

Charity number: 1179092

Meals & More (a charitable incorporated organisation)

Trustees' Report and Financial Statements

For the Year Ended 30 June 2024

Meals & More

Contents

	Page
Reference and Administrative Details of the Charity, its Trustees and Advisers	1
Chair's Statement	2
Trustees' Report	3 - 14
Independent Examiner's Report	15
Statement of Financial Activities	16
Balance Sheet	17
Notes to the Financial Statements	18 - 25

Meals & More

Reference and administrative details of the Charity, its Trustees and Advisers For the Year Ended 30 June 2024

Trustees

Katherine Ann Woodhouse (resigned 31 January 2025)
Shannan Horner (appointed 20 June 2024)
James Paul Mannering (resigned 30 June 2024)
Erin Roy (appointed 20 June 2024)
Barry Bolton
Peter Statham (appointed 27 September 2023)
Ranjini Bhattacharya (appointed 27 September 2023)
Richard Cooper, Chair (appointed 27 September 2023)
Tony Fitton (appointed 6 December 2023, resigned 17 June 2024)
Christopher Martin (appointed 6 December 2023)
Nicola Sampson (appointed 6 December 2023)
Thomas Mariani (appointed 30 June 2024)
Helen Evans (resigned 13 December 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 FCCA DChA
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

Meals & More

Chair's Statement For the Year Ended 30 June 2024

I start by giving my heartfelt thanks to all our delivery partners that organise and provide provision for thousands of children during the school holidays, I along with my fellow Trustees can only say that we are in awe of what they do week in week out and show so much compassion and understanding of the children and families in their community. It was great to see first-hand what a difference it makes to a child.

Likewise, thanks must also be given to our corporate supporters without whom we would not be able to provide the support Meals & More gives to our partners to enable children and young people across so many regions to receive food and activity support where it is needed most.

The past year has again been challenging for many families as the issues relating to cost of living continued. As a result, the board approved growth plans to extend our reach in areas of social deprivation. The charity grew its support in the Southwest, East Midlands, West Midlands, Northwest, Northeast & Scotland engaging with a further 10 organisations and supported the provision of over 400,000 meals. We were also delighted to again provide support of the "Big Day Out" which adds value and makes such a difference to so many families and was pleased to launch the "Big Christmas Party" initiative which also adds value to our purpose.

This year has been one of transition for the charity. With new appointments to the board of trustees and additions to the management team, this gives the charity a greater foundation upon which build. The charity was also pleased to have the support of Deloitte to assist us with our strategy as we look forward and ensure that we continue to deliver our aims in a sustainable way.

Finally, I'd like to thank our outgoing Chair, Kate Woodhouse, who stepped down this year as Chair but remains as a trustee, having chaired the board since the inception of Meals & More in 2015. Under Kate's leadership and guidance, Meals & More has grown and is able to support the children that it does today.

Signed by:



1284DBE51B99450...

Richard Cooper
Chair of Trustees

Date: 09-03-2025 | 10:31 GMT

Meals & More

Trustees' Report For the Year Ended 30 June 2024

The Trustees present their annual report together with the financial statements of Meals & More (a Charitable Incorporated Organisation) for the from 1 July 2023 to 30 June 2024.

Objectives and activities

a. Policies and objectives

Meals & More 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 2.1 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 continued to focus 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;
- Focusing on extending our reach within areas of social deprivation with the aim to increase the number of partners and meals supported;
- 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 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 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)'.

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**
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.

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2024

Objectives and activities (continued)

- 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

At the request of Trustees and supporters, Meals & More arranges visits to clubs to see firsthand the work that our partners carry out and the benefit that it brings to children and the community.

Achievements and performance

a. Key performance indicators

The Trustees have identified the following key performance indicators (KPIs) 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 KPIs. The KPIs identified include:

- Number of delivery partners
- Number of clubs.
- Number of meals
- Hours of Activity delivered.
- Type of activity delivered.
- Big day out participation
- Delivery partner engagement

The above KPIs assist in measuring performance and monitoring of progress of the delivery partners and therefore the Charity.

b. Review of activities

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

- **Raising Awareness**

Meals & More continues to attend All Party Parliamentary Group meetings relating to Holiday provision.

The Charity attended the Local Authority Catering Association (LACA) Main Event in July to show case the challenges and progress the Charity has made. This also offers the opportunity to engage with existing supporters and potential supporters as well as potential delivery partners. Local authorities are now more aware of the need and challenges of holiday provision.

Meals & More continues to support organisations that are involved with the government Holiday Activity & Food programme (HAF). The grant funding that is provided enables organisations to support children that are not eligible for free school meals, and therefore excluded from the HAF programme, but are still living in challenging conditions and potentially claiming universal credit.

- **Supply of Holiday Club Provision**

This fiscal year saw the Charity work with 39 delivery partners across the UK, an increase of 10 on the previous year. With registered clubs increasing from 215 to 273. Engaging new partners within the Southwest, East Midlands, West Midlands, Northwest, Northeast & Scotland.

During the fiscal year, Meals & More supported 403,000 meals an increase of 48,000 on the previous year. These were directly funded by grants to our delivery partners. The shift from food parcel provision to in club one to one provision continues. However, a small number of deliver partners/clubs continue to support families in need with food parcels.

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2024

Achievements and performance (continued)

- **The range of activity**

Within our delivery partner agreement, we ask what type of activities - "The More" - are provided during the holiday club provision sessions. The range is well balanced and offers children and young people opportunity not only to be active, but engaged whilst being educational, informative, and fun. It is pleasing to see a focus on wellbeing, inclusion, as well as knowledge and skills, which all aid a young persons continued development mitigating the learning gap during holidays.

Delivery partners offered a range of activities for children, totalling over 15,500 hours, during the holiday periods.

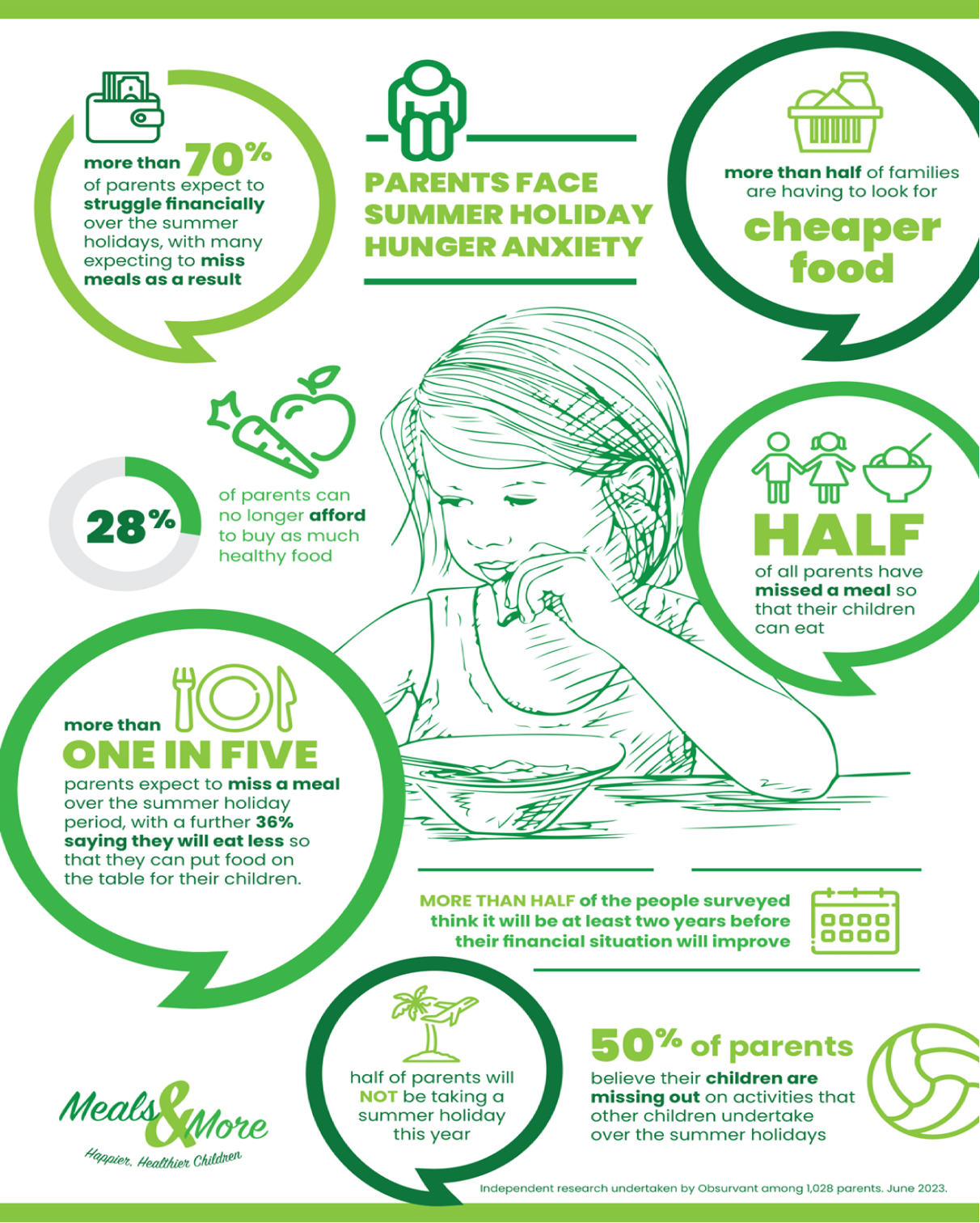
- **Research**

Meals & More commissioned Fifth Dimension to assist in research relating to parents' views on "Holiday Hunger" this research was carried out by Obsurvant an international market research company. 1028 people from a cross section of the community were asked their views on key issues relating to their circumstances. A summary of the findings was released in July 2023.

Meals & More

Trustees' Report (continued)
For the Year Ended 30 June 2024

Achievements and performance (continued)



Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2024

Achievements and performance (continued)

- **Health and Wellbeing**

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.

In May we began discussions and planning with one of our partners, Rethink Food to enable access for our delivery partners to an online Food Academy educational programme relating to Health, Food, the Environment & sustainability. Named "Agents of Change" focusing on:

- Healthy diets
- Sustainable diets
- Sustainable lifestyle choices
- Physical health and activity

The process of engagement includes:

- Identify the delivery partners
- Register them with Rethink
- Rethink to provide two training sessions for delivery partners
- Record sessions so delivery partners can revisit.
- Comms on the launch / partnership benefits etc.
- Roll out
- Evaluate
- Report

An initial pilot launched in the summer of 2024.

- **The "More"**

The Big Day Out pilot in the summer 2022 was a success and our delivery partners asked if this could be continued every year due to the value it adds to a child's experience and as many families still find it challenging to meet the cost of a holiday or short break away from home.

In 2023, 36 delivery partners received a grant as a contribution to the cost of each trip.

2118 children and 369 adults took part in various enrichment activities, trips the beach, museums, sports activities, theme parks, and activity centres.

The highest costs incurred for the delivery partners were tickets 48.5% and transportation 42.5%.

A special note of thanks to Whitby Seafood Limited who supported the seaside visit by children from Middlesbrough by providing a fish & chip lunch on the beach at Saltburn.

By way of improving our offer of "The More" Trustees approved the grant of funds to those delivery partners that would like to hold "A Big Christmas Party" on a similar premise that during the festive season, some families find it difficult to find additional funds to attend parties. A questionnaire was circulated to delivery partners to find out the expected level of participation and costs. A further change saw the Literacy Award being given to all delivery partners in December so that a book or a book token could be purchased and given as a gift to those children attending.

21 delivery partners took part and over 1800 children enjoyed a Big Christmas Party.

We also engaged with one of our new supporters, Simply Lunch, who provided food, and party fun at Oasis Waterloo.

We will look to continue to provide funding for both events in future years.

Meals & More

Trustees' Report (continued)
For the Year Ended 30 June 2024

Achievements and performance (continued)

• Delivery partner engagement

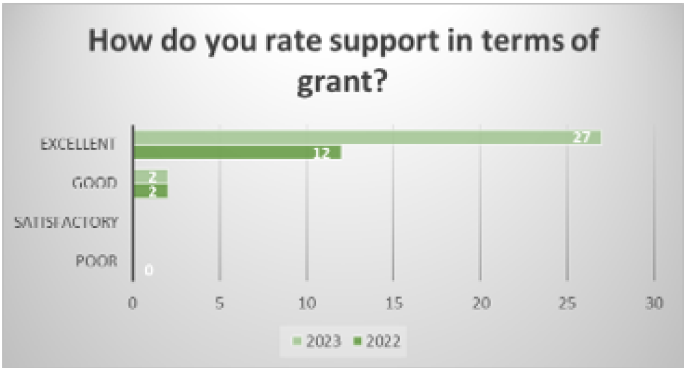
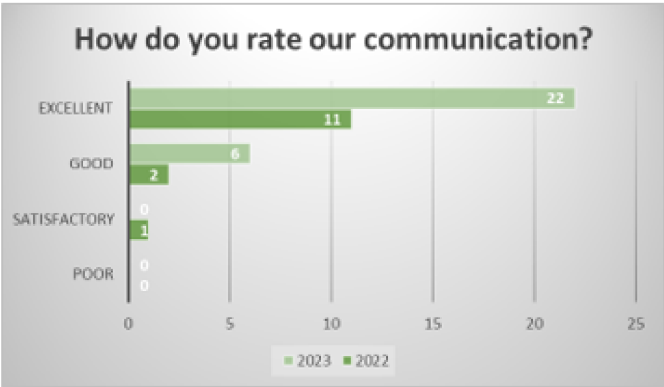
Visits to clubs are made to see provision, listen, and offer support and guidance. We were privileged to witness excellent provision by our partners, in Northern Ireland, Croydon, Waterloo, Birmingham, Leicester, Sheffield, Oldham.

We would like to acknowledge the support of Sysco GB and Highfields Adventure Playground, Leicester for their role in assisting the Charity in producing a video highlighting the role and purpose of the Charity. The video can be viewed on our website: <https://www.mealsandmore.co.uk/making-a-difference>

Delivery Partner Survey

Results of the annual survey showed an increase in participation from partners and a continued level of satisfaction from the organisations the Charity supports. Focusing on 3 key elements:

- 1. Meals & More understanding of their organisation
- 2. Communication
- 3. Grant award



Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2024

Achievements and performance (continued)

Delivery Partner Feedback 2023

What do Meals & More do well and should continue doing?

"Being there not just for the children and families, but the support we receive as an organisation is first class. Advising us on future plans, supporting our new initiatives, what an amazing team."

"Grants that are simple to apply for and paid promptly."

"Supporting those families who are not quite eligible for Free School Meals but are still struggling."

"Demonstrates a real understanding and commitment ongoing support for local programme delivery."

• **Transition**

The year 2023/24 has been a year of transition for the Charity, with several Trustees coming to the final term of office or stepping down for personal reasons. The board also understood that there was a need to plan for the future and ensure stability and continuity for the years ahead, as we needed to review and agree a strategy for the medium term.

Led by the Chair and Operations Director, planning for Trustee recruitment commenced in May 2023 with interviews taking place in July 2023. The selection process took account of the needs of the Charity to expand the depth, knowledge and experience of the board and recruit to improve areas of understanding and development within areas of the Charity sector, business, risk management, communication and marketing.

Following the interviews, successful appointments were made in July, September and December. This stepped approach will ensure continuity for the board as trustees' fixed terms of office (set at 6 years under the constitution) come to an end.

At the end of the financial year, the board of trustee numbers ten.

Recruitment for the management of the Charity was also made, with appointments of a Corporate Partnership Manager in October 2023 and Marketing & Comms Assistant in May 2024.

These appointments give the Charity a sound foundation upon which development of the Charity can progress, including review of the existing strategy and development of a new plan for the next 5 years.

• **Strategy**

The Charity was pleased to receive pro bono support from Deloitte to lead on our review of strategy. The process commenced in March 2024 with a further meeting in June 2024.

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2024

Achievements and performance (continued)

The initial meeting set the direction and ambition outlining what could be achieved:

- Why we are here and Meals & More's impact so far?
- Understanding our SWOT and external relationships
- Consensus on values and how we deliver our mission in future
- Set our ambition for 2030 and test its achievability
- Set strategic priorities through understanding the constraints on our 2030 ambition and how they can be addressed
- Provide a mandate and guidance for detailed preparation for the future session

Further sessions focused on the execution

- Move from ambition towards delivery
- Conclude on a concrete, high level Strategy Execution Plan to deliver the aims
- Deep dive areas that are difficult – or where there may be more opportunity

Prepare for upcoming agreement renewal discussions with corporate partners

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 FY25 is projected to be similar to FY24, this would amount to circa £600,000 (2023: £330,000) 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 £413,133 (2023: £689,244). Cash at bank and in hand at the year-end amounted to £270,204 (2023: £408,922).

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.

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2024

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.

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 £324,707 (2023: £711,094) in total income. The decrease in income year on year is due to the recognition last year of the future multi-year commitments to the Charity made by Brakes and several other corporate sponsors. The variability in income year on year is reflective of the timing of multi year contracts with supporters which are prioritised as early as possible with as few restrictions as possible leading to its recognition upon the signing of the agreement not when the cash is received.

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). In the previous financial year, a new Support Agreement had been entered into, which ensures 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

Meals & More's model is to support the delivery of projects through delivery partners. As the attached accounts show, Meals & More committed grants to delivery partners of £459,996 (2023: £349,861). The increase of funding allocated was due to a further 8 delivery partners who will provide meals and support into FY25. 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 £140,822 (2023: £130,096).

The net surplus for the year ended 30th June 2024, saw the Charity decrease its total reserves by £276,111 (2023 saw an increase of £231,137), meaning that the total reserves were £413,133 (2023: £689,244). 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

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2024

the number of children that can benefit from our charitable activities.

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.

Meals & More

Trustees' Report (continued) For the Year Ended 30 June 2024

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 Christmas Party". This involved supporting our delivery partners with additional funding for a Christmas party 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 2024

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

Signed by:

Richard Cooper
1284DBE51B99450...

Richard Cooper

Chair of Trustees

Date: 09-03-2025 | 10:31 GMT

Meals & More

Independent Examiner's Report For the Year Ended 30 June 2024

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 2024, 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: *S M Rouse*

Dated: 9 March 2025

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 2024**

	Note	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:				
Donations and legacies	4	324,064	324,064	710,174
Investments	5	643	643	920
Total income		324,707	324,707	711,094
Expenditure on:				
Charitable activities	6	600,818	600,818	479,957
Total expenditure		600,818	600,818	479,957
Net movement in funds		(276,111)	(276,111)	231,137
Reconciliation of funds:				
Total funds brought forward		689,244	689,244	458,107
Net movement in funds		(276,111)	(276,111)	231,137
Total funds carried forward		413,133	413,133	689,244

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 2024

	Note	2024 £	2023 £
Current assets			
Debtors	9	157,808	305,180
Cash at bank and in hand		270,204	408,922
		<u>428,012</u>	<u>714,102</u>
Creditors: amounts falling due within one year	10	(14,879)	(24,858)
Net current assets		<u>413,133</u>	<u>689,244</u>
Total net assets		<u><u>413,133</u></u>	<u><u>689,244</u></u>
Charity funds			
Unrestricted funds	11	413,133	689,244
Total funds		<u><u>413,133</u></u>	<u><u>689,244</u></u>

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

Signed by:

1284DBE51B99450...
Richard Cooper
Chair of Trustees

Date: 09-03-2025 | 10:31 GMT

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 2024

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 2024

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.

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2024

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.

Meals & More

Notes to the Financial Statements
For the Year Ended 30 June 2024

4. Income from donations and legacies

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Donations	268,335	268,335	259,646
Grants	55,729	55,729	450,528
	<u>324,064</u>	<u>324,064</u>	<u>710,174</u>
	<u>710,174</u>	<u>710,174</u>	
Total 2023			

5. Investment income

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Interest receivable	643	643	920
	<u>920</u>	<u>920</u>	
Total 2023			

Meals & More**Notes to the Financial Statements
For the Year Ended 30 June 2024****6. Analysis of expenditure by activities**

	Direct costs 2024 £	Support costs 2024 £	Total funds 2024 £	Total funds 2023 £
Charitable activities	459,996	140,822	600,818	479,957
Total 2023	349,861	130,096	479,957	

Analysis of direct costs

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Payments to contracted partners	459,996	459,996	349,861
Total 2023	349,861	349,861	

Analysis of support costs

	Unrestricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Donated services and facilities - Staff costs	108,033	108,033	98,131
Staff expenses	602	602	1,712
Independent examiner's fees	4,392	4,392	3,993
Marketing	5,262	5,262	1,563
Bank charges	609	609	291
Donated services and facilities - Rent and utilities	19,500	19,500	19,500
Miscellaneous	2,424	2,424	489
Bad debt provision	-	-	4,417
	140,822	140,822	130,096
Total 2023	130,096	130,096	

Meals & More**Notes to the Financial Statements
For the Year Ended 30 June 2024****7. Staff costs**

	2024 £	2023 £
Donated services and facilities - Staff costs	108,033	98,131
	108,033	98,131

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

	2024 No.	2023 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 (2023: £Nil).

8. Trustees' remuneration and expenses

During the year ended , no Trustees received any remuneration or other benefits (2023 - £NIL).

During the year ended 30 June 2024, no Trustee expenses have been incurred (2023 - £NIL).

9. Debtors

	2024 £	2023 £
Debtors due after more than 1 year	-	100,000
	-	100,000
Due within one year		
Trade debtors	57,808	92,908
Other debtors	100,000	112,272
	157,808	305,180

Meals & More

Notes to the Financial Statements For the Year Ended 30 June 2024

10. Creditors: Amounts falling due within one year

	2024 £	2023 £
Trade creditors	10,487	20,865
Accruals	4,392	3,993
	<u>14,879</u>	<u>24,858</u>

11. Statement of funds

Statement of funds - current year

	Balance at 1 July 2023 £	Income £	Expenditure £	Balance at 30 June 2024 £
Unrestricted funds				
General Funds	<u>689,244</u>	<u>324,707</u>	<u>(600,818)</u>	<u>413,133</u>

Statement of funds - prior 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>

Meals & More**Notes to the Financial Statements
For the Year Ended 30 June 2024****12. Analysis of net assets between funds****Analysis of net assets between funds - current period**

	Unrestricted funds 2024 £	Total funds 2024 £
Current assets	428,012	428,012
Creditors due within one year	(14,879)	(14,879)
Total	413,133	413,133

Analysis of net assets between funds - prior period

	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

13. 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 owes the Charity £100,000. (2023: £212,272 to Brakes). Brakes continue to meet its existing commitments to the Charity under the grant agreement in place, with annual cash contributions of £100,000 (2023: £120,000).

During the period, Meals & More also received donations totalling £85,747 from Brakes (2023: £105,030).

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 £127,533 (2023: £117,631). This has been accounted for as donated services and facilities in these financial statements.

There were no other related party transactions in the current or prior year.