

**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**

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**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'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

**Little Sprouts Health and Wellbeing**

**Report of the Trustees**  
**for the Year Ended 30 September 2022**

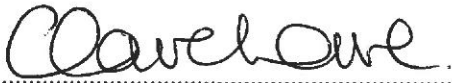
**Trustees**

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 £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		30,509	-	30,509	57,405
<b>Charitable activities</b>					
Health and Wellbeing		24,001	72,799	96,800	115,820
<b>Total</b>		<u>54,510</u>	<u>72,799</u>	<u>127,309</u>	<u>173,225</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Health and Wellbeing		<u>41,077</u>	<u>76,325</u>	<u>117,402</u>	<u>164,836</u>
<b>NET INCOME/(EXPENDITURE)</b>		13,433	(3,526)	9,907	8,389
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>114,277</u>	<u>31,560</u>	<u>145,837</u>	<u>137,448</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>127,710</u></u>	<u><u>28,034</u></u>	<u><u>155,744</u></u>	<u><u>145,837</u></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 £
<b>FIXED ASSETS</b>					
Tangible assets	5	12,220	2,959	15,179	7,484
<b>CURRENT ASSETS</b>					
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>
<b>CREDITORS</b>					
Amounts falling due within one year	7	(1,827)	-	(1,827)	(3,139)
<b>NET CURRENT ASSETS</b>		<u>115,490</u>	<u>25,075</u>	<u>140,565</u>	<u>138,353</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>127,710</u>	<u>28,034</u>	<u>155,744</u>	<u>145,837</u>
<b>NET ASSETS</b>		<u>127,710</u>	<u>28,034</u>	<u>155,744</u>	<u>145,837</u>
<b>FUNDS</b>	8				
Unrestricted funds				127,710	114,277
Restricted funds				<u>28,034</u>	<u>31,560</u>
<b>TOTAL FUNDS</b>				<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

**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	<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 £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	57,405	-	57,405
<b>Charitable activities</b>			
Health and Wellbeing	<u>10,106</u>	<u>105,714</u>	<u>115,820</u>
<b>Total</b>	<u>67,511</u>	<u>105,714</u>	<u>173,225</u>
<b>EXPENDITURE ON</b>			
<b>Charitable activities</b>			
Health and Wellbeing	<u>10,154</u>	<u>154,682</u>	<u>164,836</u>
<b>NET INCOME/(EXPENDITURE)</b>	57,357	(48,968)	8,389
<b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	56,920	80,528	137,448
<b>TOTAL FUNDS CARRIED FORWARD</b>	<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 £
<b>COST</b>	
At 1 October 2021	10,819
Additions	12,754
	<hr/>
At 30 September 2022	23,573
	<hr/>
<b>DEPRECIATION</b>	
At 1 October 2021	3,335
Charge for year	5,059
	<hr/>
At 30 September 2022	8,394
	<hr/>
<b>NET BOOK VALUE</b>	
At 30 September 2022	15,179
	<hr/>
At 30 September 2021	7,484
	<hr/>

**6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Trade debtors	845	2,340
	<hr/>	<hr/>

**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
	<hr/>	<hr/>
	1,827	3,139
	<hr/>	<hr/>

**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 £
<b>Unrestricted funds</b>			
General fund	114,277	13,433	127,710
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>145,837</u>	<u>9,907</u>	<u>155,744</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	54,510	(41,077)	13,433
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>127,309</u>	<u>(117,402)</u>	<u>9,907</u>

**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 £
<b>Unrestricted funds</b>			
General fund	56,920	57,357	114,277
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>137,448</u>	<u>8,389</u>	<u>145,837</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	67,511	(10,154)	57,357
<b>Restricted funds</b>			
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>
<b>TOTAL FUNDS</b>	<u>173,225</u>	<u>(164,836)</u>	<u>8,389</u>

**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.