

Charity number: 1179092

Meals & More (a charitable incorporated organisation)

Trustees' Report and Financial Statements

For the Year Ended 30 June 2022

Meals & More

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Reference and administrative details of the Charity, its Trustees and Advisers For the Year Ended 30 June 2022

Trustees

Katherine Ann Woodhouse, Chair
James Paul Mannering
Helen Margaret Evans
Barry Bolton
Laura Wyatt-Smith (appointed 26 May 2021)

Charity registered number

1179092

Principal office

Enterprise House, Nicholas Road
Eureka Science Park
Ashford
Kent
TN25 4AG

Accountants

Kreston Reeves LLP
Chartered Accountants
37 St Margaret's Street
Canterbury
Kent, CT1 2TU

Independent examiner

Sam Rouse
Kreston Reeves LLP
Chartered Accountants
37 St Margaret's Street
Canterbury
Kent, CT1 2TU

Bankers

CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent, ME19 4JQ

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Chair's Statement For the Year Ended 30 June 2022

The saying "The Only Constant in Life Is Change." has never been so true. Whether this change is positive or negative, it is one element of our journey as a charity that we have had to come to terms with daily. The team and the Trustees are acutely aware of the need to plan, assess, and review what we do on a regular basis; setting ourselves new goals and objectives whilst remaining true to our purpose, mission, and values. It is important to be conscious of the growing needs of children and families who live in poverty across the UK, as for them poverty remains a constant challenge and one that is difficult to escape.

It has been pleasing to see clubs reopening to provide in person holiday provision as the pandemic eased. Although, some continued to provide packed meals and food parcels during the school holidays, as families struggled to make ends meet. The effect of the pandemic and lockdowns has lessened, but we are now in a cost-of-living crisis, due to inflation. Over the past 12 months, we have been managing through these uncertain times. As a charity, we have taken steps to extend our reach, through engaging additional delivery partners. We have tried to be flexible and understand what our delivery partners need so that they can provide much needed support to thousands of children each year. We have listened to them and are now supporting 20 delivery partners across the UK, many of whom have stated that they would not be able to do what they do without Meals & More (Charitable Incorporated Organisation).

The Charity continues to focus on working with partners that operate in areas of social deprivation, but we would not be able to do this without our amazing supporters, many of whom have committed to extending their support for a further 3 years. During the year, the Charity also took stock of its resources, and the Trustees made the decision to engage a professional fundraiser. This will help to ensure that Meals & More's (Charitable Incorporated Organisation) income can continue to grow and allow us to sustain our work over the coming years.

Still, child poverty remains high. In certain regions, such as the North East, it is increasing. Against the uncertainty of the conflict in Europe and high inflation, the rising cost of living adds even more pressure to those who are living in low-income families. The reality of choosing what basics to spend their income on is stark for many.

We were pleased to see the government commitment to support a Holiday, Activity and Food (HAF) programme in England, with £200 million per year in funding through the local authorities. However this fund is targeted only at those c1.8 million children who are registered for Free School Meals. There are an estimated 4 million children living in poverty. There are huge gaps in the Government provision and the need for greater support remains high.

As a Board of Trustees we believe we have made much progress, but we are acutely aware of the need to do more of the "More" element of our purpose, to add value and make a greater difference to the lives of young people. So, in 2022, we launched "The Big Day Out"; a pilot project to provide a grant to our partners so that they can take children on a day trip, have fun and create some lasting memories.

To all our supporters, I would personally like to thank you for your continued support through this year. You have been an integral part of this journey and, without you, none of what we've achieved would have been possible.



Katherine Ann Woodhouse, Chair

Date: 28th March 2023

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Trustees' Report For the Year Ended 30 June 2022

The Trustees present their annual report together with the financial statements of Meals & More (a Charitable Incorporated Organisation) for the year from 1 July 2021 to 30 June 2022.

Objectives and activities

a. Policies and objectives

Meals & More (a Charitable Incorporated Organisation) provides support to children and their families who live with poverty and social isolation and have limited access to adequate food provision and activity throughout school holiday periods. Meals & More's vision is to improve their quality of life by eliminating holiday hunger.

Since Meals & More (a Charitable Incorporated Organisation) was established in 2015, the Charity has supported delivery of over 1.3 million meals. We have reviewed our initial aim and are now focused on supporting 1.5 million meals by 2025.

To further this objective, Meals & More (a Charitable Incorporated Organisation) was focused on the following key activities during the reporting period:

- partnering with local charities and community organisations (delivery partners) by providing funding to allow them to address the need for meal provision and holiday clubs during the school holidays, with a view to providing nutritious meals and enriching activities to vulnerable children;
- working with industry partners to raise funds and gather resources which are then provided to our delivery partners to either distribute or use at their holiday clubs across the United Kingdom;
- enabling delivery partners to build on the "more" element of their delivery; and
- raising awareness of holiday hunger and social isolation.

Meals & More (a Charitable Incorporated Organisation) is focused on developing working partnerships that underpin our aims and make a difference to each child we reach. The Charity is a catalyst for positive change, bringing like-minded people together, creating the opportunity to improve life chances, contributing to happier, healthier children and families. Through provision of nutritious food and enriching activities, Meals & More's (a Charitable Incorporated Organisation) delivery partnerships contribute to supportive environments, boosting health, self-belief and aspirations.

Every child matters and deserves to have a good start in life not only at school, but also throughout the year. We embrace all opportunities to work with organisations and businesses that have similar goals and want to make a difference.

Meals & More (a Charitable Incorporated Organisation) has recognised the importance of minimising risk and maintains clear policies such as conflict of interest, risk management, privacy, data protection and social engineering to provide a secure platform for achieving its objectives.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

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Trustees' Report (continued) For the Year Ended 30 June 2022

Objectives and activities (continued)

b. Strategies for achieving objectives

Activities were undertaken around the key objectives listed below:

Raising Awareness of Holiday Hunger

Creating a movement to end holiday hunger by collaborative partnerships to increase awareness of the issues and the need for holiday provision.

Supply of Meals

Reduce the impact of holiday hunger on children and their families by improving access to tasty, nutritious food during the school holidays, helping to improve the lives and prospects of children.

Research

Support the provision of evidence to educate stakeholders and the public on the implications of holiday hunger including the detrimental educational outcomes and impact on society.

Health and Well-being

The promotion of health and well-being within the clubs we support, through the provision of activities and advice, as a way of mitigating holiday hunger and its effects.

c. Volunteers

As well as its trustees, Meals & More (a Charitable Incorporated Organisation) is supported by a small number of Ambassadors most of whom work for Brake Bros Ltd. The Brakes' Ambassadors help promote the work of Meals & More (a Charitable Incorporated Organisation) across the Brakes network, gather colleague ideas, share relevant information on the Charity's priorities and goals, support fundraising and carry out club quality assurance when possible.

Achievements and performance

a. Key performance indicators

The Trustees have identified the following key performance indicators (KPI's) as a measure of monitoring the performance of the Charity and its delivery partners and are continually developing processes for monitoring and reporting on these KPI's. The KPI's identified include:

- number of meals;
- number of clubs;
- number of delivery partners

The Trustees intend to expand the KPI's measured, in the near future, to better monitor our progress supporting our "more" objectives. These will include metrics related to types of activity supported and activity hours delivered.

b. Review of activities

Activities that have taken place for the period to meet the key objectives are as follows:

Raising Awareness of Holiday Hunger

Meals & More (Charitable Incorporated Organisation) continued to support the aims of the Food Foundation coalition until November 2021. When on 27 October 2021 the government announced a further investment of over £200 million per year over the next 3 financial years for the holiday activities and food programme (HAF), across England. The Charity continues to observe the Food Foundation's progress and share relevant data on progress.

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Trustees' Report (continued) For the Year Ended 30 June 2022

Achievements and performance (continued)

Meals & More (a Charitable Incorporated Organisation) continues to attend All Party Parliamentary Group meetings relating to Holiday provision.

The Charity also joined LACA as an associated member in 2022. An organisation whose key focus is school food and which has many synergies with holiday provision. It also offers the Charity an avenue to engage and promote what we do with potential supporters and partners.

Supply of Meals

This year saw the Charity work with 20 delivery partners across the UK, an increase of 4. All delivery partners are required to sign an agreement with the Charity setting out both our expectations of them and what they can expect from us in return. Working with these delivery partners, the Charity contributes support to c283 holiday clubs, across all parts of the UK, including Scotland, Wales and Northern Ireland.

Following the Charity's decision to focus more greatly on Scotland in FY21, we now have 5 of our delivery partners in Scotland.

During the year, Meals & More (a Charitable Incorporated Organisation) supported more than 470,000 meals through our network of delivery partners across the UK. This included 255,000 meals served on site or delivered via packed meals. These were directly funded by grants to our delivery partners. Following the introduction of food parcels by a number of our delivery partners during the Covid-19 pandemic, delivery partners have continued to provide these as a way of further supporting their communities. As a result, a further 215,000 of the meals that have been provided are via food parcels that were funded by grants and product donations, facilitated through the Charity's network of supporters. As expected, as the effect of the pandemic and lockdowns eased, we have seen a trend back toward clubs opening and delivering in person provision in their communities.

Research

Given the Government's Holiday Activity & Food programme intervention has been launched, the Trustees felt that there is not a pressing requirement for further research at this time. However, Meals and More (a Charitable Incorporated Organisation) continues to monitor this carefully, weighing the cost and potential impact of such research.

Health and Well-being

The Charity continues to work with delivery partners to share best practice on health, well-being, and enriching activities, so that delivery partners can develop bespoke activities to support attendees at their clubs.

One of the Trustee's aims for 2021 was to do more of the "more" element of our purpose. The Charity launched "The Big Day Out" with the aim to enable children to enjoy a day out, to foster relationship development, experience something new, improve health & wellbeing and create some lasting memories.. The Charity invited delivery partners to apply for grants of up to £1,000 contribution to the cost of each trip.

The Charity also provided funding support for a community garden project in Inverness, providing funding to Rokzkool. This contributed to health & wellbeing of young people who attended the club, and also created a space for people to relax and enjoy their surroundings. Activities included: reroofing the potting shed, building raised beds, pruning apple trees, paving repairs and holding open days to plant and tender the garden.

The annual Ken McMeikan Meals & More Literary Prize was run again this year, which encourages delivery partners to nominate clubs that encourage children to read and engage in literacy, against a set criteria. In June 2021, delivery partners were invited to provide submissions from children. Book and sports vouchers were awarded to the winners. The Charity expects support of this initiative will continue in future years.

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Trustees' Report (continued) For the Year Ended 30 June 2022

Financial review

a. Going concern

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

b. Reserves policy

It is the policy of the Charity to maintain unrestricted funds, which are free reserves of the Charity and cash held at bank and in hand, which equate to at least 6 months of unrestricted expenditure.

This ensures that the Charity can continue to operate if difficulties in recovering future income are encountered in the short term. If unrestricted expenditure in FY23 is projected to be similar to FY22, this would amount to circa £200,000 (2021: £180,000) at peak periods.

The Trustees monitor this quarterly and specifically review compliance with the reserves policy at each Board of Trustees meeting. If the reserves policy is exceeded at any quarter end, this must be reported to the Board of Trustees at the next meeting. If it is anticipated that the reserves policy will be exceeded in future quarters, this must be approved in advance by the Board of Trustees at the next scheduled Trustee Meeting.

Actual unrestricted reserves held at the year-end amounted to £458,107 (2021: £542,085). Cash at bank and in hand at the year-end amounted to £422,685 (2021: £427,766).

The Trustees are aware of the level of reserve and understand the need to maintain these at appropriate levels. Given the rising cost of food and increasing demand for support, it is the Charity's objective to engage with more delivery partners and increase the number of clubs supported. Therefore, we expect to utilise our reserves as additional grants to be awarded in future years. The Trustees are also mindful of the challenging times our supporters are experiencing, and that generating income may prove challenging in the short term. There needs to be a balanced approach to utilising our reserves and enabling the Charity to be able to give clear commitments on future levels of funding to our delivery partners. This will ensure that we can continue to grow sustainably together.

c. Principal risks and uncertainties

Risks are identified using a risk management process which is reviewed quarterly by the Trustees. This includes Finance, Governance, Operational, External and Compliance risks. Risks which are assessed to be either high or medium are identified and set out in a risk action plan, which is assigned to each Trustee by section and supported by the Secretary to the Board of Trustees. Financial risk management has been a priority for Trustees and several policies and procedures have been implemented to manage these risks, including a delegation of authority.

Additional or increased financial risks, resulting from the wider global financial climate, have been identified. The most significant of these in the short-term is credit risk. This may arise from default on financial commitments made to the Charity by supporters. The Trustees believe that the Charity has enough reserves and cash to mitigate the impact of any short-term disruption to income. In addition, the Charity operates multi-year grant agreements with many of our corporate supporters. This ensures a degree of long-term funding commitment and certainty. The Trustees will continue to monitor the risks and take appropriate actions as required.

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Trustees' Report (continued) For the Year Ended 30 June 2022

d. Results for the year

This is the fourth financial period since the Charity has been registered as an independent Charitable Incorporated Organisation (CIO).

In this period, the Charity has generated £324,354 (2021: £124,079) in total income.

Brake Bros Ltd ("Brakes") is a leading food service company in the UK. Brakes founded Meals & More (a Charitable Incorporated Organisation) and is a key supporter of Meals & More (a Charitable Incorporated Organisation). Meals & More (a Charitable Incorporated Organisation) operates entirely independently from Brakes. However, agreements are in place that sees Brakes provide funding and operational support to Meals & More (a Charitable Incorporated Organisation). After the end of the financial year, a new Support Agreement has been entered into, this will ensure continued support until 30th June 2025.

The Charity has been focused on building its supporter network and establishing donation commitments from a wider base of supporters. In November 2021 the Charity engaged a professional fundraiser with a remit to improve its support network, with a focus on::

- Ensuring current supporters extend their existing commitments
- Confirming new supporters and their level of commitment
- Identifying potential additional corporate supporters
- Researching potential fundraising activities
- Improving communication with potential supporters

Initially the focus has been renewing existing supporter agreements and creating a database of potential supporters.

In FY22, 4 of our existing supporters renewed their support agreements to the Charity for a further 3-year period. We were also successful in gaining 1 additional new supporter with a 3-year commitment to the Charity. Several other supporters have recommitted to shorter-term support.

The Charity also benefit from the launch of Pennies from Heaven. This is a salary giving scheme introduced by Brakes whereby employees can easily donate the pennies from their payslip to Meals & More (Charitable Incorporated Organisation). The donation does not exceed 99p per month, per employee.. There are over 800 Brakes employees committed to the scheme.

Meals & More's (a Charitable Incorporated Organisation) model is to support the delivery of projects through delivery partners. As the attached accounts show, Meals & More (a Charitable Incorporated Organisation) committed grants to delivery partners of £260,203 (2021: £172,421). The increase of funding allocated was due to the 4 new delivery partners. The Charity intends to increase the amount of grants made to delivery partners over the next year, with a focus on building on existing partnerships where there is the capacity and scope to grow in a stepped and sustainable way. This approach mitigates risk whilst improving our reach to more children. In addition, work is ongoing to identify new delivery partners that meet our criteria and are not necessarily benefiting from the national (England only) HAF programme.

Total expenditure on support costs in the year was £148,129 (2021: £98,809).

The net deficit for the year ended 30th June 2022, saw the Charity decrease its total reserves by £83,978 (2021 saw a decrease of £147,151), meaning that the total reserves were £458,107 (2021: £542,085). The Charity aims to use this surplus to further all its charitable aims, including by expanding the number of delivery partners it works with and the number of clubs and meals funded. This will increase the reach of our work and the number of children that can benefit from our charitable activities.

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Trustees' Report (continued) For the Year Ended 30 June 2022

Structure, governance and management

a. Constitution

Meals & More (a Charitable Incorporated Organisation) is a registered charity, number 1179092, and is constituted under a Trust deed.

b. Methods of appointment or election of Trustees

As per the constitution, the original Charity Trustees have been appointed for a period of up to 3 years. Additional Trustees must be appointed by a resolution passed at a properly convened meeting of the Charity Trustees. In selecting individuals for appointment as Charity Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

c. Organisational structure and decision-making policies

Meals & More (a Charitable Incorporated Organisation) is managed by the Operations Director, supported by a Corporate Partnerships Administrator and an Administrator. In addition, the Secretary to the Trustees supports the Trustees and the Operations Director as needed.

The Charity's colleagues and Trustees are guided by the Financial Procedures Policy and Delegation of Authority. All decisions in respect of financial commitment are made in line with a set authority process set out in these documents.

d. Policies adopted for the induction and training of Trustees

Meals & More (a Charitable Incorporated Organisation) has the following policies to ensure its Trustees are inducted and trained appropriately and to reduce the Charity's exposure to external and internal risk factors:

- Risk Management policy and Risk Register;
- Complaints Handling;
- Privacy policy;
- Equality and Diversity policy;
- Crisis Management policy;
- Financial Procedures and Delegation of Authority;
- Donations;
- Conflicts of Interest;
- Trustee Handbook; and
- Trustee Code of Conduct.

e. Risk Management

The Trustees have assessed the major risks to which the Charity is exposed, in particular those related to the operations and finances of the Charity and are satisfied that systems and procedures are in place to mitigate exposure to major risks.

Risk is assessed on a quarterly basis at each Trustee Meeting but is monitored regularly by the Secretary to the Board of Trustees. There is a risk action plan in place which highlights medium to high risk areas which require immediate to short term attention. This action plan is also reviewed at each Trustee Meeting and monitored regularly by the Secretary to the Trustees.

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Trustees' Report (continued) For the Year Ended 30 June 2022

Plans for future periods

Whilst the UK Government's Holiday Activity & Food programme has been introduced, this is only available for school aged children from reception to year 11 (inclusive) who receive benefits-related free school meals. It is also only delivered over 24 days during the holidays. Funding is not provided for those children whose parents/carers claim universal credit, but who are not eligible for free school meals. It is hoped that government will review and extend the programme to reach all children of families in receipt of universal credit in the future. However, with an estimated 4 million children living in poverty in the UK, the need in communities remains high, especially in areas such as the North East.

Research by Loughborough University confirms that North East Parliamentary seats are those with the highest levels of child poverty, with at least 40% of children now growing up poor in one third of the region's constituencies.

The North East has also continued to experience by far the steepest increase in child poverty across the UK in recent years, moving from just below the national average in 2014/15 to having the highest rate of any region of the country by 2020/21. Overall child poverty rates in the North East have risen by almost half, from 26% to 38%

The Charity will continue to focus on areas of social deprivation, working with partners who make a difference in those communities.

From a delivery perspective, the focus will be to extend our reach further. We will increase the work we do to support delivery partners in areas of social deprivation. We will do this both by identifying new delivery partners, and by extending greater support to existing programmes. In FY22, the Charity reached its initial goal of supporting 1 million meals and has now increased its target to support 1.5 million meals by 2025.

The Trustees are also conscious of the need to do more of the "more" element of our charitable purpose as we move forward. This is especially important as many communities face an uncertain future, due to cost of living increases. We will examine ways to generate even more benefit to the communities and lives of those we support.

The Charity conducted a survey of our delivery partners in 2022, to help us identify how we can work more effectively with them. One new initiative we put in place was "The Big Day Out". This involved supporting our delivery partners with additional funding for a day trip with the children. A chance for everyone involved to explore, have fun and make memories.

Post balance sheet events

No material events have occurred since the statement of financial position date which would affect the financial statements of the Charity.

On 8th July 2022, Meals and More (a Charitable Incorporated Organisation) signed a new Support Agreement with Brakes Bros Ltd for operational and financial support for a further 3 years, until 2025. This continued support helps secure the Charity's immediate financial future and ensure Meals & More (a Charitable Incorporated Organisation) can continue its support for many children living in poverty in the UK.

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Trustees' Report (continued) For the Year Ended 30 June 2022

Statement of Trustees' responsibilities

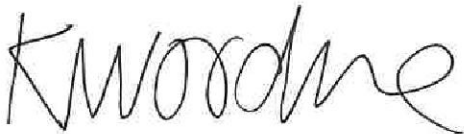
The Trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the Charity and of its income and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the Trust deed. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the members of the Board of Trustees on 28th March 2023 and signed
on their behalf by:



Katherine Ann Woodhouse
Chair of Trustees

Meals & More

Independent Examiner's Report For the Year Ended 30 June 2022

Independent Examiner's Report to the Trustees of Meals & More ('the Charity')

I report to the Charity Trustees on my examination of the financial statements of the Charity for the year ended 30 June 2022, which are set out on pages 15 to 22.

Responsibilities and Basis of Report

As the Trustees of the Charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the 2011 Act').

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

Independent Examiner's Statement

Since the Charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of Association of Chartered Certified Accountants, which is one of the listed bodies.

I have completed my examination. I confirm that no 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 Charity as required by section 130 of the 2011 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements 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.

This report is made solely to the Charity's Trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's Report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity and the Charity's Trustees as a body, for my work or for this report.

Signed:



Dated: 28 March 2023

Sam Rouse

FCCA DChA

Kreston Reeves LLP
Chartered Accountants
37 St Margaret's Street
Canterbury
Kent
CT1 2TU

Meals & More

Statement of financial activities For the Year Ended 30 June 2022

	Note	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:				
Donations and legacies	4	324,312	324,312	124,079
Investments	5	42	42	-
Total income		324,354	324,354	124,079
Expenditure on:				
Charitable activities	6	408,332	408,332	271,230
Total expenditure		408,332	408,332	271,230
Net movement in funds		(83,978)	(83,978)	(147,151)
Reconciliation of funds:				
Total funds brought forward		542,085	542,085	689,236
Net movement in funds		(83,978)	(83,978)	(147,151)
Total funds carried forward		458,107	458,107	542,085

The Statement of Financial Activities includes all gains and losses recognised in the year.

The notes on pages 15 to 23 form part of these financial statements.

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Balance Sheet As at 30 June 2022

	Note	2022 £	2021 £
Current assets			
Debtors	9	85,884	196,322
Cash at bank and in hand		422,685	427,766
		<u>508,569</u>	<u>624,088</u>
Creditors: amounts falling due within one year	10	(50,462)	(82,003)
Net current assets		<u>458,107</u>	<u>542,085</u>
Total net assets		<u><u>458,107</u></u>	<u><u>542,085</u></u>
Charity funds			
Unrestricted funds	11	458,107	542,085
Total funds		<u><u>458,107</u></u>	<u><u>542,085</u></u>

The financial statements were approved and authorised for issue by the Trustees on 28th March 2023 and signed on their behalf by:



Katherine Ann Woodhouse
Chair of Trustees

The notes on pages 15 to 23 form part of these financial statements.

Meals & More

Statement of Cash Flows For the Year Ended 30 June 2022

	2022 £	2021 £
Cash flows from operating activities		
Net cash used in operating activities (see note 13)	(5,081)	93,278
	<hr/>	<hr/>
Change in cash and cash equivalents in the year	(5,081)	93,278
Cash and cash equivalents at the beginning of the year	427,766	334,488
	<hr/>	<hr/>
Cash and cash equivalents at the end of the year (see note 14)	422,685	427,766
	<hr/>	<hr/>

The notes on pages 15 to 23 form part of these financial statements

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2022

1. General information

Meals & More ('the Charity') is a charitable incorporated organisation registered on 6th July 2018 with the charity registration number 1179092 and the company registration number CE014575. The address of the registered office is Enterprise House, Nicholas Road, Eureka Science Park, Ashford, Kent, TN25 4AG.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements 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), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008.

Meals & More (a Charitable Incorporated Organisation) meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are presented in UK sterling, which is the functional currency, rounded to the nearest pound.

2.2 Going concern

The Trustees assess whether the use of going concern is appropriate, i.e. whether there are any material uncertainties related to events or conditions that may cast significant doubt on the ability of the Charity to continue as a going concern. The Trustees make this assessment in respect of a period of at least one year from the date of authorisation for issue of the financial statements and have concluded that the Charity has adequate resources to continue in operational existence for the foreseeable future and there are no material uncertainties about the Charity's ability to continue as a going concern, thus they continue to adopt the going concern basis of accounting in preparing the financial statements.

2.3 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Charity and which have not been designated for other purposes.

Investment income, gains and losses are allocated to the appropriate fund.

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2022

2. Accounting policies (continued)

2.4 Income

All income is recognised once the Charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Grants are included in the Statement of Financial Activities on a receivable basis. The balance of income received for specific purposes but not expended during the period is shown in the relevant funds on the Balance Sheet. Where income is received in advance of entitlement of receipt, its recognition is deferred and included in creditors as deferred income. Where entitlement occurs before income is received, the income is accrued.

On receipt, donated professional services and facilities are recognised on the basis of the value of the gift to the Charity which is the amount it would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

On receipt, donated professional services and facilities are recognised on the basis of the value of the gift to the Charity which is the amount it would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

2.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, 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 on charitable activities is incurred on directly undertaking the activities which further the Charity's objectives, as well as any associated support costs.

All expenditure is inclusive of irrecoverable VAT.

**Notes to the Financial Statements
For the Year Ended 30 June 2022**

2. Accounting policies (continued)

2.6 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Charity; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

2.7 Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid.

2.8 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

2.9 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of Financial Activities as a finance cost.

2.10 Financial instruments

The Charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

3. Critical accounting estimates and areas of judgement

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The Charity does not currently have any significant accounting estimates or areas of judgement.

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2022

4. Income from donations and legacies

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Donations	204,939	204,939	114,879
Grants	119,373	119,373	9,200
	<u>324,312</u>	<u>324,312</u>	<u>124,079</u>
Total 2021	<u>124,079</u>	<u>124,079</u>	

5. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Interest receivable	42	42	-
	<u>42</u>	<u>42</u>	<u>-</u>

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2022

6. Analysis of expenditure by activities

	Direct costs 2022 £	Support costs 2022 £	Total funds 2022 £	Total funds 2021 £
Charitable activities	260,203	148,129	408,332	271,230
Total 2021	172,421	98,809	271,230	

Analysis of direct costs

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Payments to contracted partners	260,203	260,203	172,421
Total 2021	172,421	172,421	

Analysis of support costs

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Donated services and facilities - Staff costs	105,488	105,488	75,976
Staff expenses	2,039	2,039	152
Independent examiner's fees	4,350	4,350	3,300
Marketing	4,667	4,667	-
Legal and consultancy	6,745	6,745	2,789
Bank charges	246	246	78
Donated services and facilities - Rent and utilities	19,500	19,500	19,500
Miscellaneous	410	410	-
Bad debt provision	4,334	4,334	(3,333)
Trustees' insurance	350	350	347
	148,129	148,129	98,809
Total 2021	98,809	98,809	

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2022

7. Staff costs

	2022 £	2021 £
Donated services and facilities - Staff costs	105,488	75,976
	<u>105,488</u>	<u>75,976</u>

The average number of persons employed by the Charity during the year was as follows:

	2022 No.	2021 No.
Donated services and facilities staff members	4	2

No employee received remuneration amounting to more than £60,000 in either year.

The Charity's Trustees are considered to be the key management personnel. As noted in note 9, none of the Trustees were remunerated during the year (2021: £Nil).

8. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 30 June 2022, there were no expenses reimbursed or paid directly to any of the Trustees (2021 - £Nil).

9. Debtors

	2022 £	2021 £
Due within one year		
Trade debtors	85,884	96,693
Other debtors	-	99,629
	<u>85,884</u>	<u>196,322</u>

10. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	46,321	75,553
Other creditors	511	-
Accruals	3,630	6,450
	<u>50,462</u>	<u>82,003</u>

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2022

11. Statement of funds

Statement of funds - current year

	Balance at 1 July 2021 £	Income £	Expenditure £	Balance at 30 June 2022 £
Unrestricted funds				
General Funds	542,085	324,354	(408,332)	458,107

Statement of funds - prior year

	Balance at 1 July 2020 £	Income £	Expenditure £	Balance at 30 June 2021 £
Unrestricted funds				
General Funds	689,236	124,079	(271,230)	542,085

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2022

12. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Total funds 2022 £
Current assets	508,569	508,569
Creditors due within one year	(50,462)	(50,462)
Total	458,107	458,107

Analysis of net assets between funds - prior year

	Unrestricted funds 2021 £	Total funds 2021 £
Current assets	624,088	624,088
Creditors due within one year	(82,003)	(82,003)
Total	542,085	542,085

13. Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net expenditure for the year (as per Statement of Financial Activities)	(83,978)	(147,151)
Adjustments for:		
Decrease in debtors	110,438	205,121
Increase/(decrease) in creditors	(31,541)	35,308
Net cash provided by/(used in) operating activities	(5,081)	93,278

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2022

14. Analysis of cash and cash equivalents

	2022 £	2021 £
Cash in hand	422,685	427,766
Total cash and cash equivalents	422,685	427,766

15. Analysis of changes in net debt

	At 1 July 2021 £	Cash flows £	At 30 June 2022 £
Cash at bank and in hand	427,766	(5,081)	422,685
	427,766	(5,081)	422,685

16. Related party transactions

Meals & More (a Charitable Incorporated Organisation) was originally set up by Brake Bros Limited (Brakes), which continues to support the Charity. There is an operational support agreement in place between the two entities. At the year end the Charity owed £511 to Brakes (2021: the Charity was owed £99,629 by Brakes). Brakes continue to meet its existing commitments to the Charity under the 2019 grant agreement, with annual cash contributions of £100,000 (2021: £100,000).

Brakes has also granted the Charity use of its own staff members, plus provides office space, utilities and use of equipment to the Charity free of charge, during the financial period. The value of this staff time, rent, utilities and equipment amounts to an additional donation of £124,988 (2021: £95,477). This has been accounted for as donated services and facilities in these financial statements.