

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

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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's 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> </u>	<u> </u>	<u> </u>	<u> </u>
NET CURRENT ASSETS		<u>99,371</u>	<u>17,560</u>	<u>116,931</u>	<u>140,565</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>121,475</u>	<u>19,779</u>	<u>141,254</u>	<u>155,744</u>
NET ASSETS		<u><u>121,475</u></u>	<u><u>19,779</u></u>	<u><u>141,254</u></u>	<u><u>155,744</u></u>
FUNDS	8				
Unrestricted funds				121,475	127,710
Restricted funds				<u>19,779</u>	<u>28,034</u>
TOTAL FUNDS				<u><u>141,254</u></u>	<u><u>155,744</u></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

The notes form part of these financial statements

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>12,959</u>	<u>11,364</u>	<u>24,323</u>
At 30 September 2022	<u>15,179</u>	<u>-</u>	<u>15,179</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>4,057</u>	<u>1,827</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>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 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>123,214</u>	<u>(137,704)</u>	<u>(14,490)</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>145,837</u>	<u>9,907</u>	<u>155,744</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>127,309</u>	<u>(117,402)</u>	<u>9,907</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.