,261) | 14,761 |
| Hartisan Bread Project | 466 | (175) | 291 |
| The Hart Cafe | 14,293 | (13,218) | 1,075 |
| Yarm Community Food Project | 5,000 | (5,000) | - |
| Covid 19 Sustainability Fund | 5,000 | (5,000) | - |
| Community Hub Thornaby | 2,640 | 4,693 | 7,333 |
| Wellbeing and Food Support Team | 36,107 | (36,107) | - |
| The National Lottery Awards for All | - | 6,660 | 6,660 |
| Sustain Food Power for Generation Covid | - | 690 | 690 |
| Sustain Eco Shops consultation and set up | - | 750 | 750 |
| | <u>80,528</u> | <u>(48,968)</u> | <u>31,560</u> |
| TOTAL FUNDS | <u><u>137,448</u></u> | <u><u>8,389</u></u> | <u><u>145,837</u></u> |

Net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|---|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 67,511 | (10,154) | 57,357 |
| Restricted funds | | | |
| Community Cooking | 50,945 | (53,206) | (2,261) |
| Hartisan Bread Project | - | (175) | (175) |
| The Hart Cafe | 990 | (14,208) | (13,218) |
| Yarm Community Food Project | - | (5,000) | (5,000) |
| Covid 19 Sustainability Fund | - | (5,000) | (5,000) |
| Community Hub Thornaby | 14,900 | (10,207) | 4,693 |
| Wellbeing and Food Support Team | - | (36,107) | (36,107) |
| Teesside Charity - Food waste and distribution hub | 4,900 | (4,900) | - |
| The National Lottery Awards for All | 9,499 | (2,839) | 6,660 |
| Sustain Food Power for Generation Covid | 21,980 | (21,290) | 690 |
| Sustain Eco Shops consultation and set up | 2,500 | (1,750) | 750 |
| | <u>105,714</u> | <u>(154,682)</u> | <u>(48,968)</u> |
| TOTAL FUNDS | <u><u>173,225</u></u> | <u><u>(164,836)</u></u> | <u><u>8,389</u></u> |

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

| | At 1/10/19 £ | Net movement in funds £ | At 30/9/20 £ |
|--------------------------------------|----------------------|----------------------------------|-----------------------|
| Unrestricted funds | | | |
| General fund | 10,492 | 46,428 | 56,920 |
| Restricted funds | | | |
| Community Cooking | 16,982 | 40 | 17,022 |
| The Good Mood Food Cafe | 4,920 | (4,920) | - |
| Hartisan Bread Project | 2,147 | (1,681) | 466 |
| The Hart Cafe | - | 14,293 | 14,293 |
| The Fun, Food, Friendship Lunch Club | 1,500 | (1,500) | - |
| Yarm Community Food Project | - | 5,000 | 5,000 |
| Covid 19 Sustainability Fund | - | 5,000 | 5,000 |
| Community Hub Thornaby | - | 2,640 | 2,640 |
| Wellbeing and Food Support Team | - | 36,107 | 36,107 |
| | <u>25,549</u> | <u>54,979</u> | <u>80,528</u> |
| TOTAL FUNDS | <u><u>36,041</u></u> | <u><u>101,407</u></u> | <u><u>137,448</u></u> |

Comparative net movement in funds, included in the above are as follows:

| | Incoming resources £ | Resources expended £ | Movement in funds £ |
|--------------------------------------|----------------------------|----------------------------|---------------------------|
| Unrestricted funds | | | |
| General fund | 72,539 | (26,111) | 46,428 |
| Restricted funds | | | |
| Community Cooking | 66,227 | (66,187) | 40 |
| The Good Mood Food Cafe | - | (4,920) | (4,920) |
| Hartisan Bread Project | - | (1,681) | (1,681) |
| The Hart Cafe | 23,833 | (9,540) | 14,293 |
| The Fun, Food, Friendship Lunch Club | - | (1,500) | (1,500) |
| Covid 19 Response project | 9,832 | (9,832) | - |
| Yarm Community Food Project | 5,957 | (957) | 5,000 |
| Covid 19 Sustainability Fund | 5,000 | - | 5,000 |
| Community Hub Thornaby | 2,640 | - | 2,640 |
| Wellbeing and Food Support Team | 36,107 | - | 36,107 |
| | <u>149,596</u> | <u>(94,617)</u> | <u>54,979</u> |
| TOTAL FUNDS | <u><u>222,135</u></u> | <u><u>(120,728)</u></u> | <u><u>101,407</u></u> |

The National Lottery Reaching Communities has provided funding of £50,945 for the Community Cooking programme, which runs from our Community Cafés and outreach mobile kitchens to provide a unique cooking and food education project which is designed to inspire everyone to make better food choices through practical, innovative and fun cooking workshops aimed at all ages and abilities. The funding is a 3 year project and will be used to continue the project.

Little Sprouts Health and Wellbeing

Notes to the Financial Statements - continued
for the Year Ended 30 September 2021

8. MOVEMENT IN FUNDS - continued

Funding of £11,000 from North Star Housing and £3,900 from Kabron Homes has been received to support the work carried out at the Community Hub at Havelock Street in Thornaby. £7,333 of the funding from North Star Housing will be carried forward to meet costs in 2021/22.

£21,980 has been received from Sustain for the project 'Food Power for Generation Covid', which will provide support to families in need by way of food packs, baking bags and meal kits.

Stockton BC has provided Sustain funding for costs associated with the Eco shops consultation and set up. £750 of this funding will be carried forward to meet costs in 2021/22.

National Lottery Awards for All have provided funding of £9,500 to support the charities work in respect of the Eco Shop at Arlington Park, Stockton. £6,333 of this will be carried forward to meet costs in 2021/22.

Middlebrough and Teesside Philanthropic Foundation has donated £4,900 to support the costs of the surplus food waste and distribution hub in Yarm. This has been spent in full during the year.

Funding provided by Stockton Soup in 2019 will be carried forward to meet the future depreciation costs of equipment used by the Hartisan Bread Project.

Funding has been received from Groundwork NE of £990 to fund costs at the cafe at Hartington Road. This has been spent in full.

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 September 2021.