

EAT CLUB

England & Wales · Charity number 1179229

Details

Status Registered

Legal form CIO

Registered 2018-07-17

Register [View on the Charity Commission register](#)

Contact

Address Bootstrap Charity
18-22 Ashwin Street
London
Print House
Colab Space
E8 3DL

Phone 07452999751

Email info@eat-club.org

Website www.eat-club.org

Activities

Objects: TO IMPROVE AND PROTECT THE HEALTH OF YOUNG PEOPLE AND THOSE PEOPLE WITH POORER LIFE CHANCES, PARTICULARLY, BUT NOT EXCLUSIVELY, BY PROMOTING HEALTHY EATING AND AN IMPROVED UNDERSTANDING OF GOOD NUTRITION THE ADVANCEMENT OF EDUCATION OF YOUNG PEOPLE IN COOKING SKILLS, FOOD PREPARATION AND HEALTHY EATING

Activities: Good food, prepared from scratch and eaten together communally can help young people lead happier, healthier lives. We offer bespoke cooking courses that are designed to improve the relationship young people have with food and address the underlying barriers to healthy eating and physical and mental wellbeing. Courses are delivered in partnership with various organisations in and around London.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Other Charitable Purposes
- **Who:** Children/young People

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£156,277	£156,102	-	-
2024-08-31	£172,018	£153,405	-	-
2023-08-31	£146,153	£159,596	-	-
2022-06-30	£81,598	£70,097	-	-
2021-06-30	£50,326	£35,057	-	-
2020-06-30	£40,666	£27,082	-	-

Trustees

Name	Role	Appointed
Peter Brown	Chair	2018-07-17
Adiba Osmani		2025-11-19
Carmen Leung		2023-08-14
Caroline Chandler		2023-08-14
Deborah Mary Webb		2020-05-04
Mira Magecha		2024-11-07
Rebecca Odoi		2026-02-05

EAT CLUB

England & Wales - Charity number 1179229

Accounts

REGISTERED CHARITY NUMBER: 1179229

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2025
FOR
EAT CLUB**



Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

EAT CLUB
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

	Page
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5 to 6
Balance Sheet	7 to 8
Notes to the Financial Statements	9 to 20
Detailed Statement of Financial Activities	21

EAT CLUB

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 AUGUST 2025

The trustees present their report with the financial statements of the charity for the year ended 31 August 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

1. To improve and protect the health of young people and those people with poorer life chances, particularly, but not exclusively, by promoting healthy eating and an improved understanding of good nutrition.
2. The advancement of education of young people in cooking skills, food preparation and healthy eating.

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Significant activities

Established in 2014, Eat Club transforms the lives of disadvantaged young Londoners through the power of food. We empower young people aged 11-24 to become confident, resilient individuals who make a positive impact in their communities by teaching them to cook nutritious meals and sharing the joy of eating together, fostering independence and healthy habits for life. Our vision is a future where every young Londoner possesses the skills and knowledge to lead a healthy, fulfilling life through the nourishment of both mind and body. Our mission directly addresses the stark inequalities in food access, wellbeing, and employment opportunities experienced by young Londoners, particularly those from marginalised communities.

Through partnerships with youth organisations in the most deprived areas across 10 London boroughs, we use professional chefs' expertise to create pathways for marginalised young people into meaningful opportunities and career development. Our programmes build essential life skills including culinary proficiency, nutritional awareness, understanding food's role in mental wellbeing, and effective communication, equipping participants with versatile tools for sustainable livelihoods whilst nurturing confidence, social bonds, and resilience.

Young Chefs: Up to 10 young people (11-24) meet weekly for six weeks in community kitchens. Guided by professional chefs, they cook, share meals, and build confidence, resilience, and teamwork. Sessions focus on fundamental cooking skills, safety in the kitchen, health and nutrition, and cooking well on a budget, giving participants practical cooking and life skills.

Young Leaders: A 12-month paid internship for 10 young people (16-25) to gain professional experience across strategy, campaigning, marketing, project management, and finance. Interns support Young Chefs while developing leadership skills through forums, mentoring, "Supper Clubs," and social action projects via our #iwill partnership.

Catering Kickstart: A week-long programme for 16-24-year-olds offering hospitality training, industry-recognised qualifications, and direct job pathways. Partner restaurants provide hands-on kitchen experience, complemented by employability workshops and ongoing mentorship.

Public benefit

The Trustees confirm they have given regard to the guidance on public benefit.

EAT CLUB
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 AUGUST 2025

OBJECTIVES AND ACTIVITIES

Main Achievements

Eat Club addresses food poverty, health inequalities, and unemployment among disadvantaged young Londoners who face compounded disadvantages, limited access to nutritious food, and few pathways for their future. Currently operating across ten London boroughs through partnerships with local youth projects, we deliver chef-led programmes that build practical skills whilst reducing social isolation.

Our impact demonstrates transformation across four key areas: Food poverty; 100% of participants gain confidence cooking healthy meals on low budgets. Physical health; participants double their vegetable intake and reduce ready meal dependency by 68%, with 75% now preparing nutritious home-cooked meals. Mental health and wellbeing; participants' top highlights are making new friends, gaining confidence, and feeling happier, demonstrating how cooking builds both culinary and social skills. Employment; 85% master professional cooking techniques whilst 80% gain direct insights into hospitality career pathways, creating tangible routes from kitchen to career.

Eat Club is also a delivery partner to the King's Trust for its Get Started programme, engaging 16-24 year olds not in education, employment or training to give them a first introduction into cooking and hospitality.

FINANCIAL REVIEW

Reserves policy

The Charity aims to hold between 3 and 6 months operating costs in unrestricted reserves, this is reviewed regularly.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document and Constitution

Eat Club CIO is governed by its Constitution.

Induction and training of new trustees

As a small charity there are no specified selection methods, but consideration is given to a balanced trustee board and to specific skill requirements when replacing or adding trustees.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1179229

Principal address

Bootstrap Charity
18-22 Ashwin Street
London
E8 3DL

Trustees

P W Brown - (Chair)
D M Webb - (Deputy chair)
C Leung
C Chandler
M Magecha (appointed 7.11.24)
A Osmani (appointed 19.11.25)

EAT CLUB
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 AUGUST 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Approved by order of the board of trustees on 18 April 2026 and signed on its behalf by:

Peter Brown

.....
P W Brown - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
EAT CLUB**

Independent examiner's report to the trustees of Eat Club

I report to the charity trustees on my examination of the accounts of Eat Club (the Trust) for the year ended 31 August 2025.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

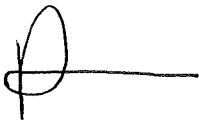
I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Alison Sanderson

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Date: 22/5/2026

EAT CLUB

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		26,606	-	26,606	9,259
Charitable activities					
Charitable activities		66,237	-	66,237	108,376
Young Leaders Programme		-	-	-	9,978
LY CVC Instagram Project		-	933	933	-
Addison Youth Funding Hammersmith		-	-	-	8,974
CVC summer funding		-	3,000	3,000	3,000
Hackney Foodbank Community Fund		-	9,826	9,826	9,826
LHC Community Benefit Fund		-	-	-	5,000
Westminster Community Contribution Fund		-	-	-	8,868
The Mount Small Grants		-	-	-	3,000
Camden Giving - We Make Camden		-	7,148	7,148	1,986
London Youth NCS Project		-	(233)	(233)	3,751
Anchor - Islington Funding		-	5,000	5,000	-
Lottery AFA 2025-27		-	20,000	20,000	-
Young Camden foundation funding for heads up mental health		-	2,700	2,700	-
Weavers Project		-	2,000	2,000	-
Westminster Foundation 2025-26		-	8,060	8,060	-
United St Saviours - First payment from St Saviours for Appleby Blue project		-	1,000	1,000	-
London Borough of H&F - Funding for Tudor Rose courses		-	4,000	4,000	-
Total		<u>92,843</u>	<u>63,434</u>	<u>156,277</u>	<u>172,018</u>
EXPENDITURE ON					
Charitable activities					
Charitable activities		43,346	-	43,346	59,163
Sherborne in the Community		-	-	-	3,200
Young Leaders Programme		-	9,974	9,974	1,324
Brighter Futures		-	-	-	4,546
Cripplegate		-	-	-	6,411
John Lyons		-	-	-	833
Peabody Funding		-	-	-	6,592
Addison Youth Funding Hammersmith		-	8,958	8,958	5,293
Tower Hamlets Community Chest funding		-	-	-	1,999
CVC summer funding		-	3,926	3,926	2,894
Hackney Foodbank Community Fund		-	14,509	14,509	173
LHC Community Benefit Fund		-	-	-	5,000
Westminster Community Contribution Fund		-	7,048	7,048	1,817
The Mount Small Grants		-	3,000	3,000	-
Camden Giving - We Make Camden		-	1,986	1,986	-
London Youth NCS Project		-	-	-	3,416

The notes on page 9-20 form part of these financial statements

EAT CLUB

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2025**

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
Anchor - Islington Funding		-	3,333	3,333	-
Weavers Project		-	574	574	-
Westminster Foundation 2025-26		-	1,262	1,262	-
United St Saviours - First payment from St Saviours for Appleby Blue project		-	1,000	1,000	-
London Borough of H&F - Funding for Tudor Rose courses		-	4,000	4,000	-
Other		<u>53,152</u>	<u>34</u>	<u>53,186</u>	<u>50,744</u>
Total		<u>96,498</u>	<u>59,604</u>	<u>156,102</u>	<u>153,405</u>
NET INCOME/(EXPENDITURE)		(3,655)	3,830	175	18,613
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>22,660</u>	<u>40,875</u>	<u>63,535</u>	<u>44,922</u>
TOTAL FUNDS CARRIED FORWARD		<u>19,005</u>	<u>44,705</u>	<u>63,710</u>	<u>63,535</u>

The notes on page 9-20 form part of these financial statements

EAT CLUB
BALANCE SHEET
31 AUGUST 2025

	Notes	Unrestricted fund £	Restricted funds £	2025 Total funds £	2024 Total funds £
CURRENT ASSETS					
Debtors	5	5,725	-	5,725	3,620
Cash at bank		<u>21,053</u>	<u>45,774</u>	<u>66,827</u>	<u>70,835</u>
		26,778	45,774	72,552	74,455
CREDITORS					
Amounts falling due within one year	6	(7,773)	(1,069)	(8,842)	(10,920)
		<u>19,005</u>	<u>44,705</u>	<u>63,710</u>	<u>63,535</u>
NET CURRENT ASSETS					
		<u>19,005</u>	<u>44,705</u>	<u>63,710</u>	<u>63,535</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>19,005</u>	<u>44,705</u>	<u>63,710</u>	<u>63,535</u>
NET ASSETS		<u>19,005</u>	<u>44,705</u>	<u>63,710</u>	<u>63,535</u>

The notes on page 9-20 form part of these financial statements

EAT CLUB

BALANCE SHEET - continued 31 AUGUST 2025

FUNDS	7		
Unrestricted funds		19,005	22,660
Restricted funds:			
Young Leaders programme		-	9,978
Addison Youth 2024-25		-	8,974
Hackney Foodbank Community Fund		4,970	9,653
Westminster Community Contribution Fund		-	7,051
The Mount Small Grants		-	3,000
Camden Giving -We Make Camden		-	1,986
London Youth NCS Project		-	233
Anchor - Islington Funding		1,667	-
Lottery AFA 2025-27		20,000	-
Staff training - Young Camden foundation		2,700	-
funding for heads up mental health			
Weavers Project		1,426	-
Westminster Foundation 2025-26		6,794	-
Camden Giving - We Make Camden		7,148	-
		<u>44,705</u>	<u>40,875</u>
TOTAL FUNDS		<u>63,710</u>	<u>63,535</u>

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

.....
P W Brown - Trustee

The notes on page 9-20 form part of these financial statements

EAT CLUB
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities' (update bulletin 1 applying FRS 102) and the Charities Act 2011.

Eat Club CIO meets the definition of a public benefit entity under FRS 102. The financial statements have been prepared in sterling, which is the functional currency of the entity. Monetary amounts in these financial statements are rounded to the nearest pound.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due

Financial instruments

Cash and cash equivalents

Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2025

1. ACCOUNTING POLICIES - continued

Debtors and creditors

Creditors and provisions

Debtors and creditors receivable or payable within one year of the reporting date are carried at their transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2025 nor for the year ended 31 August 2024.

Trustees' expenses

Peter Brown was reimbursed £220.95 during the year to 31 August 2025. There were no other trustees' expenses paid for the year ended 31 August 2025 nor for the year ended 31 August 2024.

3. STAFF COSTS

	2025	2024
	£	£
Wages and salaries	76,080	67,647
Other pension costs	<u>4,180</u>	<u>3,473</u>
	<u>80,260</u>	<u>71,120</u>

The average monthly number of employees during the year was as follows:

	2025	2024
Governance	1	1
Other	<u>4</u>	<u>2</u>
	<u>5</u>	<u>3</u>

No employees received emoluments in excess of £60,000.

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2025**

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	9,259	-	9,259
Charitable activities			
Charitable activities	108,376	-	108,376
Young Leaders Programme	-	9,978	9,978
Addison Youth Funding Hammersmith	-	8,974	8,974
CVC summer funding	-	3,000	3,000
Hackney Foodbank Community Fund	-	9,826	9,826
LHC Community Benefit Fund	-	5,000	5,000
Westminster Community Contribution Fund	-	8,868	8,868
The Mount Small Grants	-	3,000	3,000
Camden Giving - We Make Camden	-	1,986	1,986
London Youth NCS Project	-	3,751	3,751
Total	<u>117,635</u>	<u>54,383</u>	<u>172,018</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	59,084	79	59,163
Sherborne in the Community	-	3,200	3,200
Young Leaders Programme	-	1,324	1,324
Brighter Futures	-	4,546	4,546
Cripplegate	-	6,411	6,411
John Lyons	-	833	833
Peabody Funding	-	6,592	6,592
Addison Youth Funding Hammersmith	-	5,293	5,293
Tower Hamlets Community Chest funding	-	1,999	1,999
CVC summer funding	-	2,894	2,894
Hackney Foodbank Community Fund	-	173	173
LHC Community Benefit Fund	-	5,000	5,000
Westminster Community Contribution Fund	-	1,817	1,817
London Youth NCS Project	-	3,416	3,416
Other	<u>50,589</u>	<u>155</u>	<u>50,744</u>
Total	<u>109,673</u>	<u>43,732</u>	<u>153,405</u>
NET INCOME	7,962	10,651	18,613
RECONCILIATION OF FUNDS			
Total funds brought forward	14,698	30,224	44,922

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2025**

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued			
	Unrestricted fund £	Restricted funds £	Total funds £
	<u>£</u>	<u>£</u>	<u>£</u>
TOTAL FUNDS CARRIED FORWARD	<u>22,660</u>	<u>40,875</u>	<u>63,535</u>
 5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
		2025	2024
		£	£
Trade debtors		<u>5,725</u>	<u>3,620</u>
 6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR			
		2025	2024
		£	£
Trade creditors		3,414	7,734
Taxation and social security		2,562	2,322
Other creditors		<u>2,866</u>	<u>864</u>
		<u>8,842</u>	<u>10,920</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2025**

7. MOVEMENT IN FUNDS

	At 1.9.24 £	Net movement in funds £	At 31.8.25 £
Unrestricted funds			
General fund	22,660	(3,655)	19,005
Restricted funds			
Young Leaders programme	9,978	(9,978)	-
Addison Youth 2024-25	8,974	(8,974)	-
Hackney Foodbank Community Fund	9,653	(4,683)	4,970
Westminster Community Contribution Fund	7,051	(7,051)	-
The Mount Small Grants	3,000	(3,000)	-
Camden Giving -We Make Camden	1,986	(1,986)	-
London Youth NCS Project	233	(233)	-
Anchor - Islington Funding	-	1,667	1,667
Lottery AFA 2025-27	-	20,000	20,000
Staff training - Young Camden foundation			
funding for heads up mental health	-	2,700	2,700
Weavers Project	-	1,426	1,426
Westminster Foundation 2025-26	-	6,794	6,794
Camden Giving - We Make Camden	-	7,148	7,148
	<u>40,875</u>	<u>3,830</u>	<u>44,705</u>
TOTAL FUNDS	<u>63,535</u>	<u>175</u>	<u>63,710</u>

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2025

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	92,843	(96,498)	(3,655)
Restricted funds			
Young Leaders programme	-	(9,978)	(9,978)
Addison Youth 2024-25	-	(8,974)	(8,974)
Hackney Foodbank Community Fund	9,826	(14,509)	(4,683)
Mary's Young chefs - London Youth CVC	933	(933)	-
Westminster Community Contribution Fund	-	(7,051)	(7,051)
The Mount Small Grants	-	(3,000)	(3,000)
Camden Giving -We Make Camden	-	(1,986)	(1,986)
London Youth NCS Project	(233)	-	(233)
Anchor - Islington Funding	5,000	(3,333)	1,667
Lottery AFA 2025-27	20,000	-	20,000
LY CVC Summer Grants 2025	3,000	(3,000)	-
Staff training - Young Camden foundation funding for heads up mental health	2,700	-	2,700
Weavers Project	2,000	(574)	1,426
Westminster Foundation 2025-26	8,060	(1,266)	6,794
United St Saviours - First payment from St Saviours for Appleby Blue project	1,000	(1,000)	-
London Borough of H&F - Funding for Tudor Rose courses	4,000	(4,000)	-
Camden Giving - We Make Camden	7,148	-	7,148
	<u>63,434</u>	<u>(59,604)</u>	<u>3,830</u>
TOTAL FUNDS	<u>156,277</u>	<u>(156,102)</u>	<u>175</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2025**

7. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.9.23 £	Net movement in funds £	At 31.8.24 £
Unrestricted funds			
General fund	14,698	7,962	22,660
Restricted funds			
Young Leaders programme	1,332	8,646	9,978
London Community Foundation	6,592	(6,592)	-
Addison Youth Club 2023-24 Funding	5,293	(5,293)	-
Brighter Futures 2023-24 (YEF)	4,546	(4,546)	-
Eat End Community Foundation - Tower			
Hamlets Community Chest	2,000	(2,000)	-
Cripplegate Foundation 22-23	1,428	(1,428)	-
Cripplegate Foundation 2023-24	5,000	(5,000)	-
John Lyons Charity - Brent Courses	833	(833)	-
Sherborne in the Community	3,200	(3,200)	-
Addison Youth 2024-25	-	8,974	8,974
Hackney Foodbank Community Fund	-	9,653	9,653
Westminster Community Contribution Fund	-	7,051	7,051
The Mount Small Grants	-	3,000	3,000
Camden Giving -We Make Camden	-	1,986	1,986
London Youth NCS Project	-	233	233
	<u>30,224</u>	<u>10,651</u>	<u>40,875</u>
TOTAL FUNDS	<u>44,922</u>	<u>18,613</u>	<u>63,535</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2025**

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	117,635	(109,673)	7,962
Restricted funds			
Young Leaders programme	9,978	(1,332)	8,646
London Community Foundation	-	(6,592)	(6,592)
Addison Youth Club 2023-24 Funding	-	(5,293)	(5,293)
Brighter Futures 2023-24 (YEF)	-	(4,546)	(4,546)
Eat End Community Foundation - Tower			
Hamlets Community Chest	-	(2,000)	(2,000)
Cripplegate Foundation 22-23	-	(1,428)	(1,428)
Cripplegate Foundation 2023-24	-	(5,000)	(5,000)
John Lyons Charity - Brent Courses	-	(833)	(833)
Sherborne in the Community	-	(3,200)	(3,200)
Addison Youth 2024-25	8,974	-	8,974
Hackney Foodbank Community Fund	9,826	(173)	9,653
LHC Community Benefit Fund	5,000	(5,000)	-
Mary's Young chefs - London Youth CVC	3,000	(3,000)	-
Westminster Community Contribution Fund	8,868	(1,817)	7,051
The Mount Small Grants	3,000	-	3,000
Camden Giving -We Make Camden	1,986	-	1,986
London Youth NCS Project	3,751	(3,518)	233
	<u>54,383</u>	<u>(43,732)</u>	<u>10,651</u>
TOTAL FUNDS	<u>172,018</u>	<u>(153,405)</u>	<u>18,613</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2025**

7. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.9.23 £	Net movement in funds £	At 31.8.25 £
Unrestricted funds			
General fund	14,698	4,307	19,005
Restricted funds			
Young Leaders programme	1,332	(1,332)	-
London Community Foundation	6,592	(6,592)	-
Addison Youth Club 2023-24 Funding	5,293	(5,293)	-
Brighter Futures 2023-24 (YEF)	4,546	(4,546)	-
Eat End Community Foundation - Tower			
Hamlets Community Chest	2,000	(2,000)	-
Cripplegate Foundation 22-23	1,428	(1,428)	-
Cripplegate Foundation 2023-24	5,000	(5,000)	-
John Lyons Charity - Brent Courses	833	(833)	-
Sherborne in the Community	3,200	(3,200)	-
Hackney Foodbank Community Fund	-	4,970	4,970
Anchor - Islington Funding	-	1,667	1,667
Lottery AFA 2025-27	-	20,000	20,000
Staff training - Young Camden foundation funding for heads up mental health	-	2,700	2,700
Weavers Project	-	1,426	1,426
Westminster Foundation 2025-26	-	6,794	6,794
Camden Giving - We Make Camden	-	7,148	7,148
	<u>30,224</u>	<u>14,481</u>	<u>44,705</u>
TOTAL FUNDS	<u>44,922</u>	<u>18,788</u>	<u>63,710</u>

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2025

7. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	210,478	(206,171)	4,307
Restricted funds			
Young Leaders programme	9,978	(11,310)	(1,332)
London Community Foundation	-	(6,592)	(6,592)
Addison Youth Club 2023-24 Funding	-	(5,293)	(5,293)
Brighter Futures 2023-24 (YEF)	-	(4,546)	(4,546)
Eat End Community Foundation - Tower			
Hamlets Community Chest	-	(2,000)	(2,000)
Cripplegate Foundation 22-23	-	(1,428)	(1,428)
Cripplegate Foundation 2023-24	-	(5,000)	(5,000)
John Lyons Charity - Brent Courses	-	(833)	(833)
Sherborne in the Community	-	(3,200)	(3,200)
Addison Youth 2024-25	8,974	(8,974)	-
Hackney Foodbank Community Fund	19,652	(14,682)	4,970
LHC Community Benefit Fund	5,000	(5,000)	-
Mary's Young chefs - London Youth CVC	3,933	(3,933)	-
Westminster Community Contribution Fund	8,868	(8,868)	-
The Mount Small Grants	3,000	(3,000)	-
Camden Giving - We Make Camden	1,986	(1,986)	-
London Youth NCS Project	3,518	(3,518)	-
Anchor - Islington Funding	5,000	(3,333)	1,667
Lottery AFA 2025-27	20,000	-	20,000
LY CVC Summer Grants 2025	3,000	(3,000)	-
Staff training - Young Camden foundation			
funding for heads up mental health	2,700	-	2,700
Weavers Project	2,000	(574)	1,426
Westminster Foundation 2025-26	8,060	(1,266)	6,794
United St Saviours - First payment from St			
Saviours for Appleby Blue project	1,000	(1,000)	-
London Borough of H&F - Funding for			
Tudor Rose courses	4,000	(4,000)	-
Camden Giving - We Make Camden	<u>7,148</u>	<u>-</u>	<u>7,148</u>
	<u>117,817</u>	<u>(103,336)</u>	<u>14,481</u>
TOTAL FUNDS	<u>328,295</u>	<u>(309,507)</u>	<u>18,788</u>

We have continued with session delivery in most of the London boroughs in which we operate thanks to successful fundraising from a mix of national, regional and local trusts and foundations. We currently have about 25 active partnerships, delivering on average 15 sessions per week in each given academic term.

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2025

7. MOVEMENT IN FUNDS - continued

London Youth - NCS underspend due to withdrawal Eat Club CVC Grant

Eat Club collaborated with Mary's to enable some of Islington's most underprivileged young people to acquire personal and professional development skills. 12 young people participated in a series of cooking workshops across 5 days in Summer 2024. They engaged in 3 days of Eat Club sessions that developed their cooking skills and build their confidence, followed by participation in one day of industry training, providing them with meaningful work experience.

London Borough of H&F - Funding for Tudor Rose courses

To run 4 Eat Club courses in the Tudor Rose Community Centre with The Harrow Club and Fulham FC. Each course consisted of 6 2-hour sessions held weekly in the Centre kitchen. A highly trained Eat Club session leader coached a group of up to 12 young people through the cooking programme.

Weavers Benevolent Trust - Weavers funding 2025

Eat Club received funding from the Trust to deliver 2 Young Chef courses for 20 students from Pupil Referral Units (PRUs) across London. Each 6-week course would bring Eat Club's professional chefs to engage with at-risk youth, aiming to build confidence, enhance cooking skills and nutritional knowledge, and foster meaningful social connections.

The London Community Foundation - LCF Anchor funding - Islington

This funding allowed Eat Club to deliver its impactful work in Islington, where we didn't have funding to continue work in the borough with our local youth partners (Soapbox, Mary's, Rose Bowl and CYP). We sought funding to run 5 Young Chef courses with established partners, while allowing us to build new partnerships.

Westminster Foundation - Westminster Foundation funding 2025

This funding enabled Eat Club to deliver six Young Chef courses in Westminster (Westbourne Park FC, Churchill Gardens & Amberley, The Avenues, and Feathers) between April and August 2025, strengthening our longstanding partnerships with local youth organisations.

The London Community Foundation - 2nd year of funding from Hackney Foodbank

In its second year of the funding, the funding enabled us to run 6 6-week courses with 4 youth partners in Hackney, reaching 75 disadvantaged young people (aged 11-24).

United St Saviours - First payment from St Saviours for Appleby Blue Project

Eat Club will deliver three six-week courses with two-hour cooking lessons. Each session will engage up to 12 young people in preparing and enjoying a two-course meal together. Eat Club will engage secondary school pupils at risk of exclusion or those already excluded and in Southwark's Pupil Referral Units (PRUs) who face significant social and educational challenges. Eat Club will empower vulnerable students through positive group cooking activities.

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2025

7. MOVEMENT IN FUNDS - continued

Camden Council - We Make Camden Project Fund

This funding allows Eat Club to continue its impactful work in the borough with our local youth partners. We seeked funding to run 6 Young Chef courses in Camden with established partners commencing in April 2025 concluding by March 2026.

National Lottery Community Fund - Lottery AFA funding 2025-27

We will run 18 Young Chef six-week courses over 2 years in collaboration with our established partners in London, supporting 200 disadvantaged youths aged 11-24. Each week, under the guidance of an Eat Club chef, up to 12 young people will spend 2 hours preparing and enjoying a healthy two-course meal focused on confidence building, teamwork, improving cooking skills, nutrition and healthy eating.

London Youth - First payment for CVC London Youth Summer Grants 2025 Summer Skills Grants 2025

Eat Club collaborated with SYDRC to enable some of Camden's most underprivileged young people from the Somali community to acquire personal and professional development skills. 12 young people participated in a series of cooking workshops across 5 days. They engaged in 3 days of Eat Club sessions that develop their cooking skills and build their confidence, followed by participation in two days of industry training, providing them with meaningful work experience.

Young Camden Foundation - Funding for Heads Up Mental Health

Eat Club received funding from the Young Camden Foundation to train up our chef team to better work and engage with young people who are suffering from poor mental health. This awareness training will benefit the entire team and ensure better outcomes for young people who participate in our courses.

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2025.

EAT CLUB

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2025**

	2025	2024
INCOME AND ENDOWMENTS		
	£	£
Donations and legacies		
Donations	26,606	9,259
Charitable activities		
Fees	<u>129,671</u>	<u>162,759</u>
Total incoming resources	156,277	172,018
EXPENDITURE		
Charitable activities		
Wages	32,742	17,379
Teacher fees	35,411	51,803
Direct cost purchases	19,375	21,689
Advertising and marketing	7,176	5,353
Consultancy	2,559	2,182
Computer and IT	1,098	699
Other	<u>2,757</u>	<u>1,821</u>
	101,118	100,926
Other		
Wages	43,338	44,418
Pensions	4,180	1,299
Staff training	1,963	1,331
Entertainment	740	1,106
Subsistence	851	1,646
Computer, IT admin and phone	125	122
Rent	1,200	130
Other administration costs	<u>789</u>	<u>976</u>
	53,186	50,744
Support costs		
Governance costs		
Insurance	616	556
Accountancy and legal fees	<u>1,182</u>	<u>1,179</u>
	1,798	1,735
Total resources expended	<u>156,102</u>	<u>153,405</u>
Net income/(expenditure)	175	18,613

This page does not form part of the statutory financial statements

EAT CLUB

England & Wales - Charity number 1179229

Accounts

REGISTERED CHARITY NUMBER: 1179229

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2024
FOR
EAT CLUB**



Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

EAT CLUB
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 AUGUST 2024

	Page
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5 to 6
Balance Sheet	7
Notes to the Financial Statements	8 to 16
Detailed Statement of Financial Activities	17

EAT CLUB

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2024

The trustees present their report with the financial statements of the charity for the year ended 31 August 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

1. To improve and protect the health of young people and those people with poorer life chances, particularly, but not exclusively, by promoting healthy eating and an improved understanding of good nutrition.
2. The advancement of education of young people in cooking skills, food preparation and healthy eating.

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Significant activities

Eat Club engages underprivileged young people through the art of cooking and the enjoyment of eating - together. Our mission is to tackle inequalities around food, wellbeing, and professional opportunities experienced by young Londoners. Highly trained session leaders coach groups of young people (aged 11-24) through a programme in the fundamentals of cooking; sharing with them the nutritional knowledge, budgeting and practical skills necessary to develop healthy lifestyle habits in the face of current food and health inequality.

Eat Club offers more than cooking as an activity; we harness the expertise of professional chefs and cooks using food as a powerful medium to improve health and wellbeing, combat social isolation, and enhance employability prospects. We collaborate with youth projects, community centres, homelessness charities and schools to develop bespoke programmes appropriate to the needs of the young people and the communities in which we operate

Eat Club also runs a parallel Young Leaders Programme that involves a mix of tailored mentoring support to develop confidence and leadership skills in conjunction with Eat Club-centred coaching, involvement in youth forums and invitations to Eat Club board meetings. This youth-led decision-making mechanism integrates and amplifies the voices of young people within our organisation and ensures that the charity moves in directions that are useful to the young people we aim to support.

Public benefit

The Trustees confirm they have given regard to the guidance on public benefit.

EAT CLUB

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31 AUGUST 2024

OBJECTIVES AND ACTIVITIES

Main Achievements

Since 2014, Eat Club has excelled in delivering impactful cooking courses for London's youth. Our recent achievements include running over 500 sessions last year, engaging more than 800 young people, and serving 7,800 healthy meals. Our monitoring shows significant benefits: 85% of participants report increased cooking confidence, 87% are more willing to try new foods, 75% waste less food, and they eat more fruits and vegetables. Most beneficiaries identify as Black, African, Caribbean, or Black British. Additionally, 96% would recommend Eat Club.

Due to our holistic approach to wellbeing and youth employability, the fruits of each project will last well beyond its official end. Through our robust monitoring and evaluation, we find that participants in Eat Club courses;

- Increase their confidence and self-esteem through the learning and practice of new skills
- Experience increased enjoyment in the preparation and consumption of healthy food
- Understand the links between food consumption and physical and mental health
- Decrease feelings of social isolation through communal cooking and eating
- Gain industry-standard culinary knowledge, skills, and experience
- Develop their transferable skills (e.g. time management, teamwork, organisation, creativity)
- Be exposed to exciting career possibilities within the food industry
- These outcomes are linked to more than just the training opportunity but seek to improve and sustain their long-term physical, mental, and social wellbeing

Our Young Leaders Programme, launched in 2021, empowers youth voices, ensuring our programs meet their needs and the needs of young Londoners. This program keeps us responsive and relevant to the community we serve.

Eat Club is currently delivering a two-year contract on behalf of Hackney Council, cooking with adults and families and increasing the overall knowledge of borough residents; supporting them to acquire a healthy and sustainable diet.

Eat Club is also a delivery partner to the King's Trust for its Get Started programme, engaging 16-24 year olds not in education, employment or training to give them a first introduction into cooking and hospitality.

Here is a quote received from one of our partners, the Sulgrave Club:

"Eat Club have been delivering healthy, sustainable cooking classes at The Sulgrave Club since April 2022. During this time, Eat Club have provided high quality chefs to work with children & young people. Being able to host Eat Club has not only enabled our members to take part in a fun and interesting session, but they have been learning valuable life skills under the direction of experienced, knowledgeable, qualified chefs.

Young people are not only improving their cooking skills but gaining a greater understanding of where food comes from, how it's grown, how to shop more sustainably and the impact our environment has on the production of food. Eat Club have been an excellent addition to our youth programme, and we look forward to continuing to work with them in the future."

FINANCIAL REVIEW

Reserves policy

The Charity aims to hold between 3 and 6 months operating costs in unrestricted reserves, this is reviewed regularly.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document and Constitution

Eat Club CIO is governed by its Constitution.

Induction and training of new trustees

As a small charity there are no specified selection methods, but consideration is given to a balanced trustee board and to specific skill requirements when replacing or adding trustees.

EAT CLUB

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 AUGUST 2024**

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1179229

Principal address

Hackney Cooperative Development
62 Beechwood Road
London
E8 3DY

Trustees

P W Brown - (Chair)
T Tricks - (Clerk) (resigned 8.8.24)
D M Webb - (Deputy chair)
A Campbell - (Chair) (removed 8.8.24)
C Leung
C Chandler
M Magecha (appointed 7.11.24)

Independent Examiner

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Approved by order of the board of trustees on 12 April 2025 and signed on its behalf by:

Peter Brown

.....
P W Brown - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
EAT CLUB**

Independent examiner's report to the trustees of Eat Club

I report to the charity trustees on my examination of the accounts of Eat Club (the Trust) for the year ended 31 August 2024.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Alison Sanderson

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Date: 16/4/2025

EAT CLUB

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 AUGUST 2024

			Year Ended 31.8.24 Total funds £	Period 1.7.22 to 31.8.23 Total funds £
	Notes	Unrestricted fund £	Restricted funds £	
INCOME AND ENDOWMENTS FROM				
Donations and legacies		9,259	-	6,053
Charitable activities				
Charitable activities		108,376	-	50,953
Young Leaders Programme		-	9,978	10,000
Brighter Futures		-	-	10,000
Cripplegate		-	-	10,000
John Lyons		-	-	5,000
Camden Young Leaders Project		-	-	1,551
Peabody Funding		-	-	8,240
Addison Youth Funding Hammersmith		-	8,974	8,820
Tower Hamlets Community Chest funding		-	-	5,000
North Kensington Project		-	-	17,040
Community Resilance Fund		-	-	7,200
Lambeth & Southwark fund		-	-	4,000
CVC summer funding		-	3,000	2,296
Hackney Foodbank Community Fund		-	9,826	-
LHC Community Benefit Fund		-	5,000	-
Westminster Community Contribution Fund		-	8,868	-
The Mount Small Grants		-	3,000	-
Camden Giving - We Make Camden		-	1,986	-
London Youth NCS Project		-	3,751	-
Total		117,635	54,383	146,153
EXPENDITURE ON				
Charitable activities				
Charitable activities		59,084	79	31,480
Sherborne in the Community		-	3,200	5,000
Young Leaders Programme		-	1,324	9,943
Brighter Futures		-	4,546	12,655
Peabody		-	-	3,156
Cripplegate		-	6,411	4,628
John Lyons		-	833	4,167
Camden Young Leaders Project		-	-	3,041
Peabody Funding		-	6,592	5,226
Addison Youth Funding Hammersmith		-	5,293	9,188
Hackney CVS Grants		-	-	7,790
Build up fund for Nutrition training		-	-	1,300
Tower Hamlets Community Chest funding		-	1,999	3,000
North Kensington Project		-	-	17,040
Community Resilance Fund		-	-	7,200
Lambeth & Southwark fund		-	-	800
CVC summer funding		-	2,894	2,296
Hackney Foodbank Community Fund		-	173	-
LHC Community Benefit Fund		-	5,000	-

The notes on page 8 -16 form part of these financial statements

EAT CLUB

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 AUGUST 2024

			Year Ended 31.8.24 Total funds £	Period 1.7.22 to 31.8.23 Total funds £
	Notes	Unrestricted fund £	Restricted funds £	
Westminster Community Contribution Fund		-	1,817	-
London Youth NCS Project		-	3,416	-
Other		<u>50,589</u>	<u>155</u>	<u>31,686</u>
Total		<u>109,673</u>	<u>43,732</u>	<u>159,596</u>
NET INCOME/(EXPENDITURE)		7,962	10,651	(13,443)
RECONCILIATION OF FUNDS				
Total funds brought forward		<u>14,698</u>	<u>30,224</u>	<u>58,365</u>
TOTAL FUNDS CARRIED FORWARD		<u>22,660</u>	<u>40,875</u>	<u>44,922</u>

The notes on pages 8 -16 form part of these financial statements

EAT CLUB

BALANCE SHEET 31 AUGUST 2024

	Notes	Unrestricted fund £	Restricted funds £	2024 Total funds £	2023 Total funds £
CURRENT ASSETS					
Debtors	5	3,620	-	3,620	-
Cash at bank		<u>27,121</u>	<u>43,714</u>	<u>70,835</u>	<u>50,599</u>
		30,741	43,714	74,455	50,599
CREDITORS					
Amounts falling due within one year	6	(8,081)	(2,839)	(10,920)	(5,677)
NET CURRENT ASSETS		<u>22,660</u>	<u>40,875</u>	<u>63,535</u>	<u>44,922</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>22,660</u>	<u>40,875</u>	<u>63,535</u>	<u>44,922</u>
NET ASSETS		<u>22,660</u>	<u>40,875</u>	<u>63,535</u>	<u>44,922</u>
FUNDS	7				
Unrestricted funds				22,660	14,698
Restricted funds:					
Young Leaders programme				9,978	1,332
London Community Foundation				-	6,592
Addison Youth Club 2023-24 Funding				-	5,293
Brighter Futures 2023-24 (YEF)				-	4,546
Eat End Community Foundation - Tower				-	2,000
Hamlets Community Chest					
Cripplegate Foundation 22-23				-	1,428
Cripplegate Foundation 2023-24				-	5,000
John Lyons Charity - Brent Courses				-	833
Sherborne in the Community				-	3,200
Addison Youth 2024-25				8,974	-
Hackney Foodbank Community Fund				9,653	-
Westminster Community Contribution Fund				7,051	-
The Mount Small Grants				3,000	-
Camden Giving -We Make Camden				1,986	-
London Youth NCS Project				<u>233</u>	-
				<u>40,875</u>	<u>30,224</u>
TOTAL FUNDS				<u>63,535</u>	<u>44,922</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 12 April 2025 and were signed on its behalf by:

Peter Brown
.....
P W Brown - Trustee

The notes on pages 8- 16 form part of these financial statements

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities' (update bulletin 1 applying FRS 102) and the Charities Act 2011.

Eat Club CIO meets the definition of a public benefit entity under FRS 102.

The financial statements have been prepared in sterling, which is the functional currency of the entity.

Monetary amounts in these financial statements are rounded to the nearest pound.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due

Financial instruments

Cash and cash equivalents

Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

Debtors and creditors

Debtors and creditors receivable or payable within one year of the reporting date are carried at their transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2024

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 August 2024 nor for the period ended 31 August 2023.

Trustees' expenses

T Tricks was paid £760 for their duties as Clerk in the year to 31 August 2024 (£195 for 2023).

There were no other trustees' expenses paid for the year ended 31 August 2024 nor for the period ended 31 August 2023.

3. STAFF COSTS

	Year Ended 31.8.24 £	Period 1.7.22 to 31.8.23 £
Wages and salaries	61,797	67,647
Other pension costs	<u>1,299</u>	<u>3,473</u>
	<u><u>63,096</u></u>	<u><u>71,120</u></u>

The average monthly number of employees during the year was as follows:

	Year Ended 31.8.24	Period 1.7.22 to 31.8.23
Governance	1	1
Other	<u>2</u>	<u>3</u>
	<u><u>3</u></u>	<u><u>4</u></u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	6,053	-	6,053
Charitable activities			
Charitable activities	50,953	-	50,953
Young Leaders Programme	-	10,000	10,000
Brighter Futures	-	10,000	10,000
Cripplegate	-	10,000	10,000
John Lyons	-	5,000	5,000
Camden Young Leaders Project	-	1,551	1,551
Peabody Funding	-	8,240	8,240
Addison Youth Funding Hammersmith	-	8,820	8,820
Tower Hamlets Community Chest funding	-	5,000	5,000

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2024**

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
North Kensington Project	-	17,040	17,040
Community Resilance Fund	-	7,200	7,200
Lambeth & Southwark fund	-	4,000	4,000
CVC summer funding	-	2,296	2,296
Total	<u>57,006</u>	<u>89,147</u>	<u>146,153</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	31,480	-	31,480
Sherborne in the Community	-	5,000	5,000
Young Leaders Programme	-	9,943	9,943
Brighter Futures	-	12,655	12,655
Peabody	-	3,156	3,156
Cripplegate	-	4,628	4,628
John Lyons	-	4,167	4,167
Camden Young Leaders Project	-	3,041	3,041
Peabody Funding	-	5,226	5,226
Addison Youth Funding Hammersmith	-	9,188	9,188
Hackney CVS Grants	-	7,790	7,790
Build up fund for Nutrition training	-	1,300	1,300
Tower Hamlets Community Chest funding	-	3,000	3,000
North Kensington Project	-	17,040	17,040
Community Resilance Fund	-	7,200	7,200
Lambeth & Southwark fund	-	800	800
CVC summer funding	-	2,296	2,296
Other	<u>31,610</u>	<u>76</u>	<u>31,686</u>
Total	<u>63,090</u>	<u>96,506</u>	<u>159,596</u>
NET INCOME/(EXPENDITURE)	(6,084)	(7,359)	(13,443)
RECONCILIATION OF FUNDS			
Total funds brought forward	20,782	37,583	58,365
TOTAL FUNDS CARRIED FORWARD	<u>14,698</u>	<u>30,224</u>	<u>44,922</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2024**

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade debtors	<u>3,620</u>	<u>-</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Trade creditors	7,734	4,813
Taxation and social security	2,322	-
Other creditors	<u>864</u>	<u>864</u>
	<u>10,920</u>	<u>5,677</u>

7. MOVEMENT IN FUNDS

	At 1.9.23	Net movement in funds	At 31.8.24
	£	£	£
Unrestricted funds			
General fund	14,698	7,962	22,660
Restricted funds			
Young Leaders programme	1,332	8,646	9,978
London Community Foundation	6,592	(6,592)	-
Addison Youth Club 2023-24 Funding	5,293	(5,293)	-
Brighter Futures 2023-24 (YEF)	4,546	(4,546)	-
Eat End Community Foundation - Tower			
Hamlets Community Chest	2,000	(2,000)	-
Cripplegate Foundation 22-23	1,428	(1,428)	-
Cripplegate Foundation 2023-24	5,000	(5,000)	-
John Lyons Charity - Brent Courses	833	(833)	-
Sherborne in the Community	3,200	(3,200)	-
Addison Youth 2024-25	-	8,974	8,974
Hackney Foodbank Community Fund	-	9,653	9,653
Westminster Community Contribution			
Fund	-	7,051	7,051
The Mount Small Grants	-	3,000	3,000
Camden Giving - We Make Camden	-	1,986	1,986
London Youth NCS Project	<u>-</u>	<u>233</u>	<u>233</u>
	<u>30,224</u>	<u>10,651</u>	<u>40,875</u>
TOTAL FUNDS	<u>44,922</u>	<u>18,613</u>	<u>63,535</u>

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2024

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	117,635	(109,673)	7,962
Restricted funds			
Young Leaders programme	9,978	(1,332)	8,646
London Community Foundation	-	(6,592)	(6,592)
Addison Youth Club 2023-24 Funding	-	(5,293)	(5,293)
Brighter Futures 2023-24 (YEF)	-	(4,546)	(4,546)
Eat End Community Foundation - Tower			
Hamlets Community Chest	-	(2,000)	(2,000)
Cripplegate Foundation 22-23	-	(1,428)	(1,428)
Cripplegate Foundation 2023-24	-	(5,000)	(5,000)
John Lyons Charity - Brent Courses	-	(833)	(833)
Sherborne in the Community	-	(3,200)	(3,200)
Addison Youth 2024-25	8,974	-	8,974
Hackney Foodbank Community Fund	9,826	(173)	9,653
LHC Community Benefit Fund	5,000	(5,000)	-
Mary's Young chefs - London Youth CVC	3,000	(3,000)	-
Westminster Community Contribution			
Fund	8,868	(1,817)	7,051
The Mount Small Grants	3,000	-	3,000
Camden Giving -We Make Camden	1,986	-	1,986
London Youth NCS Project	3,751	(3,518)	233
	<u>54,383</u>	<u>(43,732)</u>	<u>10,651</u>
TOTAL FUNDS	<u>172,018</u>	<u>(153,405)</u>	<u>18,613</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 AUGUST 2024**

7. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.7.22 £	Net movement in funds £	At 31.8.23 £
Unrestricted funds			
General fund	20,782	(6,084)	14,698
Restricted funds			
Cripplegate	1,056	(1,056)	-
Sherbourne in the Community	5,000	(5,000)	-
Brighter Futures	7,201	(7,201)	-
Young Leaders programme	1,311	21	1,332
Camden Giving	1,490	(1,490)	-
London Community Foundation	6,776	(184)	6,592
Addison Youth Club	5,659	(5,659)	-
Hackney Council	7,790	(7,790)	-
Young Camden Foundation	1,300	(1,300)	-
Addison Youth Club 2023-24 Funding	-	5,293	5,293
Brighter Futures 2023-24 (YEF)	-	4,546	4,546
Eat End Community Foundation - Tower	-	2,000	2,000
Hamlets Community Chest	-	1,428	1,428
Cripplegate Foundation 22-23	-	5,000	5,000
Cripplegate Foundation 2023-24	-	833	833
John Lyons Charity - Brent Courses	-	3,200	3,200
Sherborne in the Community	-		
	<u>37,583</u>	<u>(7,359)</u>	<u>30,224</u>
TOTAL FUNDS	<u>58,365</u>	<u>(13,443)</u>	<u>44,922</u>

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2024

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	57,006	(63,090)	(6,084)
Restricted funds			
Cripplegate	-	(1,056)	(1,056)
Sherbourne in the Community	-	(5,000)	(5,000)
Brighter Futures	-	(7,201)	(7,201)
Young Leaders programme	10,000	(9,979)	21
Camden Giving	-	(1,490)	(1,490)
London Community Foundation	8,240	(8,424)	(184)
Addison Youth Club	-	(5,659)	(5,659)
Hackney Council	-	(7,790)	(7,790)
Young Camden Foundation	-	(1,300)	(1,300)
Addison Youth Club 2023-24 Funding	8,820	(3,527)	5,293
Brighter Futures 2023-24 (YEF)	10,000	(5,454)	4,546
Camden Council - Community Resilience Fund	7,200	(7,200)	-
Camden Giving - Camden Young Leader's Project	1,551	(1,551)	-
Eat End Community Foundation - Tower Hamlets Community Chest	5,000	(3,000)	2,000
Grove Trust	17,040	(17,040)	-
Cripplegate Foundation 22-23	5,000	(3,572)	1,428
Cripplegate Foundation 2023-24	5,000	-	5,000
John Lyons Charity - Brent Courses	5,000	(4,167)	833
Sherborne in the Community	4,000	(800)	3,200
MARCO Alidoro, Mary's Youth Club	2,296	(2,296)	-
	<u>89,147</u>	<u>(96,506)</u>	<u>(7,359)</u>
TOTAL FUNDS	<u>146,153</u>	<u>(159,596)</u>	<u>(13,443)</u>

We have continued with session delivery in most of the London boroughs in which we operate thanks to successful fundraising from a mix of national, regional and local trusts and foundations. We currently have about 25 active partnerships, delivering on average 15 sessions per week in each given academic term.

Addison Youth Club - Addison Youth funding 2023-24

The funding received is for running ten 6-week courses with current partners in Hammersmith & Fulham across the year for which funding is awarded. These courses aim to develop the relationship young people have with food and each other, resulting in their increased physical, mental, and social wellbeing.

Cripplegate Foundation - Islington Community Chest funding (2023-24)

This funding enables Eat Club to continue its impactful work in Islington where we have been building fruitful relationships with partner organisations since 2016. If awarded this funding we would be able to run 5 courses consisting of 6 sessions per course with some of our current partners: Soapbox, Copenhagen Youth Project, Rose Bowl, Hugh Cubitt, Islington Play Association, and Mary's Youth Club.

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2024

7. MOVEMENT IN FUNDS - continued

LHC Community Benefit Fund

Fully Delivered

The funding received is for running eight 6-week courses with current partners in Hammersmith & Fulham across the year for which funding is awarded. These courses aim to develop the relationship young people have with food and each other, resulting in their increased physical, mental, and social wellbeing.

Addison Youth Club - Addison Youth funding 2024-25

some to be completed in 2024-25 accounting year

This funding will allow Eat Club to continue its impactful work in the borough with our local partners and we would be keen for the opportunity to initiate new partnerships in the area with organisations who have highlighted a growing demand for food and skills-related services. If awarded this funding we would run 8 courses consisting of 6-sessions each over the next year, directly benefitting around 85 young people in the borough. We will start delivering sessions from April 2024.

Hackney Foodbank Community Fund

Money received for 2 years

This series of Eat Club courses in Hackney is designed to develop the relationship young people have with food, themselves, and each other resulting in increased physical, mental, and social wellbeing. The project will achieve these overall aims by running 5 courses across the borough over 12 months with our Hackney-based partners. Each course will see a group of up to 12 young people gathering once a week for two hours to cook and eat together.

Westminster Community Contribution Fund

Each 6-week Eat Club course will see a group of up to 12 young people gathering once a week in the kitchen of our partner organisations for two hours to cook and eat together. This funding will enable Eat Club to run 8 courses across Westminster over 12 months.

Mary's Young Chefs - London Youth CVC grants

Fully Delivered. Some funding to be received in current financial year

Eat Club has collaborated with Mary's Youth Club to enable some of Islington's most underprivileged young people to acquire personal and professional development skills. 12 young people participated in a series of workshops across 6 days in August 2024. They engaged in 3 days of Eat Club workshops that developed their cooking skills and built their confidence, followed by participation in 2 days of industry training in the kitchens of some of London's top eateries.

The Mount Small Grants

This series of Eat Club courses is designed to develop the relationship young people have with food, themselves, and each other resulting in increased physical, mental, and social wellbeing. Preparing and eating a meal together, as a group, and sharing their stories over food reconnect the young people with vital aspects of social life, radically improving their self-esteem and confidence. The funding will enable Eat Club to deliver 3 6-week courses.

We Make Camden fund

This funding is for the delivery of 2 courses of 6-sessions each, in which our professionally trained chefs will empower disadvantaged youth by imparting essential culinary skills and knowledge for a healthy, independent life.

NCS course

This funding was for the delivery of an NCS project through London Youth. The 9-months long project saw 16 and 17 year olds build essential skills for work and life, making sure they can get ahead and are prepared for whatever the future holds.

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31 AUGUST 2024

7. MOVEMENT IN FUNDS - continued

CVC London Youth

12 young people participated in a series of cooking workshops across 5 days in Summer 2024. They engaged in 3 days of Eat Club sessions that develop their cooking skills and build their confidence, followed by participation in one day of industry training, providing them with meaningful work experience. They hosted a celebration meal on the final day to invited guests, and worked to achieve a food and hygiene level 2 accreditation.

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 August 2024.

EAT CLUB

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 AUGUST 2024**

	Year Ended 31.8.24	Period 1.7.22 to 31.8.23
INCOME AND ENDOWMENTS		
	£	£
Donations and legacies		
Donations	9,259	6,053
Charitable activities		
Fees	<u>162,759</u>	<u>140,100</u>
Total incoming resources	172,018	146,153
EXPENDITURE		
Charitable activities		
Wages	17,379	43,505
Teacher fees	51,803	51,374
Direct cost purchases	21,689	18,366
Advertising and marketing	5,353	5,332
Consultancy	2,182	4,610
Computer and IT	699	475
Staff training	-	2,035
Other	<u>1,821</u>	<u>687</u>
	100,926	126,384
Other		
Wages	44,418	24,142
Pensions	1,299	3,473
Staff training	1,331	973
Entertainment	1,106	1,056
Subsistence	1,646	972
Computer, IT admin and phone	122	94
Rent	130	-
Other administration costs	<u>692</u>	<u>976</u>
	50,744	31,686
Support costs		
Governance costs		
Insurance	556	350
Accountancy and legal fees	<u>1,179</u>	<u>1,176</u>
	1,735	1,526
Total resources expended	<u>153,405</u>	<u>159,596</u>
Net income/(expenditure)	<u>18,613</u>	<u>(13,443)</u>

This page does not form part of the statutory financial statements

EAT CLUB

England & Wales - Charity number 1179229

Accounts

**REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023
FOR
EAT CLUB**



Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

EAT CLUB

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023**

	Page
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5 to 6
Balance Sheet	7
Notes to the Financial Statements	8 to 16
Detailed Statement of Financial Activities	17 to 18

EAT CLUB
REPORT OF THE TRUSTEES
FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

The trustees present their report with the financial statements of the charity for the period 1 July 2022 to 31 August 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

1. To improve and protect the health of young people and those people with poorer life chances, particularly, but not exclusively, by promoting healthy eating and an improved understanding of good nutrition.
2. The advancement of education of young people in cooking skills, food preparation and healthy eating.

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Significant activities

Eat Club is a London-based charity founded in 2014. Our vision is a future where every young Londoner is empowered with the skills and knowledge to lead a healthy and fulfilling life, achieved through nourishment of both mind and body. Our mission is to tackle the stark inequalities around food, well-being, and employment and development opportunities experienced by young Londoners. Through the art of cooking and the joy of eating together, we empower disadvantaged youth towards independence. Our session leaders coach groups of young people (aged 11-24) through a programme in the fundamentals of cooking; sharing with them the knowledge and practical skills necessary to develop healthy lifestyle habits in the face of current food and health inequality. Eat Club is more than an activity, we leverage the expertise of trained chefs to enhance health, combat isolation, and boost employability. By collaborating with youth organisations, we tailor bespoke programmes to meet the unique needs of young people and their communities.

Eat Club also runs a parallel Young Leaders Programme that involves a mix of tailored mentoring support to develop confidence and leadership skills in conjunction with Eat Club-centred coaching, involvement in youth forums and invitations to Eat Club board meetings. This youth-led decision-making mechanism integrates and amplifies the voices of young people within our organisation and ensures that the charity moves in directions that are useful to the young people we aim to support.

Public benefit

The Trustees confirm they have given regard to the guidance on public benefit.

EAT CLUB

REPORT OF THE TRUSTEES FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

OBJECTIVES AND ACTIVITIES

Main Achievements

Eat Club has been delivering high-impact food and cooking courses with young people from across London since 2014. On average we run 70 courses, across 10 boroughs, engaging over 800 participants per year. We couldn't have achieved this success without a strong network of partners who highly value our work. We currently have active partnerships with 39 organisations who are increasingly willing to pay for our services in the absence of funding. We value the perception of our partners as they are the hubs of youth work in London, confirming the high impact that our courses have on the young people they work with.

Due to our holistic approach to wellbeing and youth employability, the fruits of each project will last well beyond its official end. Through our robust monitoring and evaluation, we find that participants in Eat Club courses;

- Increase their confidence and self-esteem through the learning and practice of new skills
- Experience increased enjoyment in the preparation and consumption of healthy food
- Understand the links between food consumption and physical and mental health
- Decrease feelings of social isolation through communal cooking and eating
- Gain industry-standard culinary knowledge, skills, and experience
- Develop their transferable skills (e.g. time management, team work, organisation, creativity)
- Be exposed to exciting career possibilities within the food industry
- These outcomes are linked to more than just the training opportunity but seek to improve and sustain their long-term physical, mental, and social wellbeing

We are proud of our Young Leaders Programme, initiated in 2021. This programme brings the voice of young people to the centre of the organisation's work, asks them how they see their own development and makes sure that Eat Club stays responsive to their needs and the needs of the young Londoners we work with.

Here is a quote received from one of our partners, the Baytree Centre:

"Cookery sessions have always been the most popular at the Baytree Centre, with Eat Club delivering weekly sessions we have been able to offer this great opportunity to more girls.

During the sessions girls not only learn different recipes but they get to experience how to plan a menu (starter, main dish, and dessert), how to incorporate healthy ingredients and vegetables to recipes, and a variety of cooking techniques.

All of our girls attending the sessions have expressed their love and interest for cooking has increased, and most of them have cooked some of the recipes at home, bringing their families the warmth of a meal prepared with care and love."

FINANCIAL REVIEW

Reserves policy

The Charity aims to hold between 3 and 6 months operating costs in unrestricted reserves, this is reviewed regularly.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document and Constitution

Eat Club CIO is governed by its Constitution.

Induction and training of new trustees

As a small charity there are no specified selection methods, but consideration is given to a balanced trustee board and to specific skill requirements when replacing or adding trustees.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1179229

EAT CLUB

**REPORT OF THE TRUSTEES
FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023**

Principal address

Hackney Cooperative Development
62 Beechwood Road
London
E8 3DY

Trustees

P W Brown - (Interim Chair)
T Tricks - (Clerk)
M Caraher (resigned 1.2.23)
D M Webb - (Deputy chair)
A Campbell - (Chair)
J Chong (resigned 31.5.23)
C Leung (appointed 14.8.23)
C Chandler (appointed 14.8.23)

Independent Examiner

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Approved by order of the board of trustees on 19 April 2024 and signed on its behalf by:

Peter F. Brown

P W Brown - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
EAT CLUB**

Independent examiner's report to the trustees of Eat Club

I report to the charity trustees on my examination of the accounts of Eat Club (the Trust) for the period 1 July 2022 to 31 August 2023.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Alison Sanderson

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

19 April 2024

EAT CLUB

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

			Period 1.7.22 to 31.8.23	Year Ended 30.6.22
	Notes	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM				
Donations and legacies		6,053	-	6,053
Charitable activities				
Charitable activities		50,953	-	50,953
Sherborne in the Community		-	-	-
Young Leaders Programme		-	10,000	10,000
The Harrow Club (K&C Foundation)		-	-	-
Hackney Quest		-	-	-
Brighter Futures		-	10,000	10,000
Cripplegate		-	10,000	10,000
Young Grantmakers		-	-	-
John Lyons		-	5,000	5,000
Camden Young Leaders Project		-	1,551	1,551
Peabody Funding		-	8,240	8,240
Addison Youth Funding Hammersmith		-	8,820	8,820
Hackney CVS Grants		-	-	-
Build up fund for Nutrition training		-	-	-
Tower Hamlets Community Chest funding		-	5,000	5,000
North Kensington Project		-	17,040	17,040
Community Resilance Fund		-	7,200	7,200
Lambeth & Southwark fund		-	4,000	4,000
CVC summer funding		-	2,296	2,296
Total		57,006	89,147	146,153
EXPENDITURE ON				
Charitable activities				
Charitable activities		31,480	-	31,480
Sherborne in the Community		-	5,000	5,000
Young Leaders Programme		-	9,943	9,943
Magic Little Grants		-	-	-
The Harrow Club (K&C Foundation)		-	-	-
Cripplegate (Soapbox)		-	-	-
Hackney Quest		-	-	-
Brighter Futures		-	12,655	12,655
Peabody		-	3,156	3,156
Cripplegate		-	4,628	4,628
Young Grantmakers		-	-	-
John Lyons		-	4,167	4,167
Camden Young Leaders Project		-	3,041	3,041
Peabody Funding		-	5,226	5,226
Addison Youth Funding Hammersmith		-	9,188	9,188
Hackney CVS Grants		-	7,790	7,790
Build up fund for Nutrition training		-	1,300	1,300
Tower Hamlets Community Chest funding		-	3,000	3,000
North Kensington Project		-	17,040	17,040

The notes form part of these financial statements

EAT CLUB

STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

				Period 1.7.22 to 31.8.23 Total funds £	Year Ended 30.6.22 Total funds £
	Notes	Unrestricted fund £	Restricted funds £		
Community Resilance Fund		-	7,200	7,200	-
Lambeth & Southwark fund		-	800	800	-
CVC summer funding		-	2,296	2,296	-
Other		<u>31,610</u>	<u>76</u>	<u>31,686</u>	<u>10,419</u>
Total		<u>63,090</u>	<u>96,506</u>	<u>159,596</u>	<u>70,097</u>
NET INCOME/(EXPENDITURE)		(6,084)	(7,359)	(13,443)	11,501
RECONCILIATION OF FUNDS					
Total funds brought forward		20,782	37,583	58,365	46,864
TOTAL FUNDS CARRIED FORWARD		<u>14,698</u>	<u>30,224</u>	<u>44,922</u>	<u>58,365</u>

The notes form part of these financial statements

EAT CLUB

BALANCE SHEET 31 AUGUST 2023

	Notes	Unrestricted fund £	Restricted funds £	2023 Total funds £	2022 Total funds £
CURRENT ASSETS					
Cash at bank		19,637	30,962	50,599	60,712
CREDITORS					
Amounts falling due within one year	5	(4,939)	(738)	(5,677)	(2,347)
NET CURRENT ASSETS		<u>14,698</u>	<u>30,224</u>	<u>44,922</u>	<u>58,365</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>14,698</u>	<u>30,224</u>	<u>44,922</u>	<u>58,365</u>
NET ASSETS		<u>14,698</u>	<u>30,224</u>	<u>44,922</u>	<u>58,365</u>
FUNDS	6				
Unrestricted funds				14,698	20,782
Restricted funds:					
Cripplegate				-	1,056
Sherbourne in the Community				-	5,000
Brighter Futures				-	7,201
Young Leaders programme				1,332	1,311
Camden Giving				-	1,490
London Community Foundation				6,592	6,776
Addison Youth Club				-	5,659
Hackney Council				-	7,790
Young Camden Foundation				-	1,300
Addison Youth Club 2023-24 Funding				5,293	-
Brighter Futures 2023-24 (YEF)				4,546	-
Eat End Community Foundation - Tower				2,000	-
Hamlets Community Chest					
Cripplegate Foundation 22-23				1,428	-
Cripplegate Foundation 2023-24				5,000	-
John Lyons Charity - Brent Courses				833	-
Sherborne in the Community				<u>3,200</u>	-
				<u>30,224</u>	<u>37,583</u>
TOTAL FUNDS				<u>44,922</u>	<u>58,365</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 19 April 2024 and were signed on its behalf by:

Peter Fisher Brown

P W Brown - Trustee

The notes form part of these financial statements

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities' (update bulletin 1 applying FRS 102) and the Charities Act 2011.

Eat Club CIO meets the definition of a public benefit entity under FRS 102.

The financial statements have been prepared in sterling, which is the functional currency of the entity.

Monetary amounts in these financial statements are rounded to the nearest pound.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due

Financial instruments

Cash and cash equivalents

Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

Debtors and creditors

Debtors and creditors receivable or payable within one year of the reporting date are carried at their transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the period ended 31 August 2023 nor for the year ended 30 June 2022.

Trustees' expenses

T Tricks was paid £195 for their duties as Clerk in the period to 31 August 2023 (Nil for 2022).

There were no other trustees' expenses paid for the period ended 31 August 2023 nor for the year ended 30 June 2022.

3. STAFF COSTS

	Period 1.7.22 to 31.8.23 £	Year Ended 30.6.22 £
Wages and salaries	56,475	26,422
Social security costs	11,172	3,331
Other pension costs	<u>3,473</u>	<u>781</u>
	<u><u>71,120</u></u>	<u><u>30,534</u></u>

The average monthly number of employees during the period was as follows:

	Period 1.7.22 to 31.8.23	Year Ended 30.6.22
Governance	1	1
Other	<u>3</u>	<u>2</u>
	<u><u>4</u></u>	<u><u>3</u></u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	7,657	3,713	11,370
Charitable activities			
Charitable activities	10,714	-	10,714
Sherborne in the Community	-	5,000	5,000
The Harrow Club (K&C Foundation)	-	2,400	2,400
Hackney Quest	-	2,840	2,840
Brighter Futures	-	8,400	8,400
Young Grantmakers	-	8,490	8,490
John Lyons	-	1,440	1,440
Camden Young Leaders Project	-	6,204	6,204

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023**

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
Peabody Funding	-	8,240	8,240
Addison Youth Funding Hammersmith	-	7,410	7,410
Hackney CVS Grants	-	7,790	7,790
Build up fund for Nutrition training	-	1,300	1,300
Total	<u>18,371</u>	<u>63,227</u>	<u>81,598</u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	10,541	-	10,541
Sherborne in the Community	-	4,396	4,396
Young Leaders Programme	-	11,173	11,173
Magic Little Grants	-	500	500
The Harrow Club (K&C Foundation)	-	2,400	2,400
Cripplegate (Soapbox)	-	5,000	5,000
Hackney Quest	-	2,840	2,840
Brighter Futures	-	6,199	6,199
Young Grantmakers	-	7,431	7,431
John Lyons	-	1,440	1,440
Camden Young Leaders Project	-	4,545	4,545
Peabody Funding	-	1,463	1,463
Addison Youth Funding Hammersmith	-	1,750	1,750
Other	<u>9,760</u>	<u>659</u>	<u>10,419</u>
Total	<u>20,301</u>	<u>49,796</u>	<u>70,097</u>
NET INCOME/(EXPENDITURE)	(1,930)	13,431	11,501
Transfers between funds	<u>(5,000)</u>	<u>5,000</u>	<u>-</u>
Net movement in funds	(6,930)	18,431	11,501
RECONCILIATION OF FUNDS			
Total funds brought forward	<u>27,712</u>	<u>19,152</u>	<u>46,864</u>
TOTAL FUNDS CARRIED FORWARD	<u>20,782</u>	<u>37,583</u>	<u>58,365</u>

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	4,813	1,483
Other creditors	<u>864</u>	<u>864</u>
	<u>5,677</u>	<u>2,347</u>

6. MOVEMENT IN FUNDS

	At 1.7.22	Net movement in funds	At 31.8.23
	£	£	£
Unrestricted funds			
General fund	20,782	(6,084)	14,698
Restricted funds			
Cripplegate	1,056	(1,056)	-
Sherbourne in the Community	5,000	(5,000)	-
Brighter Futures	7,201	(7,201)	-
Young Leaders programme	1,311	21	1,332
Camden Giving	1,490	(1,490)	-
London Community Foundation	6,776	(184)	6,592
Addison Youth Club	5,659	(5,659)	-
Hackney Council	7,790	(7,790)	-
Young Camden Foundation	1,300	(1,300)	-
Addison Youth Club 2023-24 Funding	-	5,293	5,293
Brighter Futures 2023-24 (YEF)	-	4,546	4,546
Eat End Community Foundation - Tower			
Hamlets Community Chest	-	2,000	2,000
Cripplegate Foundation 22-23	-	1,428	1,428
Cripplegate Foundation 2023-24	-	5,000	5,000
John Lyons Charity - Brent Courses	-	833	833
Sherborne in the Community	<u>-</u>	<u>3,200</u>	<u>3,200</u>
	<u>37,583</u>	<u>(7,359)</u>	<u>30,224</u>
TOTAL FUNDS	<u>58,365</u>	<u>(13,443)</u>	<u>44,922</u>

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

6. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	57,006	(63,090)	(6,084)
Restricted funds			
Cripplegate	-	(1,056)	(1,056)
Sherbourne in the Community	-	(5,000)	(5,000)
Brighter Futures	-	(7,201)	(7,201)
Young Leaders programme	10,000	(9,979)	21
Camden Giving	-	(1,490)	(1,490)
London Community Foundation	8,240	(8,424)	(184)
Addison Youth Club	-	(5,659)	(5,659)
Hackney Council	-	(7,790)	(7,790)
Young Camden Foundation	-	(1,300)	(1,300)
Addison Youth Club 2023-24 Funding	8,820	(3,527)	5,293
Brighter Futures 2023-24 (YEF)	10,000	(5,454)	4,546
Camden Council - Community Resilience Fund	7,200	(7,200)	-
Camden Giving - Camden Young Leader's Project	1,551	(1,551)	-
Eat End Community Foundation - Tower Hamlets Community Chest	5,000	(3,000)	2,000
Grove Trust	17,040	(17,040)	-
Cripplegate Foundation 22-23	5,000	(3,572)	1,428
Cripplegate Foundation 2023-24	5,000	-	5,000
John Lyons Charity - Brent Courses	5,000	(4,167)	833
Sherborne in the Community	4,000	(800)	3,200
MARCO Alidoro, Mary's Youth Club	2,296	(2,296)	-
	<u>89,147</u>	<u>(96,506)</u>	<u>(7,359)</u>
TOTAL FUNDS	<u>146,153</u>	<u>(159,596)</u>	<u>(13,443)</u>

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.7.21 £	Net movement in funds £	Transfers between funds £	At 30.6.22 £
Unrestricted funds				
General fund	27,712	(1,930)	(5,000)	20,782
Restricted funds				
Cripplegate	-	1,056	-	1,056
Sherbourne in the Community	4,396	604	-	5,000
Brighter Futures	5,000	2,201	-	7,201
Cripplegate (Soapbox)	-	(5,000)	5,000	-
Young Leaders programme	9,256	(7,945)	-	1,311
Magic Little Grants	500	(500)	-	-
Camden Giving	-	1,490	-	1,490
London Community Foundation	-	6,776	-	6,776
Addision Youth Club	-	5,659	-	5,659
Hackney Council	-	7,790	-	7,790
Young Camden Foundation	-	1,300	-	1,300
	<u>19,152</u>	<u>13,431</u>	<u>5,000</u>	<u>37,583</u>
TOTAL FUNDS	<u>46,864</u>	<u>11,501</u>	<u>-</u>	<u>58,365</u>

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

6. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	18,371	(20,301)	(1,930)
Restricted funds			
Cripplegate	8,490	(7,434)	1,056
Sherbourne in the Community	5,000	(4,396)	604
Brighter Futures	8,400	(6,199)	2,201
Hackney Quest	2,840	(2,840)	-
Cripplegate (Soapbox)	-	(5,000)	(5,000)
The Harrow Club (K&C Foundation)	2,400	(2,400)	-
Young Leaders programme	3,713	(11,658)	(7,945)
Magic Little Grants	-	(500)	(500)
John Lyons Charity	1,440	(1,440)	-
Camden Giving	6,204	(4,714)	1,490
London Community Foundation	8,240	(1,464)	6,776
Addision Youth Club	7,410	(1,751)	5,659
Hackney Council	7,790	-	7,790
Young Camden Foundation	1,300	-	1,300
	<u>63,227</u>	<u>(49,796)</u>	<u>13,431</u>
TOTAL FUNDS	<u>81,598</u>	<u>(70,097)</u>	<u>11,501</u>

We have continued with session delivery in most of the London boroughs in which we operate thanks to successful fundraising from a mix of national, regional and local trusts and foundations. We currently have about 25 active partnerships, delivering on average 15 sessions per week in each given academic term.

Cripplegate Foundation - Cripplegate - Islington Community Chest

This funding enabled Eat Club to continue its impactful work in Islington where we have been building fruitful relationships with partner organisations since 2016. It enabled us to run 7 courses consisting of 6 sessions per course with some of our current partners: Urban Hope, Copenhagen Youth Project, Rose Bowl and Mary's Youth Club. We have just finished a successful year-long series of courses with these partners and have been asked to continue this work.

Marco Alidoro, London Youth - First payment for CVC summer funding

Eat Club has collaborated with Mary's Youth Club to enable some of Islington's most underprivileged young people to acquire personal and professional development skills. 12 young people participated in a series of workshops across 6 days in August 2022. They engaged in 3 days of Eat Club workshops that developed their cooking skills and built their confidence, followed by participation in 2 days of industry training in the kitchens of some of Islington's top eateries. The young people consolidated their learning by catering for Mary's Live Link Film Festival, providing them with tangible and meaningful work experience.

Camden Council - Community Resilience fund

This grant would enable us to; (1) allocate more organisational time to partnership building and networking in Camden; (2) expand our services to reach overstretched youth organisations in west and north Camden where we observe an acute need for outreach services such as ours but where we do not yet have a presence; (3) expand the offerings of the organisations we intend to partner with.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

6. MOVEMENT IN FUNDS - continued

John Lyons Charity - Brent courses - John Lyons funding

This funding enabled Eat Club to run 6 courses across the year (November 2022 - October 2023) with three new partners in Brent (two courses with each). Each course ran for 6 weeks and sees up to 15 young people (ages 11-24) gathering once a week for two hours to cook and share a meal together. These sessions are designed to use food as an engaging and powerful medium to improve health and wellbeing, combat social isolation and enable young people's independence.

East End Community Foundation - Tower Hamlets Community Chest funding

This funding enabled Eat Club to run 5, 6-week courses with our current partner, the Sporting Foundation (in the Limehouse Youth Centre) and Newark Youth Trust at the Haileybury Youth Centre and forge a new partnership with The Bromley by Bow Centre, whom we have not worked with yet but have shown an interest in our work. These courses directly benefited over 60 young people from the borough.

Grove Trust

This funding was to deliver 4 sessions per week with 4 Kensington and Chelsea partners, to cook together with the young people food that will create up to 45 meals per session, to support participants with food poverty as a result of the cost-of-living crisis.

Young Westminster Foundation - Brighter Futures fund 2023-24

This funding will enable us to run 11 courses across the borough over 12 months with our Westminster based partners. Each course will see a group of up to 12 young people gathering once a week for two hours to cook and eat together. The sessions will be delivered by a highly trained Eat Club session leader in the kitchen of the partner organisation.

Addison Youth Club - Addison Youth funding 2023-24

The funding received is for running ten 6-week courses with current partners in Hammersmith & Fulham across the year for which funding is awarded. These courses aim to develop the relationship young people have with food and each other, resulting in their increased physical, mental, and social wellbeing.

Sherborne in the Community - SITC funding for Lambeth & Southwark sessions

This funding is to deliver 6 courses with these new partners across Lambeth and Southwark in 2023 engaging around 70 young people.

Each course will consist of 6 sessions, seeing up to 12 young people gathering once a week in the kitchens of the partner organisations for two hours to cook and eat together. The sessions will be designed and delivered by a highly trained Eat Club session leader and supported by a Life Skills practitioner/youth worker from the partner organisations.

Cripplegate Foundation - Islington Community Chest funding (2023-24)

This funding enables Eat Club to continue its impactful work in Islington where we have been building fruitful relationships with partner organisations since 2016. If awarded this funding we would be able to run 5 courses consisting of 6 sessions per course with some of our current partners: Soapbox, Copenhagen Youth Project, Rose Bowl, Hugh Cubitt, Islington Play Association, and Mary's Youth Club.

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023**

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the period ended 31 August 2023.

EAT CLUB

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

	Period 1.7.22 to ded 31.8.23 £	Year En 30.6.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	6,053	11,370
Charitable activities		
Fees	<u>140,100</u>	<u>70,228</u>
Total incoming resources	146,153	81,598
EXPENDITURE		
Charitable activities		
Wages	39,331	19,256
Social security	4,174	1,543
Pensions	-	647
Teacher fees	51,374	23,274
Direct cost purchases	18,366	8,096
Advertising and marketing	5,332	1,426
Consultancy	4,610	1,894
Computer and IT	475	245
Staff training	2,035	-
Other	<u>687</u>	<u>1,919</u>
	126,384	58,300
Other		
Wages	17,144	7,166
Social security	6,998	1,788
Pensions	3,473	134
Staff training	973	475
Entertainment	1,056	43
Subsistence	972	229
Computer, IT admin and phone	94	40
Rent	-	220
Other administration costs	<u>976</u>	<u>324</u>
	31,686	10,419
Support costs		
Governance costs		
Insurance	350	202
Carried forward	350	202

This page does not form part of the statutory financial statements

EAT CLUB

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE PERIOD 1 JULY 2022 TO 31 AUGUST 2023

	Period 1.7.22 to 31.8.23 £	Year En 30.6.22 £
Governance costs		
Brought forward	350	202
Accountancy and legal fees	<u>1,176</u>	<u>1,176</u>
	<u>1,526</u>	<u>1,378</u>
Total resources expended	<u>159,596</u>	<u>70,097</u>
Net (expenditure)/income	<u>(13,443)</u>	<u>11,501</u>

This page does not form part of the statutory financial statements

EAT CLUB

England & Wales - Charity number 1179229

Accounts

REGISTERED CHARITY NUMBER: 1179229

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2022
FOR
EAT CLUB



Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

EAT CLUB
CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2022

	Page
Report of the Trustees	1 to 3
Independent Examiner's Report	4
Statement of Financial Activities	5 to 6
Balance Sheet	7
Notes to the Financial Statements	8 to 15
Detailed Statement of Financial Activities	16 to 17

EAT CLUB
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 JUNE 2022

The trustees present their report with the financial statements of the charity for the year ended 30 June 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

1. To improve and protect the health of young people and those people with poorer life chances, particularly, but not exclusively, by promoting healthy eating and an improved understanding of good nutrition.
2. The advancement of education of young people in cooking skills, food preparation and healthy eating.

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Significant activities

Eat Club is a London-based charity engaging with disadvantaged young people through the art of cooking and the enjoyment of eating - together. Our bespoke courses develop the relationship young people have with food and each other and enable them to gain key life skills, heighten their wellbeing, combat social isolation, and widen their employability prospects. Our delivery model is to go where young people already are, meaning we do not have our own premises and always undertake our work in partnership; we collaborate with youth projects, community centres, homelessness charities and schools.

Eat Club also runs a parallel Young Leaders Programme that involves a mix of tailored mentoring support to develop confidence and leadership skills in conjunction with Eat Club-centred coaching, involvement in youth forums and invitations to Eat Club board meetings. This youth-led decision-making mechanism integrates and amplifies the voices of young people within our organisation and ensures that the charity moves in directions that are useful to the young people we aim to support.

Public benefit

The Trustees confirm they have given regard to the guidance on public benefit.

EAT CLUB
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 JUNE 2022

OBJECTIVES AND ACTIVITIES

Main Achievements

Over the past year, Eat Club has delivered over 300 sessions working in 9 London boroughs: Hammersmith & Fulham, Kensington & Chelsea, Westminster, Hackney, Islington, Camden, Southwark and Tower Hamlets. We have current active partnerships with over 20 youth organisations engaging with over 100 young people per week.

Due to our holistic approach to wellbeing and youth employability, the fruits of each project will last well beyond its official end. Through our robust monitoring and evaluation, we find that participants in Eat Club courses;

- Increase their confidence and self-esteem through the learning and practice of new skills
- Experience increased enjoyment in the preparation and consumption of healthy food
- Understand the links between food consumption and physical and mental health
- Decrease feelings of social isolation through communal cooking and eating
- Gain industry-standard culinary knowledge, skills, and experience
- Develop their transferable skills (e.g. time management, team work, organisation, creativity)
- Be exposed to exciting career possibilities within the food industry
- These outcomes are linked to more than just the training opportunity but seek to improve and sustain their long-term physical, mental, and social wellbeing

Here are some quotes received by past participants and partners:

- "Firstly, it's a great opportunity for young people who can't afford to have a proper dinner at home or in the hostel. Secondly, it helps us learn how to cook and makes us feel confident about it. There is no 'I can't cook' because with the right directions you can do it! Also, cookery class gives us a chance to try different flavours."
- "Lastly, the most important part; we are all different, have different stories and some of us come from different countries but with the cookery class, there is no difference. We are the same. We cook, we chat and we eat together. It makes me feel like I am with my family."
- "I told my mum I cook at club, now I can help mum at home"
- "Eat Club has provided education around food, nutrition and healthier lifestyles and has also provided knowledge and information on catering and the food industry, skills in planning, preparing and cooking food."

FINANCIAL REVIEW

Reserves policy

The Charity aims to hold between 3 and 6 months operating costs in unrestricted reserves, this is reviewed regularly.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document and Constitution

Eat Club CIO is governed by its Constitution.

Induction and training of new trustees

As a small charity there are no specified selection methods, but consideration is given to a balanced trustee board and to specific skill requirements when replacing or adding trustees

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1179229

Principal address

Hackney Cooperative Development
62 Beechwood Road
London
E8 3DY

EAT CLUB
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 JUNE 2022

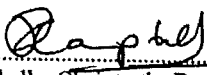
Trustees

P W Brown
T Tricks
M Caraher
D M Webb - (Deputy chair)
A Campbell - (Chair)
J Chong

Independent Examiner

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Approved by order of the board of trustees on 14/11/2022..... and signed on its behalf by:


.....
A Campbell – Chair to the Board of Trustees

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
EAT CLUB**

Independent examiner's report to the trustees of Eat Club

I report to the charity trustees of the Trust on my examination of the accounts of Eat Club (the Trust) for the year ended 30 June 2022.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under Section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Alison Sanderson
ICAEW
Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Date: 15/11/22

EAT CLUB

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 JUNE 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		7,657	3,713	11,370	4,089
Charitable activities					
Charitable activities		10,714	-	10,714	7,502
Sherborne in the Community		-	5,000	5,000	4,896
Young Leaders Programme		-	-	-	9,875
Magic Little Grants		-	-	-	500
The Harrow Club (K&C Foundation)		-	2,400	2,400	986
Cripplegate (Soapbox)		-	-	-	5,000
LY CVC Instagram Project		-	-	-	3,140
Lottery Awards For All Zoom Project		-	-	-	9,294
Hackney Quest		-	2,840	2,840	44
Brighter Futures		-	8,400	8,400	5,000
Young Grantmakers		-	8,490	8,490	-
John Lyons		-	1,440	1,440	-
Camden Young Leaders Project		-	6,204	6,204	-
Peabody Funding		-	8,240	8,240	-
Addison Youth Funding Hammersmith		-	7,410	7,410	-
Hackney CVS Grants		-	7,790	7,790	-
Build up fund for Nutrition training		-	1,300	1,300	-
Total		18,371	63,227	81,598	50,326
EXPENDITURE ON					
Charitable activities					
Charitable activities		10,541	-	10,541	2,500
Sherborne in the Community		-	4,396	4,396	500
Young Leaders Programme		-	11,173	11,173	619
Magic Little Grants		-	500	500	-
The Harrow Club (K&C Foundation)		-	2,400	2,400	987
Cripplegate (Soapbox)		-	5,000	5,000	4,410
LY CVC Instagram Project		-	-	-	2,377
Lottery Awards For All Zoom Project		-	-	-	8,011
Hackney Quest		-	2,840	2,840	1,930
Brighter Futures		-	6,199	6,199	4,894
New Horizon (2)		-	-	-	2,170
London Catalyst		-	-	-	300
Young Grantmakers		-	7,431	7,431	-
John Lyons		-	1,440	1,440	-
Camden Young Leaders Project		-	4,545	4,545	-
Peabody Funding		-	1,463	1,463	-
Addison Youth Funding Hammersmith		-	1,750	1,750	-
Other		9,760	659	10,419	6,359
Total		20,301	49,796	70,097	35,057
NET INCOME/(EXPENDITURE)		(1,930)	13,431	11,501	15,269

The notes form part of these financial statements

EAT CLUB
STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 JUNE 2022

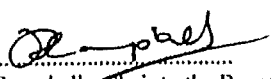
		Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
Transfers between funds	Notes 6	<u>(5,000)</u>	<u>5,000</u>	<u>-</u>	<u>-</u>
Net movement in funds		(6,930)	18,431	11,501	15,269
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>27,712</u>	<u>19,152</u>	<u>46,864</u>	<u>31,595</u>
TOTAL FUNDS CARRIED FORWARD		<u>20,782</u>	<u>37,583</u>	<u>58,365</u>	<u>46,864</u>

The notes form part of these financial statements

EAT CLUB
BALANCE SHEET
30 JUNE 2022

	Notes	Unrestricted fund £	Restricted funds £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Cash at bank		22,112	38,600	60,712	47,906
CREDITORS					
Amounts falling due within one year	5	(1,330)	(1,017)	(2,347)	(1,042)
NET CURRENT ASSETS		<u>20,782</u>	<u>37,583</u>	<u>58,365</u>	<u>46,864</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>20,782</u>	<u>37,583</u>	<u>58,365</u>	<u>46,864</u>
NET ASSETS		<u>20,782</u>	<u>37,583</u>	<u>58,365</u>	<u>46,864</u>
FUNDS	6				
Unrestricted funds				20,782	27,712
Restricted funds:					
Cripplegate				1,056	-
Sherbourne in the Community				5,000	4,396
Brighter Futures				7,201	5,000
Young Leaders programme				1,311	9,256
Magic Little Grants				-	500
Camden Giving				1,490	-
London Community Foundation				6,776	-
Addision Youth Club				5,659	-
Hackney Council				7,790	-
Young Camden Foundation				<u>1,300</u>	-
				<u>37,583</u>	<u>19,152</u>
TOTAL FUNDS				<u>58,365</u>	<u>46,864</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 14/11/2022 and were signed on its behalf by:


A Campbell Chair to the Board of Trustees

The notes form part of these financial statements

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities' (update bulletin 1 applying FRS 102) and the Charities Act 2011.

Eat Club CIO meets the definition of a public benefit entity under FRS 102.

The financial statements have been prepared in sterling, which is the functional currency of the entity.

Monetary amounts in these financial statements are rounded to the nearest pound.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due

Financial instruments

Cash and cash equivalents

Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

Debtors and creditors

Debtors and creditors receivable or payable within one year of the reporting date are carried at their transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

2. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2022 nor for the year ended 30 June 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 June 2022 nor for the year ended 30 June 2021.

3. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	26,422	15,896
Social security costs	3,331	473
Other pension costs	<u>781</u>	<u>322</u>
	<u><u>30,534</u></u>	<u><u>16,691</u></u>

The average monthly number of employees during the year was as follows:

	2022	2021
Governance	1	1
Other	<u>2</u>	<u>1</u>
	<u><u>3</u></u>	<u><u>2</u></u>

No employees received emoluments in excess of £60,000.

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	4,089	-	4,089
Charitable activities			
Charitable activities	7,502	-	7,502
Sherborne in the Community	-	4,896	4,896
Young Leaders Programme	-	9,875	9,875
Magic Little Grants	-	500	500
The Harrow Club (K&C Foundation)	-	986	986
Cripplegate (Soapbox)	-	5,000	5,000
LY CVC Instagram Project	-	3,140	3,140
Lottery Awards For All Zoom Project	-	9,294	9,294
Hackney Quest	-	44	44
Brighter Futures	<u>-</u>	<u>5,000</u>	<u>5,000</u>
Total	<u><u>11,591</u></u>	<u><u>38,735</u></u>	<u><u>50,326</u></u>
EXPENDITURE ON			
Charitable activities			
Charitable activities	2,500	-	2,500

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted funds £	Total funds £
Sherborne in the Community	-	500	500
Young Leaders Programme	-	619	619
The Harrow Club (K&C Foundation)	-	987	987
Cripplegate (Soapbox)	-	4,410	4,410
LY CVC Instagram Project	-	2,377	2,377
Lottery Awards For All Zoom Project	-	8,011	8,011
Hackney Quest	-	1,930	1,930
Brighter Futures	-	4,894	4,894
New Horizon (2)	-	2,170	2,170
London Catalyst	-	300	300
Other	<u>1,873</u>	<u>4,486</u>	<u>6,359</u>
Total	<u>4,373</u>	<u>30,684</u>	<u>35,057</u>
 NET INCOME	 7,218	 8,051	 15,269
Transfers between funds	<u>6,000</u>	<u>(6,000)</u>	<u>-</u>
 Net movement in funds	 13,218	 2,051	 15,269
 RECONCILIATION OF FUNDS			
Total funds brought forward	<u>14,494</u>	<u>17,101</u>	<u>31,595</u>
 TOTAL FUNDS CARRIED FORWARD	 <u>27,712</u>	 <u>19,152</u>	 <u>46,864</u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	1,483	178
Other creditors	<u>864</u>	<u>864</u>
	<u>2,347</u>	<u>1,042</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

6. MOVEMENT IN FUNDS

	At 1.7.21 £	Net movement in funds £	Transfers between funds £	At 30.6.22 £
Unrestricted funds				
General fund	27,712	(1,930)	(5,000)	20,782
Restricted funds				
Cripplegate	-	1,056	-	1,056
Sherbourne in the Community	4,396	604	-	5,000
Brighter Futures	5,000	2,201	-	7,201
Cripplegate (Soapbox)	-	(5,000)	5,000	-
Young Leaders programme	9,256	(7,945)	-	1,311
Magic Little Grants	500	(500)	-	-
Camden Giving	-	1,490	-	1,490
London Community Foundation	-	6,776	-	6,776
Addision Youth Club	-	5,659	-	5,659
Hackney Council	-	7,790	-	7,790
Young Camden Foundation	-	1,300	-	1,300
	<u>19,152</u>	<u>13,431</u>	<u>5,000</u>	<u>37,583</u>
TOTAL FUNDS	<u>46,864</u>	<u>11,501</u>	<u>-</u>	<u>58,365</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	18,371	(20,301)	(1,930)
Restricted funds			
Cripplegate	8,490	(7,434)	1,056
Sherbourne in the Community	5,000	(4,396)	604
Brighter Futures	8,400	(6,199)	2,201
Hackney Quest	2,840	(2,840)	-
Cripplegate (Soapbox)	-	(5,000)	(5,000)
The Harrow Club (K&C Foundation)	2,400	(2,400)	-
Young Leaders programme	3,713	(11,658)	(7,945)
Magic Little Grants	-	(500)	(500)
John Lyons Charity	1,440	(1,440)	-
Camden Giving	6,204	(4,714)	1,490
London Community Foundation	8,240	(1,464)	6,776
Addision Youth Club	7,410	(1,751)	5,659
Hackney Council	7,790	-	7,790
Young Camden Foundation	1,300	-	1,300
	<u>63,227</u>	<u>(49,796)</u>	<u>13,431</u>
TOTAL FUNDS	<u>81,598</u>	<u>(70,097)</u>	<u>11,501</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

6. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.7.20 £	Net movement in funds £	Transfers between funds £	At 30.6.21 £
Unrestricted funds				
General fund	14,494	7,218	6,000	27,712
Restricted funds				
Sherbourne in the Community	-	4,396	-	4,396
London Catalyst	1,000	(1,000)	-	-
New Horizon (2)	2,920	(2,920)	-	-
Brighter Futures	5,000	-	-	5,000
Hackney Quest	8,181	(2,181)	(6,000)	-
Young Leaders programme	-	9,256	-	9,256
Magic Little Grants	-	500	-	500
	<u>17,101</u>	<u>8,051</u>	<u>(6,000)</u>	<u>19,152</u>
TOTAL FUNDS	<u>31,595</u>	<u>15,269</u>	<u>-</u>	<u>46,864</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	11,591	(4,373)	7,218
Restricted funds			
Sherbourne in the Community	4,896	(500)	4,396
London Catalyst	-	(1,000)	(1,000)
New Horizon (2)	-	(2,920)	(2,920)
Brighter Futures	5,000	(5,000)	-
Hackney Quest	44	(2,225)	(2,181)
Lottery AFA Zoom Project	9,294	(9,294)	-
LY CVC Instagram Project	3,140	(3,140)	-
Cripplegate (Soapbox)	5,000	(5,000)	-
The Harrow Club (K&C Foundation)	986	(986)	-
Young Leaders programme	9,875	(619)	9,256
Magic Little Grants	500	-	500
	<u>38,735</u>	<u>(30,684)</u>	<u>8,051</u>
TOTAL FUNDS	<u>50,326</u>	<u>(35,057)</u>	<u>15,269</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2022**

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.7.20 £	Net movement in funds £	Transfers between funds £	At 30.6.22 £
Unrestricted funds				
General fund	14,494	5,288	1,000	20,782
Restricted funds				
Cripplegate	-	1,056	-	1,056
Sherbourne in the Community	-	5,000	-	5,000
London Catalyst	1,000	(1,000)	-	-
New Horizon (2)	2,920	(2,920)	-	-
Brighter Futures	5,000	2,201	-	7,201
Hackney Quest	8,181	(2,181)	(6,000)	-
Cripplegate (Soapbox)	-	(5,000)	5,000	-
Young Leaders programme	-	1,311	-	1,311
Camden Giving	-	1,490	-	1,490
London Community Foundation	-	6,776	-	6,776
Addision Youth Club	-	5,659	-	5,659
Hackney Council	-	7,790	-	7,790
Young Camden Foundation	-	1,300	-	1,300
	<u>17,101</u>	<u>21,482</u>	<u>(1,000)</u>	<u>37,583</u>
TOTAL FUNDS	<u>31,595</u>	<u>26,770</u>	<u>-</u>	<u>58,365</u>

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 JUNE 2022

6. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	29,962	(24,674)	5,288
Restricted funds			
Cripplegate	8,490	(7,434)	1,056
Sherbourne in the Community	9,896	(4,896)	5,000
London Catalyst	-	(1,000)	(1,000)
New Horizon (2)	-	(2,920)	(2,920)
Brighter Futures	13,400	(11,199)	2,201
Hackney Quest	2,884	(5,065)	(2,181)
Lottery AFA Zoom Project	9,294	(9,294)	-
LY CVC Instagram Project	3,140	(3,140)	-
Cripplegate (Soapbox)	5,000	(10,000)	(5,000)
The Harrow Club (K&C Foundation)	3,386	(3,386)	-
Young Leaders programme	13,588	(12,277)	1,311
Magic Little Grants	500	(500)	-
John Lyons Charity	1,440	(1,440)	-
Camden Giving	6,204	(4,714)	1,490
London Community Foundation	8,240	(1,464)	6,776
Addison Youth Club	7,410	(1,751)	5,659
Hackney Council	7,790	-	7,790
Young Camden Foundation	<u>1,300</u>	<u>-</u>	<u>1,300</u>
	<u>101,962</u>	<u>(80,480)</u>	<u>21,482</u>
TOTAL FUNDS	<u>131,924</u>	<u>(105,154)</u>	<u>26,770</u>

We have continued with session delivery in most of the London boroughs in which we operate thanks to successful fundraising from a mix of national, regional and local trusts and foundations. We currently have about 20 active partnerships, delivering between 15 to 20 sessions per week in each given academic term.

Addison Youth grant

Eat Club is looking to run nine 6-week courses with current partners in Hammersmith & Fulham across the year for which funding is awarded. These courses aim to develop the relationship young people have with food and each other, resulting in their increased physical, mental, and social wellbeing. The preparation of food and then sharing the meal reconnect people with fundamental aspects of social life, radically improving self-esteem and confidence.

Westminster Brighter Futures

This funding will enable Eat Club to run ten 6-week courses across the first year for which funding is awarded. We aim to run 5 courses with our current partners, Future Men and Westbourne Park and run a further 5 courses with new partners in Westminster, further building our presence in the borough. We are looking to build partnerships with the Avenues Youth Project and with Fourth Feathers Youth Club.

Hackney Council 2022-23 Children and Young people's fund

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 JUNE 2022

6. MOVEMENT IN FUNDS - continued

Because of the collaborative nature of Eat Club's work, our delivery model is to go where young people already are. This means that we do not have our own physical space and we run our programmes in a decentralised way.

For this project, we will meet the young people in the kitchens of;

- Hackney Quest, 1 Poole Road, E9 7AE
- Skyway, 222 Kingsland Rd, Whitmore Estate, E2 8DG
- Young Hackney (The Edge), 7 Woodberry Grove, Finsbury Park N4 1SN
- Young Hackney (Forrest Road), 29 Forest Rd, London E8 3BY
- Concord Youth Hub (Hackney Marsh Partnership), 8-9 Kingsmead Way, E9 5QG

Islington Council Community Chest

This funding will enable Eat Club to continue its impactful work in Islington where we have been building fruitful relationships with partner organisations since 2016. If awarded this funding we would be able to run 7 courses consisting of 6 sessions per course with some of our current partners: Urban Hope, Copenhagen Youth Project, Rose Bowl and Mary's Youth Club.

John Lyons - Small Grants

This funding will enable Eat Club to run 6 courses across the year (November 2022 - October 2023) with three new partners in Brent (two courses with each). Each course runs for 6 weeks and sees up to 15 young people (ages 11-24) gathering once a week for two hours to cook and share a meal together. These sessions are designed to use food as an engaging and powerful medium to improve health and wellbeing, combat social isolation and enable young people's independence.

7. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2022.

EAT CLUB
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 JUNE 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	11,370	4,089
Charitable activities		
Fees	<u>70,228</u>	<u>46,237</u>
Total incoming resources	81,598	50,326
EXPENDITURE		
Charitable activities		
Wages	19,256	15,000
Social security	1,543	450
Pensions	647	120
Teacher fees	23,274	7,682
Direct cost purchases	8,096	3,978
Advertising and marketing	1,426	691
Consultancy	1,894	250
Computer and IT	245	-
Other	<u>1,919</u>	<u>527</u>
	58,300	28,698
Other		
Wages	7,166	896
Social security	1,788	23
Pensions	134	202
Staff training	475	1,166
Consultancy	-	575
Entertainment	43	146
Subsistence	229	41
Computer, IT admin and phone	40	1,064
Rent	220	180
Travel	-	53
Other administration costs	<u>324</u>	<u>557</u>
	10,419	4,903
Support costs		
Governance costs		
Insurance	202	202
Accountancy and legal fees	<u>1,176</u>	<u>1,254</u>
	1,378	1,456

This page does not form part of the statutory financial statements

EAT CLUB
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 JUNE 2022

	2022	2021
	<u>£</u>	<u>£</u>
Total resources expended	<u>70,097</u>	<u>35,057</u>
Net income	<u><u>11,501</u></u>	<u><u>15,269</u></u>

This page does not form part of the statutory financial statements

Accounts

EAT CLUB

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 JUNE 2021**

	Year Ended 30.6.21 £	Period 2.7.19 to 30.6.20 £
Support costs		
Governance costs		
Insurance	202	202
Accountancy and legal fees	<u>1,254</u>	<u>1,176</u>
	<u>1,456</u>	<u>1,378</u>
Total resources expended	<u>35,057</u>	<u>27,082</u>
Net income	<u>15,269</u>	<u>13,584</u>

This page does not form part of the statutory financial statements

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EAT CLUB

DETAILED STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 JUNE 2021

	Year Ended 30.6.21 £	Period 2.7.19 to 30.6.20 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	4,089	33,793
Other trading activities		
Supper Club	-	682
Charitable activities		
Fees	<u>46,237</u>	<u>6,191</u>
Total Incoming resources	50,326	40,666
EXPENDITURE		
Charitable activities		
Wages	15,000	12,309
Social security	450	-
Pensions	120	-
Teacher fees	7,682	9,623
Venue hire	-	385
Direct cost purchases	3,978	2,348
Travel	-	223
Advertising and marketing	691	-
Consultancy	250	-
Other	<u>527</u>	<u>816</u>
	28,698	25,704
Other		
Wages	896	-
Social security	23	-
Pensions	202	-
Staff training	1,166	-
Consultancy	575	-
Entertainment	146	-
Subsistence	41	-
Computer, IT admin and phone	1,064	-
Rent	180	-
Travel	53	-
Other administration costs	<u>557</u>	<u>-</u>
	4,903	-

This page does not form part of the statutory financial statements

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EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2021**

7. MOVEMENT IN FUNDS - continued

Lottery Awards for all - Zoom sessions

This project will allow us to trial live online sessions and we will build bespoke six-week courses for each of our groups. In each session participants will cook along a session leader to create simple, healthy meals that are to their taste and can be shared with their families. Participants who have signed up will receive a package with the necessary ingredients in advance. Sessions will be no longer than an hour and a half long. Each session leader will demonstrate the cooking from their own kitchen using a computer and a phone. Session participants will be able to receive guidance as they prep the meal and anyone under the age of 18 will need an adult to supervise in order to keep them safe.

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 30 June 2021.

EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 30 JUNE 2021

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	6,873	(2,809)	4,064
Restricted funds			
Cripplegate	4,340	(6,387)	(2,047)
Peabody	-	(4,309)	(4,309)
Sherbourne in the Community	7,112	(8,337)	(1,225)
London Catalyst	1,000	-	1,000
New Horizon (2)	2,920	-	2,920
Brighter Futures	5,000	-	5,000
Hackney Quest	8,796	(615)	8,181
Youth In Action	<u>4,625</u>	<u>(4,625)</u>	<u>-</u>
TOTAL FUNDS	<u>33,793</u>	<u>(24,273)</u>	<u>9,520</u>
	<u>40,666</u>	<u>(27,082)</u>	<u>13,584</u>

Due to the Pandemic, some of the funds received in 2019 have been carried over to 2020-21. Some have been successfully delivered according to the fund criteria and some had to be adjusted due to government restrictions (such as the Cripplegate funding to Urban Hope that was mostly delivered as Instagram Live sessions). Some funds are being delivered still, two years after they had been received. In some cases however, delivery wasn't possible in this accounting year, which has increased our reserves. Eat Club will make a conscious effort to use up these funds on Charitable activities and increasing the sustainability of the Charity in 2022.

Cripplegate

The funding will enable us to deliver 36 Instagram Live sessions - around half an hour long each. In each session an Eat Club session leader will cook live alongside young people from Soapbox. The session will be recorded to our social media channels (IGTV and YouTube), to create a library of digital assets.

Brighter Futures

Eat Club is looking to use this funding to run 36 weekly sessions (6 lots of 6 week courses) over a year at Amberley Youth Project during term time. Each weekly session will last two hours. During the sessions a group of around ten young people will cook together and then share the fruits of their labour with the rest of the centre participants, staff and volunteers

Spotlight Tower Hamlets project - Sherborne in the Community:

We are requesting funding from SITC to support the partnership project with Spotlight Youth in Tower Hamlets. This funding will enable us to run 6 courses of six sessions each over the course of the next year (once the NYA guidelines enable the return to in-person delivery).

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EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2021**

7. MOVEMENT IN FUNDS - continued

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds	11,591	(4,373)	7,218
General fund			
Restricted funds	4,896	(500)	4,396
Sherbourne in the Community	-	(1,000)	(1,000)
London Catalyst	-	(2,920)	(2,920)
New Horizon (2)	5,000	(5,000)	-
Brighter Futures	44	(2,225)	(2,181)
Hackney Quest	9,294	(9,294)	-
Lottery AFA Zoom Project	3,140	(3,140)	-
LY CVC Instagram Project	5,000	(5,000)	-
Cripplegate (Soapbox)	986	(986)	-
The Harrow Club (K&C Foundation)	9,875	(619)	9,256
Young Leaders programme	<u>500</u>	<u>-</u>	<u>500</u>
Magic Little Grants			
	<u>38,735</u>	<u>(30,684)</u>	<u>8,051</u>
TOTAL FUNDS	<u>50,326</u>	<u>(35,057)</u>	<u>15,269</u>

Comparatives for movement in funds

	At 2.7.19 £	Net movement in funds £	At 30.6.20 £
Unrestricted funds	10,430	4,064	14,494
General fund			
Restricted funds	2,047	(2,047)	-
Cripplegate	4,309	(4,309)	-
Peabody	1,225	(1,225)	-
Sherbourne in the Community	-	1,000	1,000
London Catalyst	-	2,920	2,920
New Horizon (2)	-	5,000	5,000
Brighter Futures	-	<u>8,181</u>	<u>8,181</u>
Hackney Quest			
	<u>7,581</u>	<u>9,520</u>	<u>17,101</u>
TOTAL FUNDS	<u>18,011</u>	<u>13,584</u>	<u>31,595</u>

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EAT CLUB

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2021

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR					
				2021	2020
				£	£
Trade creditors				178	57
Other creditors				<u>864</u>	<u>864</u>
				<u>1,042</u>	<u>921</u>
7. MOVEMENT IN FUNDS					
	At 1.7.20	Net movement in funds	Transfers between funds		At 30.6.21
	£	£	£		£
Unrestricted funds					
General fund	14,494	7,218	6,000		27,712
Restricted funds					
Sherbourne in the Community	-	4,396	-		4,396
London Catalyst	1,000	(1,000)	-		-
New Horizon (2)	2,920	(2,920)	-		-
Brighter Futures	5,000	-	-		5,000
Hackney Quest	8,181	(2,181)	(6,000)		-
Young Leaders programme	-	9,256	-		9,256
Magic Little Grants	-	<u>500</u>	-		<u>500</u>
	<u>17,101</u>	<u>8,051</u>	<u>(6,000)</u>		<u>19,152</u>
TOTAL FUNDS	<u>31,595</u>	<u>15,269</u>	<u>-</u>		<u>46,864</u>

12

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2021**

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES	Unrestricted fund £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	-	33,793	33,793
Charitable activities			
Copenhagen Youth Project	1,607	-	1,607
Waltham Forest Summer Project	2,824	-	2,824
Bromley By Bow	200	-	200
New Horizon (1)	1,560	-	1,560
Other trading activities	<u>682</u>	<u>-</u>	<u>682</u>
Total	6,873	33,793	40,666
EXPENDITURE ON			
Charitable activities			
Copenhagen Youth Project	748	-	748
Bromley By Bow	200	-	200
New Horizon (1)	1,560	-	1,560
Sherborne in the Community	-	8,337	8,337
Peabody	-	4,309	4,309
Youth in Action	-	4,163	4,163
Cripplegate	-	6,387	6,387
Other	<u>301</u>	<u>1,077</u>	<u>1,378</u>
Total	2,809	24,273	27,082
NET INCOME	<u>4,064</u>	<u>9,520</u>	<u>13,584</u>
RECONCILIATION OF FUNDS			
Total funds brought forward	10,430	7,581	18,011
TOTAL FUNDS CARRIED FORWARD	<u>14,494</u>	<u>17,101</u>	<u>31,595</u>

EAT CLUB

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 JUNE 2021**

2. OTHER TRADING ACTIVITIES

		Period 2.7.19 to 30.6.20 £
Supper Club	Year Ended 30.6.21 £	- <u>682</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 30 June 2021 nor for the period ended 30 June 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 30 June 2021 nor for the period ended 30 June 2020.

4. STAFF COSTS

	Period 2.7.19 to 30.6.20 £
	Year Ended 30.6.21 £
Wages and salaries	15,896
Social security costs	473
Other pension costs	322
	<u>16,691</u>
	<u>12,309</u>

The average monthly number of employees during the year was as follows:

	Period 2.7.19 to 30.6.20
	Year Ended 30.6.21
Governance	1
Other	1
	<u>2</u>
	<u>2</u>

No employees received emoluments in excess of £60,000.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2021**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The Financial Statements have been prepared in accordance with the Statement of Recommended Practice Accounting and Reporting by Charities' (update bulletin 1 applying FRS 102) and the Charities Act 2011.

Eat Club CIO meets the definition of a public benefit entity under FRS 102.

The financial statements have been prepared in sterling, which is the functional currency of the entity.

Monetary amounts in these financial statements are rounded to the nearest pound.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due

Financial instruments

Cash and cash equivalents

Cash and cash equivalents include cash at banks and in hand and short term deposits with a maturity date of three months or less.

Debtors and creditors

Debtors and creditors receivable or payable within one year of the reporting date are carried at their transaction price. Debtors and creditors that are receivable or payable in more than one year and not subject to a market rate of interest are measured at the present value of the expected future receipts or payment discounted at a market rate of interest.

EAT CLUB

BALANCE SHEET 30 JUNE 2021

	Notes	Unrestricted fund £	Restricted funds £	2021 Total funds £	2020 Total funds £
CURRENT ASSETS					
Cash at bank		28,654	19,252	47,906	32,516
CREDITORS					
Amounts falling due within one year	6	(942)	(100)	(1,042)	(921)
NET CURRENT ASSETS		<u>27,712</u>	<u>19,152</u>	<u>46,864</u>	<u>31,595</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		27,712	19,152	46,864	31,595
NET ASSETS		<u>27,712</u>	<u>19,152</u>	<u>46,864</u>	<u>31,595</u>
FUNDS	7				
Unrestricted funds					
Restricted funds:					
Sherbourne in the Community				4,396	-
London Catalyst				-	1,000
New Horizon (2)				-	2,920
Brighter Futures				5,000	5,000
Hackney Quest				-	8,181
Young Leaders programme				9,256	-
Magic Little Grants				<u>500</u>	-
				<u>19,152</u>	<u>17,101</u>
TOTAL FUNDS				<u>46,864</u>	<u>31,595</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 16 December 2021 and were signed on its behalf by:

A Campbell - Trustee

The notes form part of these financial statements

EAT CLUB

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 30 JUNE 2021**

	Notes	Unrestricted fund £	Restricted funds £	Year Ended 30.6.21 Total funds £	Period 2.7.19 to 30.6.20 Total funds £
NET INCOME					
Transfers between funds		7,218	8,051	15,269	13,584
Net movement in funds	7	<u>6,000</u>	<u>(6,000)</u>	<u>-</u>	<u>-</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		14,494	17,101	31,595	18,011
TOTAL FUNDS CARRIED FORWARD		<u>27,712</u>	<u>19,152</u>	<u>46,864</u>	<u>31,595</u>

The notes form part of these financial statements

EAT CLUB

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 30 JUNE 2021

	Notes	Unrestricted fund £	Restricted funds £	Year Ended 30.6.21 Total funds £	Period 2.7.19 to 30.6.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		4,089	-	4,089	33,793
Charitable activities		7,502	-	7,502	-
Charitable activities		-	-	-	1,607
Copenhagen Youth Project		-	-	-	2,824
Waltham Forest Summer Project		-	-	-	200
Bromley By Bow		-	-	-	1,560
New Horizon (1)		-	-	-	-
Sherborne in the Community		-	4,896	4,896	-
Young Leaders Programme		-	9,875	9,875	-
Magic Little Grants		-	500	500	-
The Harrow Club (K&C Foundation)		-	986	986	-
Cripplegate (Soapbox)		-	5,000	5,000	-
LY CVC Instagram Project		-	3,140	3,140	-
Lottery Awards For All Zoom Project		-	9,294	9,294	-
Hackney Quest		-	44	44	-
Brighter Futures		-	5,000	5,000	-
Other trading activities	2	-	-	-	682
Total		11,591	38,735	50,326	40,666
EXPENDITURE ON					
Charitable activities		2,500	-	2,500	-
Charitable activities		-	-	-	748
Copenhagen Youth Project		-	-	-	200
Bromley By Bow		-	-	-	1,560
New Horizon (1)		-	-	-	8,337
Sherborne in the Community		-	500	500	-
Young Leaders Programme		-	619	619	-
The Harrow Club (K&C Foundation)		-	987	987	-
Cripplegate (Soapbox)		-	4,410	4,410	-
LY CVC Instagram Project		-	2,377	2,377	-
Lottery Awards For All Zoom Project		-	8,011	8,011	-
Hackney Quest		-	1,930	1,930	-
Brighter Futures		-	4,894	4,894	-
New Horizon (2)		-	2,170	2,170	-
London Catalyst		-	300	300	-
Peabody		-	-	-	4,309
Youth in Action		-	-	-	4,163
Cripplegate		-	-	-	6,387
Other		1,873	4,486	6,359	1,378
Total		4,373	30,684	35,057	27,082

The notes form part of these financial statements

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**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
EAT CLUB**

Independent examiner's report to the trustees of Eat Club

I report to the charity trustees on my examination of the accounts of Eat Club (the Trust) for the year ended 30 June 2021.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

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

Independent examiner's statement

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

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Alison Sanderson
ICAEW
Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Date 16 December 2021

EAT CLUB

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 30 JUNE 2021**

FINANCIAL REVIEW

Reserves policy

The Charity aims to hold between 3 and 6 months operating costs in unrestricted reserves, this is reviewed regularly.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document and Constitution

Eat Club CIO is governed by its Constitution.

Induction and training of new trustees

As a small charity there are no specified selection methods, but consideration is given to a balanced trustee board and to specific skill requirements when replacing or adding trustees

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number
1179229

Principal address

CAN Mezzanine
49 - 51 East Road
London
N1 6AH

Trustees

P W Brown (Consultant)
Ms R Soroko
Ms T Tricks
Prof M Caraher
D M Webb
C Vadam
A Campbell Chair
J Chong

Independent Examiner

Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Approved by order of the board of trustees on 16 December 2021 and signed on its behalf by:

 5/1/2022

A Campbell - Trustee

EAT CLUB

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 JUNE 2021

The trustees present their report with the financial statements of the charity for the year ended 30 June 2021. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

1. To improve and protect the health of young people and those people with poorer life chances, particularly, but not exclusively, by promoting healthy eating and an improved understanding of good nutrition.

2. The advancement of education of young people in cooking skills, food preparation and healthy eating.

Significant activities

Eat Club is a London-based charity that teaches young people, mostly aged 16-24, fundamental cooking and nutrition skills. We have a particular emphasis on working with young adults from disadvantaged backgrounds, where there may have been little or no experience of cooking with fresh produce in the home environment.

We run bespoke cooking courses, typically six to ten-weeks long, that are designed to develop the relationship young people have with food and address the underlying barriers to healthy eating, thus improving health, physical and mental wellbeing. We teach them a wide range of cooking skills; from basic techniques such as knife skills, stove safety and basic hygiene, to advanced techniques including meal budgeting and planning.

We do not have our own premises for delivery of courses, and all the work is done in partnership with organisations that have young people in their care, such as youth projects, community centres, homelessness charities and schools. Eat Club works collaboratively with its partners to enhance existing local offers, to both strengthen existing projects by adding an enhanced service, or by identifying localities which lack any service provision.

Public benefit

The Trustees confirm they have given regard to the guidance on public benefit.

Main Achievements

Since our launch in 2014, we have delivered courses in and around London, engaging with about 1000 young people every year (a number that grows steadily). In the past year, despite the Coronavirus pandemic, we have collaborated with partner organisations across London to deliver around 250 sessions to young people.

The past year saw a mix of in person sessions and digital ones delivered during the long lockdowns. Funding from the Lottery enabled us to build new partnerships to deliver Zoom cooking sessions (where participants receive ingredients to their home) across the capital. We were able to form new connections in Tower Hamlets bringing the number of London boroughs we work in to six.

We have evidence of imparting cooking skills, improving fruit and vegetable consumption and healthy habits.

Based on our surveys, we can demonstrate that:

- 92% of respondents are more confident in cooking now than they were before the start of the course
- 95% of respondents are happier to try new foods after taking part in the course
- 40% more respondents cook often after taking part in the course compared to before the course.

Young people taking part in Eat Club courses have also grown in confidence and developed social and team working skills. From feedback received young people say:

- I enjoyed doing cooking with others I tasted lots of different foods
- I told my mum I cook at club now I can help mum at home

EAT CLUB

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 JUNE 2021**

	Page
Report of the Trustees	1 to 2
Independent Examiner's Report	3
Statement of Financial Activities	4 to 5
Balance Sheet	6
Notes to the Financial Statements	7 to 13
Detailed Statement of Financial Activities	14 to 15

REPORT OF THE TRUSTEES AND
FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 JUNE 2021
FOR
EAT CLUB



Liles Morris Limited
1st Floor
80 Coombe Road
New Malden
Surrey
KT3 4QS

Accounts



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Trustees' Annual Report for the period

From: 2nd July 2019 to 30th June 2020

Charity name: Eat Club

Charity registration number: 1179229

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	1. To improve and protect the health of young people and those people with poorer life chances, particularly, but not exclusively, by promoting healthy eating and an improved understanding of good nutrition. 2. The advancement of education of young people in cooking skills, food preparation and healthy eating.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Eat Club is a London-based charity that teaches young people, mostly aged 16-24, fundamental cooking and nutrition skills. We have a particular emphasis on working with young adults from disadvantaged backgrounds, where there may have been little or no experience of cooking with fresh produce in the home environment. We run bespoke cooking courses, typically six to ten-weeks long, that are designed to develop the relationship young people have with food and address the underlying barriers to healthy eating, thus improving health, physical and mental wellbeing. We teach them a wide range of cooking skills; from basic techniques such as knife skills, stove safety and basic hygiene, to advanced techniques including meal budgeting and planning. We do not have our own premises for delivery of courses, and all the work is done in partnership with organisations that have young people in their care, such as youth projects, community centres, homelessness charities and schools. Eat Club works collaboratively with its partners to enhance existing local offers, to both strengthen existing projects by adding an enhanced service, or by identifying localities which lack any service provision.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees confirm they have given regard to the guidance on public benefit.
--	-----------	--

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Since our launch in 2014, we have delivered courses in and around London, engaging with about 500 young people every year (a number that grows steadily). In the past year, despite the Coronavirus pandemic, we have collaborated with partner organisations across London to deliver around 100 sessions to young people. During the first lockdown we began to transform our delivery model to reach young people through an adapted approach, initially through Zoom (where participants receive ingredients to their home) and then we added in Instagram Live. The success of this online approach means that we will retain a digital element to our work, even at the point where in-person work returns fully. Whilst most of our participants were young people aged 16-24, we have also started working with 11-year olds who are transitioning into secondary education and in the past have also delivered sessions to young mums and young families. We have evidence of imparting cooking skills, improving fruit and vegetable consumption and healthy habits. Based on our surveys, we can demonstrate that: • Eat Club courses have an 87% success rate of teaching young people new cooking skills • 33% of course participants reported an increase in confidence in cooking new foods, after they had completed the Eat Club courses • Eat Club participants show a 20% increase in willingness to taste new foods, after they had completed the Eat Club courses Young people taking part in Eat Club courses have also grown in confidence and developed social and team working skills. The pandemic caused by Covid-19 has impacted the charity's ability to deliver projects already funded as venues had to close due to the national lockdown. We will attempt to complete those this year.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	See attached accounts
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	The Charity aims to hold between 3 and 6 months operating costs in unrestricted reserves, this is reviewed regularly.
Amount of reserves held	Para 1.22	See attached accounts
Reasons for holding zero reserves	Para 1.22	n/a
Details of fund materially in deficit	Para 1.24	n/a
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	n/a

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	As a small charity there are no specified selection methods, but consideration is given to a balanced trustee board and to specific skill requirements when replacing or adding trustees.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Eat Club
Other name the charity uses	-
Registered charity number	1179229
Charity's principal address	CAN Mezzanine 49-51 East Road London N1 6AH

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Shane Holland		Resigned May 2020	
2	Peter Brown			
3	Tessa Tricks			
4	Prof Martin Caraher			
5	Deborah Mary Webb		Appointed May 2020	
6	Celine Vadam		Appointed May 2020	
7	Alexander Campbell	Chair	Appointed May 2020	
8	Jennifer Chong		Appointed May 2020	
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

[illegible]

Name of trustees holding title to property belonging to the charity

[illegible]

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	n/a
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)**Names and addresses of advisers (Optional information)**

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

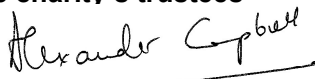
Other optional information

--

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Alexander CAMPBELL	
Position (eg Secretary, Chair, etc)	Chair	
Date	22/1/2021	

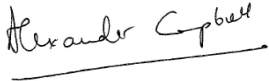


Eat Club			Charity No (if any)	1179229	
Annual accounts for the period					
Period start date	02/07/2019	To	Period end date	30/06/2020	

Section A Statement of financial activities

Recommended categories by activity	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Incoming resources (Note 3)					
Income and endowments from:					
Donations and legacies	-	33,793	-	33,793	12,050
Charitable activities	6,191	-	-	6,191	7,157
Other trading activities	682	-	-	682	-
Investments	-	-	-	-	-
Separate material item of income	-	-	-	-	-
Other	-	-	-	-	15,525
Total	6,873	33,793	-	40,666	34,732
Resources expended (Note 4)					
Expenditure on:					
Raising funds	-	-	-	-	183
Charitable activities	2,508	23,196	-	25,704	15,025
Separate material item of expense	-	-	-	-	-
Other	301	1,077	-	1,378	1,512
Total	2,809	24,273	-	27,082	16,720
Net income/(expenditure) before investment gains/(losses)	4,064	9,520	-	13,584	18,011
Net gains/(losses) on investments	-	-	-	-	-
Net income/(expenditure)	4,064	9,520	-	13,584	18,011
Extraordinary items	-	-	-	-	-
Transfers between funds	-	-	-	-	-
Other recognised gains/(losses):					
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-	-
Other gains/(losses)	-	-	-	-	-
Net movement in funds	4,064	9,520	-	13,584	18,011
Reconciliation of funds:					
Total funds brought forward	10,430	7,581	-	18,011	-
Total funds carried forward	14,494	17,101	-	31,595	18,011

Section B Balance sheet

	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
Current assets					
Cash at bank and in hand (Note 7)	15,415	17,101	-	32,516	18,875
Total current assets	15,415	17,101	-	32,516	18,875
Creditors: amounts falling due within one year (Note 8)	921	-	-	921	864
Net current assets/(liabilities)	14,494	17,101	-	31,595	18,011
Total assets less current liabilities	14,494	17,101	-	31,595	18,011
Creditors: amounts falling due after one year (Note 8)	-	-	-	-	-
Provisions for liabilities	-	-	-	-	-
Total net assets or liabilities	14,494	17,101	-	31,595	18,011
Funds of the Charity					
Endowment funds	-			-	-
Restricted income funds (Note 9)		17,101		17,101	7,581
Unrestricted funds	14,494		-	14,494	10,430
Revaluation reserve				-	
Total funds	14,494	17,101	-	31,595	18,011
Signed by the chair of trustees on behalf of all the trustees	Signature		Print Name		Date of approval dd/mm/yyyy
			Alexander Campbell		22/01/2021
			Chair		

Note 1 Basis of preparation

This section should be completed by all charities .

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- and with*

✓

 the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with*

✓

 the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*

✓

* -Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;

Disclosure of any uncertainties that make the going concern assumption doubtful;

Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.

<i>Not applicable</i>
<i>Not applicable</i>

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*

✓

No*

✓

* -Tick as appropriate

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	☒	* -Tick as appropriate
No*	☒	

Please disclose:

(i) the nature of any changes;	
(ii) the effect of the change on income and expense or assets and liabilities for the current period; and	
(iii) where practicable, the effect of the change in one or more future periods.	

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*	☒	* -Tick as appropriate
No*	☒	

Please disclose:

(i) the nature of the prior period error;	
(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and	
(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.	

Note 2 Accounting policies

2.1 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: - the charity becomes entitled to the resources; - it is more likely than not that the trustees will receive the resources; and - the monetary value can be measured with sufficient reliability.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐
Yes	No	N/a						
☒	☐	☐						
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐
Yes	No	N/a						
☒	☐	☐						
Support costs	The charity has incurred expenditure on support costs.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐
Yes	No	N/a						
☒	☐	☐						
2.2 EXPENDITURE AND LIABILITIES								
Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐
Yes	No	N/a						
☒	☐	☐						
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐
Yes	No	N/a						
☒	☐	☐						
Redundancy cost	The charity made no redundancy payments during the reporting period.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐
Yes	No	N/a						
☒	☐	☐						
Deferred income	No material item of deferred income has been included in the accounts.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐
Yes	No	N/a						
☒	☐	☐						
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐
Yes	No	N/a						
☒	☐	☐						
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 10.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>☒</td><td>☐</td><td>☐</td></tr> </table>	Yes	No	N/a	☒	☐	☐
Yes	No	N/a						
☒	☐	☐						

Section C

Notes to the accounts

(cont)

Note 3

Analysis of income

		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
	Analysis					
Donations and legacies:	Donations and gifts	-	33,793	-	33,793	12,050
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	-	-	-	-	-
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	33,793	-	33,793	12,050
Charitable activities:	Summerversity	-	-	-	-	2,500
	City Summer Programme	-	-	-	-	1,640
	Copenhagen Youth Project	1,607	-	-	1,607	1,071
	Waltham Forest Summer Project	2,824	-	-	2,824	-
	Bromley by Bow	200	-	-	200	-
	New Horizon (1)	1,560	-	-	1,560	-
	Other	-	-	-	-	1,946
	Total	6,191	-	-	6,191	7,157
Other trading activities:		-	-	-	-	-
	Supper club	682	-	-	682	-
	Other	-	-	-	-	-
	Total	682	-	-	682	-
Income from investments:	Interest income	-	-	-	-	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	15,525
	Total	-	-	-	-	15,525
TOTAL INCOME		6,873	33,793	-	40,666	34,732

Other information:

All income in the prior year was unrestricted except for:
(please provide description and amounts)

Donated income of £11,550 as detailed in Note 9.2

Section C **Notes to the accounts** **(cont)**

Note 4 **Analysis of expenditure**

Analysis	This year				Last year			
	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Unrestricted funds	Restricted income funds	Endowment funds	Total funds
Expenditure on raising funds:				£				£
Incurred seeking donations	-	-	-	-	-	-	-	-
Incurred seeking legacies	-	-	-	-	-	-	-	-
Incurred seeking grants	-	-	-	-	-	-	-	-
Operating membership schemes and social lotteries	-	-	-	-	-	-	-	-
Staging fundraising events	-	-	-	-	-	-	-	-
Fundraising agents	-	-	-	-	-	-	-	-
Operating charity shops	-	-	-	-	-	-	-	-
Operating a trading company undertaking non-charitable trading activity	-	-	-	-	-	-	-	-
Advertising, marketing, direct mail and publicity	-	-	-	-	183	-	-	183
Start up costs incurred in generating new source of future income	-	-	-	-	-	-	-	-
Database development costs	-	-	-	-	-	-	-	-
Other trading activities	-	-	-	-	-	-	-	-
Investment management costs:	-	-	-	-	-	-	-	-
Portfolio management costs	-	-	-	-	-	-	-	-
Cost of obtaining investment advice	-	-	-	-	-	-	-	-
Investment administration costs	-	-	-	-	-	-	-	-
Intellectual property licencing costs	-	-	-	-	-	-	-	-
Rent collection, property repairs and maintenance charges	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total expenditure on raising funds	-	-	-	-	183	-	-	183
Expenditure on charitable activities:								
Teacher fees / Session delivery costs	1,955	7,668	-	9,623	4,221	840	-	5,061
Venue hire	85	300	-	385	-	-	-	-
Salaries, pension costs and training	138	12,171	-	12,309	4,673	2,337	-	7,010
Direct cost purchases	199	2,071	-	2,270	904	339	-	1,242
Travel	53	170	-	223	398	23	-	421
Other	78	816	-	894	861	431	-	1,292
Total expenditure on charitable activities	2,508	23,196	-	25,704	11,057	3,969	-	15,025
Separate material item of expense								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-
Other								
Governance - accounting	249	927	-	1,176	1,224	-	-	1,224
Governance - insurance	52	150	-	202	288	-	-	288
	-	-	-	-	-	-	-	-
Total other expenditure	301	1,077	-	1,378	1,512	-	-	1,512
TOTAL EXPENDITURE	2,809	24,273	-	27,082	12,751	3,969	-	16,720

Note 5 Details of certain items of expenditure**5.1 Fees for examination of the accounts**

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

Independent examiner's fees

Assurance services other than audit or independent examination

Tax advisory fees

Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner

This year £	Last year £
864	864
-	-
-	-
312	360

Note 6

Paid employees

Please complete this note if the charity has any employees.

6.1 Staff Costs

	This year £	Last year £
Salaries and wages	11,446	7,010
Social security costs	156	-
Pension costs (defined contribution scheme)	58	-
Other employee benefits	-	-
Total staff costs	11,660	7,010

This year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

n/a

Last year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

n/a

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

TRUE

Band	Number of employees	
	This year	Last year
£60,000 to £69,999	-	-
£70,000 to £79,999	-	-
£80,000 to £89,999	-	-
£90,000 to £99,999	-	-
£100,000 to £109,999	-	-

	This year £	Last year £
Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 11.	8,903	7,010

6.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	-	-
Governance	1	-
Other	1	1
Total	2	1

Note 7 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	32,554	18,875
Other	-	-
Total	32,554	18,875

Note 8 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

8.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	57	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	864	864	-	-
Taxation and social security	-	-	-	-
Other creditors	-	-	-	-
Total	921	864	-	-

Section C **Notes to the accounts** **(cont)**

Note 9 **Charity funds**

9.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

** Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Cripplegate	R	Eat Club is looking to use this funding to run a whole year of sessions in Urban Hope youth club. This funding will allow us to run 36 sessions over the year. Each session will be two hours long and will take place once a week during term-time. During the session a group of around ten young people will cook together and then share the fruits of their labour with the rest of the centre participants, staff and volunteers. All sessions will focus on increased fruit and vegetable consumption and reduced salt, sugar and fat in the diet. Each of the sessions will support attendees with practical culinary skills, communication and teamwork, resilience, problem-solving, time management, planning, organisation, collaboration, leadership and creativity.	2,047	4,340	(6,387)	-	-	-
Peabody	R	Secured a whole year of funding to run cooking sessions to young people who live in the Peabody estates in Kings Cross. Sessions being delivered in the Hugh Cubitt community centre and work children and families who currently don't have activities on offer in the local community. Working to improve health and wellbeing and increase community cohesion.	4,309	-	(4,309)	-	-	-
Sherborne in Community (1)	R	Secured funding to deliver a year-long programme of 46 sessions to young homeless people in Sherborne House through DePaul UK. Eat Club hopes that this project will tackle some of the barriers that prevent homeless young people from participating in the larger community, by using the medium of food. This project has the short-term aim of providing young, vulnerable individuals with a safe space to improve their skills and knowledge. With this funding we would like to reach around fifty young homeless people who will join the sessions through referral from the different projects and hostels run by DePaul UK	1,225	7,112	(8,337)	-	-	-
London Catalyst	R	The funding is for the delivery of Eat Club sessions in partnership with DePaul UK. Eat Club hopes that this project will tackle some of the barriers that prevent homeless young people from participating in the larger community, by using the medium of food. This project has the short-term aim of providing young, vulnerable individuals with a safe space to improve their skills and knowledge. Through learning how to feed themselves healthily and working collaboratively, these young people will grow more confident in their ability to influence change in their own lives		1,000			-	1,000
New Horizon (2) - Crick Institute	R	In this project, Eat Club is looking to partner with New Horizon Youth Centre in Somers Town. Founded by Lord Longford in 1967, New Horizon is a vital support network for 16-25 year olds who have no one else to turn to, working with the most vulnerable and multi-disadvantaged young people in London. We are looking to run 46 session in this project over the year. Securing this funding will enable us to run 23 of these sessions. Each session will be two hours long and will have up to four young people, plus staff and volunteers, who will cook and eat together a two to three course meal that might be shared with other centre members		2,920			-	2,920
Brighter Futures	R	Eat Club is looking to use this funding to run 36 weekly sessions (6 lots of 6 week courses) over a year at Amberley Youth Project during term time. Each weekly session will last two hours. During the sessions a group of around ten young people will cook together and then share the fruits of their labour with the rest of the centre participants, staff and volunteers		5,000			-	5,000
Hackney Quest	R	With your support, from January 2020, we will offer 6 courses of 6 weekly sessions to groups of up to 12 young people, who would prepare together a tasty, healthy meal plus 3 taster sessions. Each session will last 2 hours with a different objective (e.g. making a healthy takeaway and wholesome breakfast, cooking on a budget, using healthy cooking methods) reflected in the prepared menu. The sessions progress as participants' culinary abilities do. As part of this project with Hackney Quest, the young people will work on AQA Accreditations and those keen to find work in the catering industry will complete a Food Hygiene level 2 certificate.		8,796	(615)		-	8,181
Youth in Action	R	Eat Club will deliver an exciting programme providing young people with the skills and opportunities to create a positive and sustainable future for themselves through the medium of food. Eat Club will run three courses of eight cooking sessions each in three locations in south Camden: Somers Town Youth Centre (and Somers Town Community Association), the Surma Centre and KCBNA, for young people.		4,625	(4,625)		-	-
								-
Other funds	UR	General unrestricted reserves	10,431	6,873	(2,809)		-	14,494
Total Funds			18,012	40,666	(27,083)	-	-	31,595

Section C **Notes to the accounts** **(cont)**

Note 9 **Charity funds**

9.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the balance sheet.

** Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds*

Fund names	Type PE, EE R or UR *	Purpose and Restrictions - prior year	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Cripplegate	R	Secured funding to run 30 sessions with Islington's young people over the course of the year. Five courses of six sessions each with new partners in the Borough (Islington Play Association, Urban Hope, Arsenal in the Community, Copenhagen Youth Project and SoapBox). Each session would be 2 hours long and will have up to 12 children and young people work to enjoy a tasty and healthy meal they have created together. The sessions involve the joint preparation of a meal for all Eat club participants, with the specific menu for each session reflecting the targets and desired outcomes of that session. From week to week the sessions see an increase in the skills needed to create the meal. By the end of the course the participants should be able to prepare fairly complex meals unaided and we know that they take great satisfaction from secured a whole year of running to run cooking sessions to young people who live in the Peabody estates in Kings Cross. Sessions being delivered in the Hugh Cubitt community centre and work children and families who currently don't have activities on offer in the local community. Working to improve health and wellbeing and increase community cohesion.	-	4,310	(2,263)	-	-	2,047
Peabody	R	Secured funding to deliver a year-long programme of 46 sessions to young homeless people in Shorborne House through Depaul UK. Eat Club hopes that this project will tackle some of the barriers that prevent homeless young people from participating in the larger community, by using the medium of food. This project has the short-term aim of providing young, vulnerable individuals with a safe space to improve their skills and knowledge. With this funding we would like to reach around fifty young homeless people who will join the sessions through referral from the different projects and hostels run by Depaul UK in South East London.	-	5,000	(691)	-	-	4,309
Sherborne in Community	R	Secured funding to deliver a year-long programme of 46 sessions to young homeless people in Shorborne House through Depaul UK. Eat Club hopes that this project will tackle some of the barriers that prevent homeless young people from participating in the larger community, by using the medium of food. This project has the short-term aim of providing young, vulnerable individuals with a safe space to improve their skills and knowledge. With this funding we would like to reach around fifty young homeless people who will join the sessions through referral from the different projects and hostels run by Depaul UK in South East London.	-	2,240	(1,015)	-	-	1,225
			-	-	-	-	-	-
Other funds	UR	General unrestricted reserves	-	23,182	(12,751)	-	-	10,431
Total Funds			-	34,732	(16,720)	-	-	18,011

Note 10 **Charity funds (cont)**

10.1 Transfers between funds

This year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	n/a	
Between endowment and restricted funds	n/a	
Between endowment and unrestricted funds	n/a	

Last year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	n/a	
Between endowment and restricted funds	n/a	
Between endowment and unrestricted funds	n/a	

Note 11 Transactions with trustees and related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

11.1 Trustee remuneration and benefits

This year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)

TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£	£	£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

Last year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)

TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.

11.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)

TRUE

Type of expenses reimbursed	This year	Last year
	£	£
Travel	-	-
Subsistence	-	-
Accommodation	-	-
Other (please specify):	-	-
	-	-
TOTAL	-	-

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity

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11.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

This year

There have been no related party transactions in the reporting period (True or False)

TRUE

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

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For any related party, please provide details of any guarantees given or received.

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Last year

There have been no related party transactions in the reporting period (True or False)

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

Section C	Notes to the accounts	(cont)
Note 12	Additional Disclosures - Covid-19	
The pandemic caused by Covid-19 has impacted the charity’s ability to deliver projects already funded as venues had to close due to the national lockdown. This is reflected in the level of restricted reserves with funds received but not been spent. If restrictions will ease, and in line with the National Youth Agency guidelines, we will attempt to complete those by the 30th of June 2021		

INDEPENDENT EXAMINER'S REPORT
For the period 02 July 2019 to 30 June 2020

Independent Examiner's Report to the Trustees of Eat Club

I report on the financial statements of the charity for the period ended 30 June 2020 as set out in the TAR 2019-20 and CC17a for 2020.

This report is made solely to the charity's trustees, as a body, in accordance with Section 145 of the Charities Act 2011. 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 this 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, for this report, or for the opinions I have formed.

Respective responsibilities of trustees and examiner

The charity's trustees, you are responsible for the preparation of financial statements. The trustees consider that an audit is not required for this year under Section 144(2) of the Charities Act 2011 (the '2011 Act') and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the financial statements under Section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state where particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the financial statements present a 'true and fair view' and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINER'S REPORT (cont.)
For the period 02 July 2019 to 30 June 2020

Independent examiner's statement

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed

Alison Sanderson

Independent Examiner's Name:	Alison Sanderson FCA
Relevant professional qualification or body:	ICAEW
Name of Practice:	Liles Morris Ltd
Address of Practice:	First Floor, 80 Coombe Road, New Malden, Surrey KT3 4QS
Date:	28 January 2021