

Charity number: 1179092

Meals & More (a charitable incorporated organisation)

Trustees' Report and Financial Statements

For the Year Ended 30 June 2023

Meals & More

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Meals & More

Reference and administrative details of the Charity, its Trustees and Advisers For the Year Ended 30 June 2023

Trustees

Katherine Ann Woodhouse, Chair
James Paul Mannering
Helen Margaret Evans (resigned 13 December 2023)
Barry Bolton
Peter Statham (appointed 27 September 2023)
Ranjini Bhattacharya (appointed 27 September 2023)
Richard Cooper (appointed 27 September 2023)
Tony Fitton (appointed 6 December 2023)
Chris Martin (appointed 6 December 2023)
Nicola Sampson (appointed 6 December 2023)
Laura Wyatt (resigned 26 May 2023)

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

Samantha 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 2023

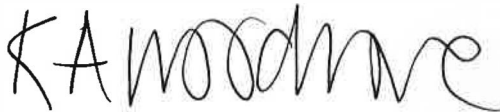
The challenge for children and young people continues against a backdrop of uncertainty in the UK. The impact of the ongoing cost-of-living crisis remains. It is adding pressure onto families, especially those living in areas of social deprivation. As a charity, we are acutely aware of our responsibilities and the benefits that our partners can deliver with our ongoing support.

Aligned with our plans for sustainable growth, we are pleased with our progress. We have created and grown our "Big Day Out" initiative and we continue to extend our holiday meal provision to more children, and more communities, across the UK. The charity added a further 9 delivery partners this year. We now support a total of 29.

The "Big Day Out" pilot was a success and was embraced by our partners. It gave the opportunity to many children, young people, and adults to experience a day away from their usual surroundings. In many cases, experiencing something new and something for the children to talk about when they returned to school. It is an intervention that the Charity intends to continue in future years.

Income generation for the Charity has progressed despite challenging times for business & industry. With the appointment of a Fundraiser, we were successful in retaining support and expanding our fundraising activity. For the first time, places were secured at both the London Marathon and the London Landmarks Half Marathon, which brought in valuable income to enable the Charity to meet its goals. However, we rely on and owe so much to the organisations who continue to support the work we do.

I would like to personally thank all our supporters. Without you, none of what we have achieved would be possible.



Katherine Ann Woodhouse
Chair of Trustees

Date: 12/4/24

Meals & More

Trustees' Report For the Year Ended 30 June 2023

The Trustees present their annual report together with the financial statements of Meals & More (a Charitable Incorporated Organisation) for the from 1 July 2022 to 30 June 2023.

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 was established in 2015, it has supported the delivery of over 1.7 million meals. We have reviewed our initial meals target and will continue to focus on supporting a total of 2.5 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 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;
- To explore and maximise fundraising activities;
- 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, and data protection to provide a secure platform for achieving its objectives.

In setting objectives and planning for its grant giving 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)'.

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2023

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 Holiday Provision (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.
- **Health and Well-being (The "More")**
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.
- **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.

Achievements and performance

a. Key performance indicators

The Trustees have identified several key performance indicators (KPI's) as measures for monitoring the performance of the Charity and our delivery partners. The Charity is continually developing processes for reporting on these KPI's. The KPI's identified include:

- Number of delivery partners
- Number of clubs
- Number of meals
- Hours of activities delivered.

b. Review of activities

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

- **Raising Awareness of Holiday Hunger**

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

The government Holiday Activity & Food (HAF) programme continues, and the Charity has received anecdotal mixed reports from several involved delivery partners. These continue to highlight funding and communication challenges. Delivery partners have also reported a fall in the number of clubs they directly fund, as many clubs move toward the HAF programme managed by local authorities. Meals & More continues to fund several organisations that are a part of the HAF programme, as our funding is allocated to those not eligible for Free School Meals but who are still living in challenging conditions.

The charity joined Local Authority Catering Association (LACA) in 2022 and attended their Main event in July to showcase the challenges and progress the Charity has made. This also offers the opportunity to engage directly with existing and potential supporters and delivery partners. Partly due to these efforts, Local authorities are now increasingly aware of the need and the specific challenges of holiday provision.

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2023

Achievements and performance (continued)

- **Supply of Holiday Provision (Meals)**

This year saw the Charity work with 29 delivery partners across the UK, an increase of 9 from last year. All delivery partners are required to sign an agreement with the Charity setting out our expectations of them and what they can expect from us in return. In the past 12 months, the Charity has supported the work of these delivery partners and contributed support to approximately 215 holiday clubs provided by those 29 delivery partners. Our delivery partner network extends across the UK. Through this network of delivery partners and their clubs we directly funded circa. 355,000 meals via grants in the last year. There has been a reduction of the proportion of meals provided by food parcels or packed meals, as clubs are now fully reopened after the pandemic disruption. However, this does remain a cost-effective method of meal provision and a small number of delivery partners continue to support families in need with food parcels.

The Trustees have agreed plans for an additional grant to support the provision of over 8000 meals. Our intent is to continue to provide similar levels of increase in support in future years should it be needed.

- **Health and Well-being (the "More")**

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

Our delivery partners offered a large range of activities over the last 12 months, with over 15,000 hours recorded during holiday periods.

Within our delivery partner agreement, we ask what type of activities (the "More") are provided during the holiday club provision sessions. These are very broadly evenly split between sport, games (incl. Arts and Crafts), well-being and cooking. This range is well balanced and offer children and young people the opportunity for fun, while being active and engaged. Importantly, these activities are also educational and informative. It is pleasing to see a focus on wellbeing knowledge and skills. These will aid a young persons continued development and help mitigating the learning gap during holidays.

The Trustees have also heard our delivery partners and families asking us to consider requests for additional funding to provide support to children and families during the winter (i.e. warm space provision). Due to the cost-of-living crisis and increased energy bills in the UK, one of our delivery partners has opened their doors to offer a warm space, with additional food and amenities. This creates a place where children and young people can meet and carry out activities. Where possible with access to technology to help with homework and skill development.

- **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 academic 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.

Visits to clubs are made regularly to see the provision we support in action and to offer support and guidance. We were privileged to witness excellent provision by our partners, in Croydon, Enfield, Southend, Barnsley, Oldam and Middlesbrough.

The charity also carried out its first annual delivery partner survey as part of our ongoing aim to support our delivery partners and ensure the charity is as effective as possible. The insights gained were valuable inputs for our future planning and improvement, as they assist us to understand the needs, expectations, and perceptions of the people we support.

Our survey results were strong with scores tending towards excellent in all areas on average. Despite these positive ratings, it is vital to give an opportunity for comment and continue to better understand the areas where the charity needs to focus in the future.

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Trustees' Report (continued) For the Year Ended 30 June 2023

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 FY24 is projected to be similar to FY23, this would amount to circa £330,000 (2022: £260,000) 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 £689,244 (2022: £458,107). The increase in unrestricted reserves reflects the recognition in the year of future multi-year commitments to the Charity made by Brakes under the new support agreement signed in FY23. Cash at bank and in hand at the year-end amounted to £408,922 (2022: £422,685).

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.

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2023

d. Results for the year

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

In this period, the Charity has generated £711,094 (2022: £324,354) in total income. The increase in income reflects our increasing focus on fundraising and the recognition in the year of future multi-year commitments to the Charity made by Brakes under the new support agreement signed in FY23.

Brake Bros Ltd ("Brakes") is a leading food service company in the UK. Brakes founded Meals & More 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). During 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. Since 2021, the Charity has engaged professional fundraisers 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

In FY23, a number of our existing supporters renewed their support agreements to the Charity for a further 3-year period. We were also successful in gaining additional new supporters 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 in FY23. This is a salary giving scheme introduced by Brakes whereby employees can easily donate the pennies from their payslip to Meals & More (a Charitable Incorporated Organisation). The donation does not exceed 99p per month. 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 committed grants to delivery partners of £349,861 (2022: £260,203). The increase of funding allocated was due to the 9 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 £130,096 (2022: £148,129).

The net surplus for the year ended 30th June 2023, saw the Charity increase its total reserves by £231,137 (2022 saw a decrease of £83,978), meaning that the total reserves were £689,244 (2022: £458,107). 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.

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2023

Structure, governance and management

a. Constitution

Meals & More is a registered charity, number 1179092. Meals & More is a Charitable Incorporated Organisation (CIO) and governed by its constitution.

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 2023

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 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.

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.

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.

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:

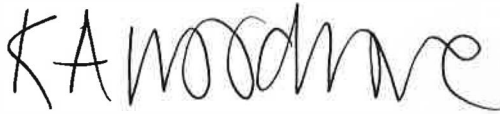
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject 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.

Meals & More

**Trustees' Report (continued)
For the Year Ended 30 June 2023**

Approved by order of the members of the board of Trustees and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'KAWOODHOUSE', written in a cursive style.

Katherine Ann Woodhouse

Chair of Trustees

Date: 12/4/24

Meals & More

Independent Examiner's Report For the Year Ended 30 June 2023

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 2023, 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.

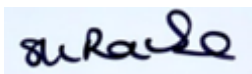
I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

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:

18 April 2024

Samantha 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 2023

	Note	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Income from:				
Donations and legacies	4	710,174	710,174	324,312
Investments	5	920	920	42
Total income		711,094	711,094	324,354
Expenditure on:				
Charitable activities	6	479,957	479,957	408,332
Total expenditure		479,957	479,957	408,332
Net movement in funds		231,137	231,137	(83,978)
Reconciliation of funds:				
Total funds brought forward		458,107	458,107	542,085
Net movement in funds		231,137	231,137	(83,978)
Total funds carried forward		689,244	689,244	458,107

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.

Meals & More

Balance Sheet As at 30 June 2023

	Note	2023 £	2022 £
Current assets			
Debtors	9	305,180	85,884
Cash at bank and in hand		408,922	422,685
		<u>714,102</u>	<u>508,569</u>
Creditors: amounts falling due within one year	10	(24,858)	(50,462)
Net current assets		<u>689,244</u>	<u>458,107</u>
Total net assets		<u><u>689,244</u></u>	<u><u>458,107</u></u>
Charity funds			
Unrestricted funds	11	689,244	458,107
Total funds		<u><u>689,244</u></u>	<u><u>458,107</u></u>

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



Katherine Ann Woodhouse
Chair of Trustees

Date: 12/6/24

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 2023

	2023 £	2022 £
Cash flows from operating activities		
Net cash used in operating activities (see note 13)	(13,763)	(5,081)
Change in cash and cash equivalents in the year	(13,763)	(5,081)
Cash and cash equivalents at the beginning of the year	422,685	427,766
Cash and cash equivalents at the end of the year (see note 14)	408,922	422,685

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 2023

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 have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

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 2023

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.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

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.

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.

**Notes to the Financial Statements
For the Year Ended 30 June 2023**

2. Accounting policies (continued)

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.

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Notes to the Financial Statements For the Year Ended 30 June 2023

4. Income from donations and legacies

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Donations	259,646	259,646	204,939
Grants	450,528	450,528	119,373
	<u>710,174</u>	<u>710,174</u>	<u>324,312</u>
Total 2022	<u>324,312</u>	<u>324,312</u>	

5. Investment income

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Interest receivable	920	920	42
	<u>42</u>	<u>42</u>	
Total 2022	<u>42</u>	<u>42</u>	

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2023

6. Analysis of expenditure by activities

	Direct costs 2023 £	Support costs 2023 £	Total funds 2023 £	Total funds 2022 £
Charitable activities	349,861	130,096	479,957	408,332
Total 2022	260,203	148,129	408,332	

Analysis of direct costs

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Payments to contracted partners	349,861	349,861	260,203
Total 2022	260,203	260,203	

Analysis of support costs

	Unrestricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
Donated services and facilities - Staff costs	98,131	98,131	105,488
Staff expenses	1,712	1,712	2,039
Independent examiner's fees	3,993	3,993	4,350
Marketing	1,563	1,563	4,667
Legal and consultancy	-	-	6,745
Bank charges	291	291	246
Donated services and facilities - Rent and utilities	19,500	19,500	19,500
Miscellaneous	489	489	410
Bad debt provision	4,417	4,417	4,334
Trustees' insurance	-	-	350
	130,096	130,096	148,129
Total 2022	148,129	148,129	

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2023

7. Staff costs

	2023 £	2022 £
Donated services and facilities - Staff costs	98,131	105,488
	<u>98,131</u>	<u>105,488</u>

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

	2023 No.	2022 No.
Donated services and facilities staff members	4	4

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 (2022: £Nil).

8. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2022 - £NIL).

During the year ended 30 June 2023, there were no expenses reimbursed or paid directly to any of the Trustees (2022 - £Nil).

9. Debtors

	2023 £	2022 £
Debtors due after more than 1 year	100,000	-
Due within one year		
Trade debtors	92,908	85,884
Other debtors	112,272	-
	<u>305,180</u>	<u>85,884</u>

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2023

10. Creditors: Amounts falling due within one year

	2023 £	2022 £
Trade creditors	20,865	46,321
Other creditors	-	511
Accruals	3,993	3,630
	<u>24,858</u>	<u>50,462</u>

11. Statement of funds

Statement of funds - current year

	Balance at 1 July 2022 £	Income £	Expenditure £	Balance at 30 June 2023 £
Unrestricted funds				
General Funds	<u>458,107</u>	<u>711,094</u>	<u>(479,957)</u>	<u>689,244</u>

Statement of funds - prior year

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

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2023

12. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2023 £	Total funds 2023 £
Debtors due after more than one year	100,000	100,000
Current assets	614,102	614,102
Creditors due within one year	(24,858)	(24,858)
Total	689,244	689,244

Analysis of net assets between funds - prior 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

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

	2023 £	2022 £
Net income/expenditure for the year (as per Statement of Financial Activities)	231,137	(83,978)
Adjustments for:		
(Increase)/Decrease in debtors	(219,296)	110,438
Decrease in creditors	(25,604)	(31,541)
Net cash used in operating activities	(13,763)	(5,081)

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2023

14. Analysis of cash and cash equivalents

	2023 £	2022 £
Cash in hand	408,922	422,685
Total cash and cash equivalents	408,922	422,685

15. Analysis of changes in net debt

	At 1 July 2022 £	Cash flows £	At 30 June 2023 £
Cash at bank and in hand	422,685	(13,763)	408,922
	422,685	(13,763)	408,922

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 Brakes owe the Charity £212,272, with £100,000 of this falling due in more than one year. (2022: the Charity owed £511 to Brakes). Brakes continue to meet its existing commitments to the Charity under the grant agreement in place, with annual cash contributions of £120,000 (2022: £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 £117,631 (2022: £124,988). This has been accounted for as donated services and facilities in these financial statements.