

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 | - |

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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).

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 | | | |
| 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 | <u>500</u> | - | <u>500</u> |
| | <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 | | | |
| General fund | 10,430 | 4,064 | 14,494 |
| Restricted funds | | | |
| Cripplegate | 2,047 | (2,047) | - |
| Peabody | 4,309 | (4,309) | - |
| Sherbourne in the Community | 1,225 | (1,225) | - |
| London Catalyst | - | 1,000 | 1,000 |
| New Horizon (2) | - | 2,920 | 2,920 |
| Brighter Futures | - | 5,000 | 5,000 |
| Hackney Quest | - | <u>8,181</u> | <u>8,181</u> |
| | <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 | Transfers | At | |
| | £ | movement | between | 30.6.21 | |
| | | in funds | funds | £ | |
| 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> | |

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 £ | Year Ended 30.6.21 £ |
| Supper Club | | <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 | | <u>322</u> |
| | | <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 | | <u>1</u> |
| | | <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 | | | | 27,712 | 14,494 |
| Restricted funds: | | | | 4,396 | - |
| Sherbourne in the Community | | | | - | 1,000 |
| London Catalyst | | | | - | 2,920 |
| New Horizon (2) | | | | 5,000 | 5,000 |
| Brighter Futures | | | | - | 8,181 |
| Hackney Quest | | | | 9,256 | - |
| Young Leaders programme | | | | 500 | - |
| Magic Little Grants | | | | - | - |
| TOTAL FUNDS | | <u>19,152</u> | <u>17,101</u> | <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

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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

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FOR THE YEAR ENDED 30 JUNE 2021**

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



Liles Morris Limited
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