

EPHING FOREST FOODBANK

England & Wales · Charity number 1182270

Details

Status Registered

Legal form CIO

Registered 2019-02-28

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

Contact

Address unit 24
oakwood hill industrial estate
loughton
essex
IG10 3TZ

Phone 07402032313

Email info@eppingforest.foodbank.org.uk

Website <https://eppingforest.foodbank.org.uk>

Activities

Objects: TO RELIEVE PERSONS IN EPPING FOREST DISTRICT AND SURROUNDING AREAS THAT ARE IN FINANCIAL HARDSHIP IN SUCH WAYS AS THE TRUSTEES FROM TIME TO TIME THINK FIT, IN PARTICULAR BUT NOT EXCLUSIVELY BY: A) PROVIDING EMERGENCY FOOD, ESSENTIAL TOILETRIES, AND HOUSEHOLD ITEMS TO INDIVIDUALS AND FAMILIES IN NEED AND/OR DISTRIBUTION BY CHARITIES OR OTHER ORGANIZATIONS WORKING TO PREVENT OR RELIEVE POVERTY. B) SUCH OTHER MEANS, INCLUDING (BUT NOT LIMITED TO) THE PROVISION OF SUPPORT, OR SIGNPOSTING TO RELEVANT INFORMATION AND OTHER ADVISORY SERVICE, OR THROUGH 'MORE THAN FOOD' PROJECTS WHICH REMAIN CONSISTENT WITH THE PRIMARY OBJECTIVE OF THE CHARITY AND TO PROVIDE SUCH SERVICES WITH A CHRISTIAN ETHOS, SUPPORTED BY CHURCHES IN EPPING FOREST DISTRICT.

Activities: Epping Forest Foodbank aims to relieve persons in Epping Forest district and surrounding areas that are in financial hardship through providing emergency food, essential toiletries, and household items to individuals and families in need and signposting to other community support services they could benefit from.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Prevention Or Relief Of Poverty

Geography

- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£196,123	£253,893	-	-
2023-12-31	£239,291	£166,320	-	-
2022-12-31	£133,166	£98,843	-	-
2021-12-31	£106,682	£63,417	-	-
2020-12-31	£154,217	£51,091	-	-

Trustees

Name	Role	Appointed
Sharon Heather	Chair	2021-07-19
Dr Jane Evans		2023-12-11
Jenny Ann Thompson BSc		2019-02-28
Julian Richard Dutnall LLB,MA,MBA		2021-07-19
Rashni Chahal Holden		2022-07-13
Zachary Huw Cook		2020-02-26

Accounts

EPPING FOREST FOODBANK

Charity Registration Number: 1182270

31 December 2024

Annual Report and Financial Statements

Tandem Accounting Limited
Chartered Accountants
17 Heathville Road
London N19 3AL

EPPING FOREST FOODBANK

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EPHING FOREST FOODBANK

Legal & Administrative Information For the year ended 31 December 2024

Charity Name	Epping Forest Foodbank.												
Charity number	1182270. The charity was registered with the Charity Commission on 28 February 2019.												
Principal Address	Unit 24, Oakwood Hill Industrial Estate, Loughton, IG10 3TZ.												
Governing Documents	CIO Foundation.												
Objective	To relieve persons in Epping Forest district and surrounding areas that are in financial hardship in such ways as the trustees from time to time think fit, in particular but not exclusively by: A) providing emergency food, essential toiletries, and household items to individuals and families in need and/or distribution by charities or other organizations working to prevent or relieve poverty. B) such other means, including (but not limited to) the provision of support, or signposting to relevant information and other advisory service, or through 'more than food' projects which remain consistent with the primary objective of the charity and to provide such services with a Christian ethos, supported by churches in Epping Forest district.												
Trustees	The Trustees who served during the year or who were serving at the date of this report were: <table><tr><td>Julian Dutnall</td><td>Chair (resigned 31 March 2025)</td></tr><tr><td>Jenny Ann Thompson</td><td></td></tr><tr><td>Zach Cook</td><td>Treasurer</td></tr><tr><td>Sharon Heather</td><td>Chair (appointed 1 April 2025)</td></tr><tr><td>Rashni Chalal-Holden</td><td></td></tr><tr><td>Jane Evans</td><td></td></tr></table>	Julian Dutnall	Chair (resigned 31 March 2025)	Jenny Ann Thompson		Zach Cook	Treasurer	Sharon Heather	Chair (appointed 1 April 2025)	Rashni Chalal-Holden		Jane Evans	
Julian Dutnall	Chair (resigned 31 March 2025)												
Jenny Ann Thompson													
Zach Cook	Treasurer												
Sharon Heather	Chair (appointed 1 April 2025)												
Rashni Chalal-Holden													
Jane Evans													
Key Management Personnel	Those in charge of planning, directing, controlling, running, and operating the Charity, including those members of staff who are the senior management personnel to whom the trustees have delegated significant authority or responsibility in the day-to-day running of the charity, are the Managing Trustees and Jacob Forman (Director) and Robert Glasgow (Operations Manager).												
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent, ME19 4JQ												
Independent Examiner	John Helm ACA Tandem Accounting Limited 17 Heathville Road London N19 3AL												

EPPING FOREST FOODBANK

Trustees' Report

For the year ended 31 December 2024

The Trustees submit their annual report and the financial statements of Epping Forest Foodbank ("the Charity") for the year ended 31 December 2024. The financial statements have been prepared in the format prescribed by the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP2019 (FRS102)) and the Financial Reporting Standard 102. The legal and administrative information set out earlier in this document forms part of this report.

The previous accounts, to 31 December 2023, were drawn up on a receipts and payments basis. Following the change of basis to accruals accounting in 2024, the 2023 and 2022 accounts have been restated across the balance sheet headings and the reconciliation can be found at the foot of these financial statements, on pages 18 & 19.

1. Structure, Governance & Management

1.1 Trustees

Trustees are recruited by public advertisement or by recommendation with the intention that the board will encompass a broad range of skills and experience. A prospective trustee will be interviewed by the Chair and another trustee who will discuss the aims and values of the foodbank and the role of trustee and will make an initial assessment of the applicant. Following this the applicant will be invited to present themselves at a full meeting of trustees who will vote on whether to accept the application for an initial term of three years. Trustees are expected to respect the ethos of the foodbank but there is no requirement to subscribe to any specific religious tradition.

1.2 Organisation

The Foodbank currently maintains a central warehouse, office and educational space in Loughton and uses four locations within the Epping Forest District as distribution centers which are open for one day a week where customers can attend to receive appropriate food and toiletries for their households and may access advice on benefits and be directed to other agencies which are able to provide further support. Additionally, for customers who are unable to access this service we have volunteers who will deliver supplies direct to the doorstep.

1.3 Risk Management

The Trustees have assessed the major risks to which the charity is exposed, in particular those relating to the specific operational areas of the charity, its investments and its finances. The Trustees believe that, by monitoring reserve levels, by ensuring that controls exist over key financial systems, and by examining the operational risks faced by the Trustees, they have established effective systems and procedures to mitigate those risks.

1.4 Personnel

The Foodbank currently has three employees whose roles are Director, Operations Manager and Community Liaison. The Director is Jacob Forman who, with the support of the trustees, sets the vision and develops long-term strategy, oversees the day-to-day operations and represents the Foodbank to current and potential donors, the media and the public. The Operations Manager is Robert Glasgow who manages receipt, storage and distribution of donated food stock and toiletries and purchase of additional stocks where donations are insufficient to meet demand. Community Liaison is Amy Perridge who meets with community groups, schools, churches and other institutions to inform people of the role of the Foodbank, the assistance that is provided and how it may be accessed, and to support fund-raising activities and food donations. All other roles including warehouse staff, distribution centre managers and assistants and delivery drivers are filled by volunteers.

2. Activities & Strategies

The Trustees have given due regard to the Charity Commissions' guidance on public benefit. During the year the Charity carried out the following activities in the local neighbourhood and to benefit the community:

- The Charity operates in the Epping Forest District. Of those referred, the majority are residents within 27 Epping Forest wards with others being supported in 21 wards outside the District and those with no fixed address.
- Customers are referred by statutory, charity and community organisations based in the advice, criminal justice, DWP, educational, faith, health and mental health, local government and social welfare sectors.

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Trustees' Report

For the year ended 31 December 2024

- The foodbank operates weekly distribution centres at The Epping Community Hub, St. Mary's Church in Loughton, Hazelwood Children's Centre in Waltham Abbey and Trinity Church in Debden. For customers for whom attendance at a distribution centre is not practical, food parcels are delivered to customers' homes throughout the Epping Forest district by volunteers.
- Customers receive a parcel of non-perishable food which is designed to provide for emergency rations for up to seven days. Additional fresh food is offered in partnership with FareShare, local supermarkets and bakeries.
- As well as providing food the Charity in partnership with statutory and other agencies, offers 'signposting' to direct customers to the appropriate agencies and resources to assist with their longer-term needs, and also offers spiritual support. The Charity can also make referrals directly to other organisations that may be able to offer further support.
- In association with local schools, we run projects in the Easter, Summer and Christmas holidays to provide food and activity packs to families who receive free school meals during term time.
- Surplus food is donated to Norway House, the District's homeless shelter or offered to other foodbanks in the surrounding areas.
- Packaging and food which is damaged or out of date when received are recycled.
- At the end of 2024 the Charity had three full time members of staff and services were provided by over 150 volunteers.

Public Benefit

The trustees confirm that they have complied with the duty in section 17(5) of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission and, in particular, the specific guidance on charities for the advancement of religion.

3. Achievements and Performance

The past year has seen significant changes for Epping Forest Foodbank. Having outgrown our former premises, we moved our office and warehouses function a short distance to a new site in February. We also found it necessary to increase our payroll, so we now have three full time employees. In this we were well supported by Trussell both with financial assistance and practical advice.

Working closely with partner organisations including Voluntary Action Epping Forest (VAEF) we have been able to strengthen our offering to our clients. It has never been our aim merely to be suppliers of food to tide people over, but to work with our customers sustainably to improve their circumstances. To this aim now we host expert advisors in mental health, energy and benefits at our distribution sessions as well as continuing to offer information about and referrals to other agencies which may offer guidance and assistance through life's trials. We also regularly hold educational sessions for schools and other youth groups and lay on volunteering days for corporations. Sponsorship of a Benefits Counsellor, financed by Trussell at a cost of £28,066 for 2024 has resulted in access for our customers to over £250,000 in benefits to which they did not know they were entitled or for which they required guidance through the application process.

2024 was the second busiest year for the Foodbank, slightly behind 2023, which gives us hope but cannot yet be seen as a pattern. We still distributed over 50 tonnes of food to nearly 8,000 people, including over 3,000 children in the Epping Forest District Council area. We received 33.2 tonnes of donated food, mainly from supermarket collection points, churches and schools. To supplement this, we spent £47,378 on additional food and necessary toiletries.

In partnership with local schools, we continued to run Food in School Holidays (FISH) programs in support of over 100 families during each of the school holidays. This is a significant expense and logistical exercise; planning meals allowing for dietary requirements, purchasing, sorting and packing and then distributing food parcels.

We were grateful to Stacey Solomon and Epping Forest District Councillor Darshan Sunger who agreed to formally cut the ribbon on our new facilities in May. We were also glad to be able to welcome Neil Hudson, MP for Epping Forest, to see the Foodbank in action in December.

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Trustees' Report

For the year ended 31 December 2024

We were also grateful for the attention we received from the media, including an interview on BBC Essex and visits from ITV's Good Morning Britain, the Metro newspaper and LBC radio presenter Natasha Devon. Such articles help to de-mystify and de-stigmatise food banks, to highlight the impact of food insecurity on those we support, to show the care and dedication of volunteers and to encourage support for our work in the community.

We are enabled to provide our services by grants from Trussell, Epping Forest District Council through Qualis Property Solutions, the Essex Association of Local Councils, Loughton Town Council and The Joseph and Lilian Sully Foundation, corporate donations from Tesco, Coca Cola, Sainsbury's, Terry Tew, MP Chartered Architects, Butler Law, Consultant Microbiologist and EE and BR Elixir Events Ltd, donations from churches, schools and community organisations including All Saints, Chigwell, Epping Fire Station, Alderton Hill Junior & Infants, The Immaculate Conception, Epping, Epping United Reformed Church, Loughton 41 Club, Mazars Charitable Trust, St Michael's, Loughton, Loughton Methodist Church, Abridge Village Church, Loughton Amateur Dramatic Society, Epping Rotary Club, Epping Lottery, Arts Society, West Essex and Loyola Preparatory School. We are most grateful to these organisations and to all our generous individual donors for their financial support.

In addition, we are supported by donations of goods, primarily food from Tesco, Gail's Bakery, Morrison's and Marks & Spencer, professional services from Baskin Walsh and practical assistance from British Gas.

4. Financial Review

The charity is funded by donations and grants. Historically most of our funding has come from empathetic and generous individuals but since 2022 we have also received significant funding from Trussell through their Pathfinder programme the intention of which is to promote local initiatives to confront the causes of poverty rather than simply providing emergency food. Initiatives which have been supported by this programme include providing our customers with the services of a Benefits Counsellor, expanding the Community Liaison and Operations Manager roles, staff training and equipping a training room so that we can host school and community groups for educational activities. Unfortunately, this funding is no longer available to us so in future we will need to find other sources of funding or significantly reduce our services.

In 2024 we received £89,440 in new grants from Trussell, £10,000 from the Joseph and Lilian Sully Foundation, £8,448 from the Essex Association of Local Councils and £2,000 from Loughton Town Council. £2,839 was received in donations from churches and £13,331 from other corporations and local businesses including £4,950 from Qualis Property Solutions which is owned by Epping Forest District Council. Community groups and schools donated £4,447 and individuals £50,030 enabling us to claim £9,803 in Gift Aid. At the end of the year, we had 93 regular donors giving £3,131 per month.

As the majority of our community work is to distribute donated food the majority of our expenses are taken up with the costs of storage, management and distribution. The value of food donated during the year was around £80,000 and we spent a further £47,378 on additional food and essential toiletries and £2,062 on distribution. Holiday Hunger projects cost £12,129. Warehouse rental and servicing costs amounted to £29,111 for the year and gross employment costs for three full-time employees came to £94,707 including training costs. Total income came to £196,123 and expenditure to £253,893.

The Charity's cash resources decreased by £57,770 (2023: increased by £145,926) during the year to £327,756 (2023: £385,526).

4.1 Reserves Policy

The Trustees consider that, given the nature of the charity's work, free reserves should be equivalent to approximately 6 months' routine general fund expenditure, plus committed future expenditure on other projects, where funds permit. The Trustees are of the opinion that this provides sufficient flexibility to cover temporary shortfalls in incoming resources and will allow the Charity to cope and respond to unforeseen emergencies whilst specific action plans are implemented. At 31 December 2024 the Charity had net free reserves of £207,962 (2023: £234,395).

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Trustees' Report

For the year ended 31 December 2024

	2024 £	2023 £
Total reserves	327,756	385,526
Less: restricted funds	(119,794)	(151,131)
Free reserves	207,962	234,395
Free reserves requirement:		
6 month's budgeted routine expenditure	100,000	100,000

The Trustees are aware that free reserves are in excess of the free reserves requirement and also recognise that a significant part of the charity's routine spending in 2024 was financed by one-off grants, and that similar funding is not expected to be available in future periods.

4.3 Investment Policy

Cash balances are held at CAF Bank and balances not expected to be used in the short term are held in a deposit account in order to earn interest.

4.4 Grants Policy

The Foodbank does not give grants to organisations or individuals.

5. Plans for Future Periods

As the Foodbank is no longer eligible for Pathfinder grants the main focus will be on maintain the best service we can while reviewing expenditure and looking for a broad range of alternative funding streams.

6. Responsibilities of Trustees for the Financial Statements

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

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

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

The trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

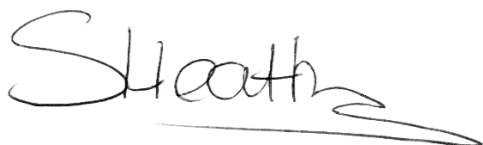
EPPING FOREST FOODBANK

Trustees' Report For the year ended 31 December 2024

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

7. Approval

The report of the Trustees was approved by the Trustees on 22 September 2025 and signed on its behalf by:

A handwritten signature in black ink, appearing to read 'Sharon Heather', with a long horizontal flourish extending to the right.

**Sharon Heather
Chair of Trustees**

A handwritten signature in black ink, appearing to read 'Zachary Cook', with a long vertical flourish extending downwards.

**Zachary Cook
Trustee - Treasurer**

**Report of the Independent Examiner to the Trustees of
Epping Forest Foodbank**

I report on the accounts of Epping Forest Foodbank for the year ended 31 December 2024, set out on pages 9 to 19.

This report is made solely to the Trustees in accordance with section 145 of the Charities Act 2011 (the Act). My independent examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by the law, I do not accept responsibility to anyone other than the Trustees for my independent examination, for this report, or the opinions I have formed.

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND EXAMINER

The Trustees consider that an audit is not required for this period (under section 144(2) of the Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Direction given by the Charity Commission (under section 145(5)(b) of the Act); and
- To state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

INDEPENDENT EXAMINER'S STATEMENT

In the course of my examination, no matter has come to my attention:

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 charity 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.



John Helm ACA

22 September 2025

EPPING FOREST FOODBANK

Statement of Financial Activities For the year ended 31 December 2024

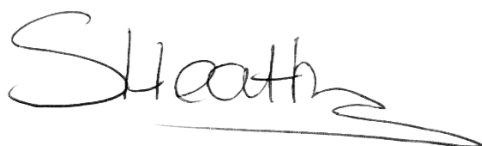
	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Unrestricted Funds 2023 £ Restated	Restricted Funds 2023 £ Restated	Total 2023 £ Restated
Income from:	2						
Donations and legacies		92,800	97,538	190,338	132,793	181,220	314,013
Investment Income		5,785	-	5,785	4,663	-	4,663
Total Income		98,585	97,538	196,123	137,456	181,220	318,676
Expenditure on:							
Raising funds	3	1,306	-	1,306	2,269	-	2,269
Charitable activities	4	123,712	128,875	252,587	128,848	41,633	170,481
Total Expenditure		125,018	128,875	253,893	131,117	41,633	172,750
Net gains/(losses) on investments	7	-	-	-	-	-	-
Net (expenditure)/income	5	(26,433)	(31,337)	(57,770)	6,339	139,587	145,926
Transfers between funds							
Net movement in funds		(26,433)	(31,337)	(57,770)	6,339	139,587	145,926
Total funds brought forward		234,395	151,131	385,526	228,056	11,544	239,600
Total funds carried forward		207,962	119,794	327,756	234,395	151,131	385,526

EPPING FOREST FOODBANK

Balance Sheet **As at 31 December 2024**

	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £ Restated
Fixed Assets					
Tangible Assets	6	4,535	-	4,535	2,138
		4,535	0	4,535	2,138
Current Assets					
Stock		23,871	-	23,871	16,440
Debtors	7	9,057	13,407	22,464	83,071
Cash At Bank And In Hand		172,624	106,387	279,011	285,605
		205,552	119,794	325,346	385,116
Creditors - Amounts Falling Due Within One Year	8	2,125	-	2,125	1,728
Net Current Assets		203,427	119,794	323,221	383,388
Net Assets		207,962	119,794	327,756	385,526
Represented by:					
Restricted Income Funds	9	-	119,794	119,794	151,131
Unrestricted Income Funds	10	207,962	-	207,962	234,395
Total Funds		207,962	119,794	327,756	385,526

The Accounts were approved by the Trustees on 22 September 2025 and signed on its behalf by:



Sharon Heather
Chair of Trustees



Zachary Cook
Trustee - Treasurer

Notes to the Financial Statements For the year ended 31 December 2024

1. Accounting Policies

Epping Forest Foodbank is an incorporated charity. The registered office is Unit 24, Oakwood Hill Industrial Estate, Loughton, IG10 3TZ.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of accounting

The financial statements have been prepared under the Charities Act 2011 and in accordance with the Charities Statement of Recommended Practice (Charities SORP (FRS 102)) and Financial Reporting Standard 102 (FRS 102). The financial statements are drawn up on the historical cost basis of.

The financial statements include all transactions, assets and liabilities for which the Foodbank is responsible in law.

The Foodbank meets the definition of a public benefit entity under FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

Going Concern

There are no material uncertainties about the charity's ability to continue as a going concern and accordingly the accounts have been drawn up on a going concern basis.

Income recognition

Voluntary income and donations (including legacies) are accounted for once the Foodbank has entitlement to the income, it is probable the income will be received, and the amount of income receivable can be reliably measured. Income from the recovery of tax on gift aided donations is accounted for in the period to which the relevant donation is received. Grant income is recognised on a receivable basis.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Foodbank; this is normally upon notification of the interest paid or payable by the bank.

Expenditure recognition

Expenditure is accrued as soon as a liability is considered probable, and the amount of obligation can be measured reliably. The Foodbank is not registered for VAT and accordingly expenditure includes VAT where appropriate.

Charitable expenditure includes those costs in fulfilling the Foodbank's principal objects, as outlined in the Report of the Trustees. These include governance costs:

- Governance costs comprise all costs involving the public accountability of the Foodbank and its compliance with regulation and good practice. These costs include costs related to the independent examination and legal fees.

Rentals under operating leases are charged as incurred over the term of the lease.

Pensions

A stakeholder pension scheme is available to all staff. Contribution rates are agreed on an individual basis, and are made to the stakeholder pension scheme, or personal pension schemes held by employees. All contributions are made on a defined contribution basis.

Tangible Fixed Assets

Tangible fixed assets costing more than £100 are capitalised and stated at cost less accumulated depreciation.

Depreciation is provided at rates calculated to write off the cost or valuation of the fixed asset, less their estimated residual value, over their expected useful lives on the following bases:

Office Equipment	33.3% on cost
Fixtures and Fittings	14.3% on cost

EPPING FOREST FOODBANK

Notes to the Financial Statements For the year ended 31 December 2024

1. Accounting Policies (continued)

Investments

The Foodbank does not hold investments. Cash which is not required for current expenditure is held in a bank deposit account to earn interest.

Stock

Food and other donated stock held for distribution is recognised as an asset on the charity's balance sheet at fair value, which the charity currently deems to be £2.37 per kilo on an aggregated basis.

Debtors

Debtors are included at the settlement amount due. Prepayments are valued at the amount prepaid.

Cash at bank and in hand

Cash at bank and in hand includes cash held in current and deposit accounts.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation arising 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 recognised at their settlement amount.

Fund accounting

The funds held by the charity are either:

- Unrestricted general funds - these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.
- Restricted funds - these are funds that 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.

2. Income

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £ Restated
Donations & legacies				
Offerings and donations	70,647	-	70,647	75,979
Income tax reclaimed	9,803	-	9,803	10,018
Grants	12,350	97,538	109,888	228,016
	92,800	97,538	190,338	314,013
Investment income				
Bank Interest	5,785	-	5,785	4,663
	5,785	0	5,785	4,663
	98,585	97,538	196,123	318,676

EPPING FOREST FOODBANK

Notes to the Financial Statements **For the year ended 31 December 2024**

3. Expenditure – Raising Funds

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £ Restated
Bank fees	872	-	872	1,234
Marketing	434	-	434	1,035
	1,306	0	1,306	2,269

4. Expenditure on Charitable Activities

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £ Restated
Provision of staff costs (see note 4a)	51,141	42,682	93,823	70,520
Foodbank	41,820	45,393	87,213	74,975
Office costs	5,009	-	5,009	3,907
Provision of building and facilities	24,122	40,800	64,922	20,047
Governance	1,620	-	1,620	1,032
	123,712	128,875	252,587	170,481

One (2023: one) trustee received reimbursement of expenses totalling £113 during the year (2023: £34) fulfilling their duties, including for training, travel and subsistence, accommodation, equipment and other expenses.

4a Staff Costs

Included within Expenditure on Charitable Activities are the following staff costs:

	2024 £	2023 £
Gross salaries	97,938	55,184
Employer's National Insurance	8,905	15,989
Pension contributions	3,683	4,396
	110,526	75,569
Of which the following salaries and pension contributions were in relation to Key Management Personnel:		
Gross salaries	59,147	33,000
National Insurance	5,861	3,299
Pension contributions	2,385	1,338

No employee received emoluments in excess of £60,000 during the year.

EPHING FOREST FOODBANK

Notes to the Financial Statements **For the year ended 31 December 2024**

4. Expenditure on Charitable Activities (continued)

The average number of employees during the year:

	2024 Number	2023 Number
Full time workers	3	1
Part time workers	0	2
	3	3

5. Net (Deficit)/Surplus

Net (deficit)/surplus is stated after charging:

	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total 2024 £	Total 2023 £
Independent auditor's remuneration	1,620	-	1,620	840
Depreciation – owned assets	1,363	-	1,363	764

6. Tangible Fixed Assets

	Fixtures, fittings & equipment £
Cost	
At 1 January 2024	3,814
Additions	3,760
Disposals	-
At 31 December 2024	7,574
Depreciation	
At 1 January 2024	1,676
Charge For Year	1,363
Disposals	-
At 31 December 2024	3,039
Net Book Value	
At 31 December 2024	4,535
At 31 December 2023	2,138

EPPING FOREST FOODBANK

Notes to the Financial Statements For the year ended 31 December 2024

7. Debtors

	2024 £	2023 £ Restated
Prepayments	5,682	2,158
Grant Receivable	8,000	80,013
Gift Aid Receivable	946	900
Other debtors	7,836	-
	22,464	83,071

8. Creditors - Amounts Falling Due Within One Year

	2024 £	2023 £ Restated
Accruals	1,560	840
Trade creditors	209	-
Other creditors including tax and social security	356	888
	2,125	1,728

9. Restricted Funds

9a Current year

	At 1 January 2024 £	Income £	Expenditure £	Transfers £	Gains/ (losses) £	At 31 December 2024 £
Pathfinder	99,800	-	(61,230)	-	-	38,570
Financial Inclusion	17,252	32,439	(28,065)	-	-	21,626
Community Engage	26,079	-	(18,892)	-	-	7,187
Sustainability	0	55,151	(7,380)	-	-	0
Rebranding	0	1,500	(1,500)	-	-	0
Essex Association of Local Councils	0	8,448	(8,448)	-	-	47,771
Training	8,000	-	(3,360)	-	-	4,640
	151,131	97,538	(128,875)	0	0	119,794

EPPING FOREST FOODBANK

Notes to the Financial Statements For the year ended 31 December 2024

9. Restricted Funds (continued)

9b Prior year	At 1 January 2023 £	Income £	Expenditure £	Transfers £	Gains/ (losses) £	At 31 December 2023 £ Restated
Pathfinder	0	99,800	-	-	-	99,800
Voluntary Action Epping Forest Winter Warmer scheme	140	-	(140)	-	-	0
Financial Inclusion	0	34,505	(17,253)	-	-	17,252
NAVCA	0	2,000	(2,000)	-	-	0
Community Engage	11,404	36,915	(22,240)	-	-	26,079
Training	0	8,000	-	-	-	8,000
	11,544	181,220	(41,633)	0	0	151,131

Descriptions of the restricted funds are as follows:

Voluntary Action Epping Forest (VAEF) Winter Warmer: This scheme has been discontinued and surplus funds returned to VAEF.

Pathfinder: The Pathfinder programme was established by Trussell Trust to work with 60 food banks from across the UK, to introduce and test different approaches to reduce the need for food banks in a local setting. Trussell Trust provides intensive support to Pathfinder food banks through a specialist team and a range of online and in-person training and learning events and grants to enable approved strategic activities.

Financial Inclusion: Funds are provided by Trussell Trust to support a partnership with Voluntary Action Epping Forest (VAEF) to provide a counsellor to advise clients and assist them to apply for the benefits to which they are entitled and where applicable to mobilise other community-based support.

NAVCA: A grant provided by National Association for Voluntary and Community Action (NAVCA) through VAEF to help support the Easter Food in School Holidays (FISH) programme and targeted snack pack initiative for local migrant service users.

Community Engage: A grant provided by Trussell Trust towards the cost of an employee with responsibility to engage with local community organisations and schools

Sustainability: A grant provided by Trussell in recognition of the fact that demand for Foodbank services has been rising at the same time as food donations have been declining. The grant is towards expenditure on food parcels for distribution

Rebranding: During the year Trussell Trust rebranded as Trussell and updated their logo. A grant was provided to the Foodbank towards the cost of replacing branded materials such as lanyards and polo shirts.

Essex Association of Local Councils: Essex County Council are committed to supporting communities most in need and that have been adversely impacted by the increase of the cost of living. The grant from the Food Support Fund is for the provision of food for families with children and for individuals from across the Essex County Council local authority areas who are most in need.

Training: A grant was provided by Trussell Trust towards staff training.

10. Related Party Transactions

The Trustees gave a total of £1,862 (2023: 1,040) to the charity during the year.

There were no other related party transactions.

EPPING FOREST FOODBANK

Notes to the Financial Statements For the year ended 31 December 2024

11. Reconciliation between Cash Accounting and Accruals Accounting in 2022 & 2023

The previous accounts, to 31 December 2023, were drawn up on a receipts and payments basis. Following the change of basis to accruals accounting in 2024, the 2023 and 2022 accounts have been restated across the balance sheet headings as follows:

11a: 2022	Fixed Assets £	Stock £	Debtors £	Bank & cash £	Creditors £	Total £	Restricted Funds £	Unrestricted Funds £
As previously stated at 31 December 2022	-	-	-	212,634	-	212,634	11,544	201,090
Accruals adjustments 2022:								
Fixed assets	2,749	-	-	-	-	2,749	-	2,749
Stock	-	19,527	-	-	-	19,527	-	19,527
Debtors – Gift Aid receivables	-	-	1,528	-	-	1,528	-	1,528
Debtors – Prepayments	-	-	3,810	-	-	3,810	-	3,810
Creditors - accruals	-	-	-	-	(648)	(648)	-	(648)
Total accruals adjustments	2,749	19,527	5,338	0	(648)	26,966	0	26,966
Restated 31 December 2022	2,749	19,527	5,338	212,634	(648)	239,600	11,544	228,056

EPPING FOREST FOODBANK

Notes to the Financial Statements For the year ended 31 December 2024

11. Reconciliation between Cash Accounting and Accruals Accounting in 2022 & 2023 (continued)

11b: 2023	Fixed Assets £	Investments £	Debtors £	Bank & cash £	Creditors £	Total £	Restricted Funds £	Unrestricted Funds £
As previously stated at 31 December 2023	-	-	-	285,605	-	285,605	79,766	205,839
Accruals adjustments 2022 (see 12a above)	2,749	19,527	5,338	-	(648)	26,966	-	26,966
Accruals adjustments 2023:								
Fixed assets	(611)	-	-	-	-	(611)	-	(611)
Stock	-	(3,087)	-	-	-	(3,087)	-	(3,087)
Debtors – grants receivables	-	-	80,013	-	-	80,013	71,365	8,648
Debtors – Gift Aid receivables	-	-	(628)	-	-	(628)	-	(628)
Debtors - prepayments	-	-	(1,652)	-	-	(1,652)	-	(1,652)
Creditors - accruals	-	-	-	-	(192)	(192)	-	(192)
Creditors – other creditors	-	-	-	-	(888)	(888)	-	(888)
Total accruals adjustments	(611)	(3,087)	77,733	0	(1,080)	72,955	71,365	28,556
Restated 31 December 2023	2,138	16,440	83,071	285,605	(1,728)	385,526	151,131	234,395

Accounts

EPPING FOREST FOODBANK

Charity Registration Number: 1182270

**Annual Report and Accounts
31 December 2023**

EPPING FOREST FOODBANK

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EPPING FOREST FOODBANK

Legal & Administrative Information For the year ended 31 December 2023

Charity Name	Epping Forest Foodbank.
Principal Address	Unit 24, Oakwood Hill Industrial Estate, Loughton, IG10 3TZ.
Charity Registration	1182270. The charity was registered with the Charity Commission on 28 February 2019.
The Governing Document	CIO Foundation.
Objects	To relieve persons in Epping Forest district and surrounding areas that are in financial hardship in such ways as the trustees from time to time think fit, in particular but not exclusively by: A) providing emergency food, essential toiletries, and household items to individuals and families in need and/or distribution by charities or other organizations working to prevent or relieve poverty. B) such other means, including (but not limited to) the provision of support, or signposting to relevant information and other advisory service, or through 'more than food' projects which remain consistent with the primary objective of the charity and to provide such services with a Christian ethos, supported by churches in Epping Forest district.
Trustees	The Trustees who served during the year or who were serving at the date of this report were: Julian Dutnall Christopher Russell Blackham (resigned 11 December 2023) Jenny Ann Thompson Zach Cook Sharon Heather Sarah Opie (resigned 11 December 2023) Rashni Chalal-Holden Jane Evans (appointed 11 December 2023)
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent, ME19 4JQ
Independent Examiner	John Helm ACA Tandem Accounting Limited 17 Heathville Road London N19 3AL

EPPING FOREST FOODBANK

Trustees Report For the year ended 31 December 2023

The Trustees submit their annual report and accounts of Epping Forest Foodbank ("the Charity") for the year ended 31 December 2023. The legal and administrative information set out earlier in this document forms part of this report.

1. Structure, Governance & Management

There are six trustees who meet quarterly.

2. Activities

The Trustees have given due regard to the Charity Commissions' guidance on public benefit. During the year the Charity carried out the following activities in the local neighbourhood and to benefit the community:

- The Charity operates in the Epping Forest District. Of those referred, the majority are residents within 27 Epping Forest wards with others being supported in 21 wards outside the District and those with no fixed address.
- Customers are referred by statutory, charity and community organisations based in the advice, criminal justice, DWP, educational, faith, health and mental health, local government and social welfare sectors.
- The foodbank operates weekly distribution centres at The Epping Community Hub, St. Mary's Church in Loughton, Hazelwood Children's Centre in Waltham Abbey and Trinity Church in Debden. For customers for whom attendance at a distribution centre is not practical, food parcels are delivered to customers' homes throughout the Epping Forest district by volunteers.
- Customers receive a parcel of non-perishable food which is designed to provide for emergency rations for up to seven days. Additional fresh food is offered in partnership with FareShare, local supermarkets and bakeries.
- As well as providing food the Charity in partnership with statutory and other agencies, offers 'signposting' to direct customers to the appropriate agencies and resources to assist with their longer-term needs, and also offers spiritual support. The Charity can also make referrals directly to other organisations that may be able to offer further support.
- In association with local schools, we run projects in the Easter, Summer and Christmas holidays to provide food and activity packs to families who receive free school meals during term time.
- Surplus food is donated to Norway House, the District's homeless shelter or offered to other foodbanks in the surrounding areas.
- Packaging and food which is damaged or out of date when received are recycled.
- In 2023 the Charity had one full time and two part-time members of staff and services were provided by over 150 volunteers.

3. Achievements & Performance

With the prices of food, energy and rent all increasing more people are finding it harder to make ends meet. At the same time as demand for assistance has increased donors have also found that they have less to spare. Donations of food declined by 15% and personal financial donations by 26% while the number of clients increased by 50% to exceed 7,500 and the amount of food distributed amounted to 58.6 tonnes. To meet this demand, we had to spend over £50,000 on food for distribution compared to £15,411 the year before. We also have found it necessary to move to a larger warehouse to cope with the increased throughput. After some necessary refurbishment this move was completed in February 2024.

During the year we opened a new distribution centre at the Hazelwood Children's Centre in Waltham Abbey.

We have been participating in the Trussell Trust's Pathfinder program which has enabled us, in partnership with Voluntary Action Epping Forest (VAEF) and in line with our objective to relieve poverty, to support a counsellor to advise clients on management of debt and access to the benefits to which they are entitled and other sources of community assistance. In the first two months that this partnership was running, November and December 2023, 46 individuals accessed the service resulting in £24,765 additional funds being obtained. This averages £538 per person using the service.

Other partners have attended our distribution hubs to provide mental health and energy advice. The partnership with Trussell Trust has also enabled us to deepen our relationships with local schools and community organisations and to broaden our educational role. There are some popular myths about foodbanks and the people who use them which need to be corrected.

EPPING FOREST FOODBANK

Trustees Report

For the year ended 31 December 2023

As a foodbank we provide short-term support in the form of food, toiletries and other basic necessities but we also direct clients towards other service providers who can help and guide people through their current difficulties. We do not judge or discriminate, recognising that unfortunate circumstances can happen to anybody. Even model tenants may be evicted, even hard-working employees can be made redundant, even people working two or three jobs cannot necessarily afford the latest rent increase and the electricity and water bills and still have enough to put food on the table.

In partnership with local schools, we continued to run Food in School Holidays (FISH) programs in support of over 100 families during each of the school holidays. This is a significant expense and logistical exercise; planning meals allowing for dietary requirements, purchasing, sorting and packing and then distributing food parcels.

It was thrilling for the Foodbank to be chosen to be featured on Stacey Solomon's Crafty Christmas on the BBC. Stacey was very interested in our work and returned in the new year to open our new warehouse. The director, Jacob Forman, has also had several opportunities to be interviewed on television and on the radio to publicise our cause and we were able to publish a series of anonymised user stories in the local Epping Forest Guardian as part of a program to humanise and de-stigmatise foodbank use.

We are enabled to provide our services by grants from the Trussell Trust, Epping Forest District Council, the Essex Association of Local Councils, The Joseph and Lilian Sully Foundation and Arun Estates (Douglas Allen), corporate donations from Tesco, Lidl, Coca Cola, Andrew Mark Aluminium, Hill Group Services, Shawnigan Properties, MP Chartered Architects and Binder Ltd, donations from churches, schools and community organisations including All Saints, Chigwell, Roding Rotary Club, Alderton Hill Junior & Infants, SVP the Immaculate Conception, The Loughton Lodge Benevolent Fund, The Immaculate Conception, Epping, Epping United Reformed Church, Loughton Methodist Church, Moreton & District WI, Buckhurst Hill Masorti Synagogue, Epping Rotary Club, BNI Chigwell Chapter and Loyola Preparatory School. We are most grateful to these organisations and to all our generous individual donors for their financial support.

In addition, we are supported by donations of goods, primarily food from Tesco, Gail's Bakery, Morrison's and Marks & Spencer, professional services from Baskin Walsh and practical assistance from British Gas.

4. Financial Review

4.1 Financial Activity and Financial Position

The charity is funded by donations and grants, with the majority coming from individuals whose generosity on behalf of the less fortunate is to be commended.

In 2023 we received £5,000 in grants from Epping Forest District Council, £4,000 from the Essex Association of Local Councils, £116,502 from the Trussell Trust, much of which is earmarked for 2024, £15,000 from the Joseph and Lilian Sully Foundation, who have been regular supporters and £7,500 from Arun Estates. £3,687 was received in donations from churches, £11,246 from other corporations and local businesses, £4,053 from community groups and schools and £56,851 from individuals which enabled us to claim £10,646 in Gift Aid. At the end of the year, we had 110 regular donors giving £3,465 per month. Holiday Hunger projects cost £13,044. As the majority of our community work is to distribute donated food the majority of our expenses are taken up with the costs of storage and organisation, warehouse rental and servicing costs amounted to £18,809 for the year. In 2023 we employed a full-time director and two part time employees, one of whom is currently financed by the Trussell Trust under the Pathfinder programme. Gross staffing costs came to £69,449. Total income came to £239,150 and expenditure to £165,429.

We are partnering with Voluntary Action Epping Forest and to provide financial counselling services which are sponsored by Trussell Trust, and with Better Housing Better Health to support those suffering fuel poverty. The Charity's cash resources increased by £ 81,833 during the year to £294,467.

EPPING FOREST FOODBANK

Trustees Report
For the year ended 31 December 2023

4.2 Reserves Policy

The Trustees consider that, given the nature of the charity’s work, free reserves should be equivalent to approximately 6 months’ routine general fund expenditure, plus committed future expenditure on other projects, where funds permit. The Trustees are of the opinion that this provides sufficient flexibility to cover temporary shortfalls in incoming resources and will allow the Charity to cope and respond to unforeseen emergencies whilst specific action plans are implemented. At 31 December 2023 the Charity had net free reserves of £205,839 (2022: £201,090).

	2023 £	2022 £
Total reserves	285,605	212,634
Less: restricted funds	(79,766)	(11,544)
Free reserves	205,839	201,090
Free reserves requirement: 6 month’s budgeted routine expenditure	75,000	75,000

5. Responsibilities of Trustees for the Accounts

Charity law requires the Trustees to prepare accounts for each accounting year which record the receipts and payments of the charity for the year. The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. The Trustees also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

6. Approval

The report of the Trustees was approved by the Trustees on 8 September 2024 and signed on its behalf by:



Julian Dutnall
Chair of Trustees

EPPING FOREST FOODBANK

Independent Examiner's Report For the year ended 31 December 2023

I report on the accounts of Epping Forest Foodbank for the year ended 31 December 2023, set out on pages 7 to 11.

This report is made solely to the Trustees in accordance with section 145 of the Charities Act 2011 (the Act). My independent examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by the law, I do not accept responsibility to anyone other than the Trustees for my independent examination, for this report, or the opinions I have formed.

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND EXAMINER

The Trustees consider that an audit is not required for this period (under section 144(2) of the Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Direction given by the Charity Commission (under section 145(5)(b) of the Act); and
- To state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

INDEPENDENT EXAMINER'S STATEMENT

In the course of my examination, no matter has come to my attention:

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 charity 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.



John Helm ACA
8 September 2024

EPPING FOREST FOODBANK

Receipts & Payments Account For the year ended 31 December 2023

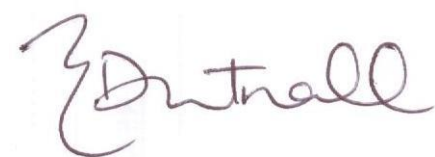
	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Receipts					
Donations		73,979	2,000	75,979	84,723
Gift Aid		10,646	-	10,646	10,748
Grants		40,148	107,855	148,003	36,964
Bank interest		4,663	-	4,663	731
Total Receipts		129,436	109,855	239,291	132,435
Payments					
Raising funds	2	2,269	-	2,269	2,528
Charitable activities	3	122,418	41,633	164,051	96,315
Total Payments		124,687	41,633	166,320	98,843
Net receipts		4,749	68,222	72,971	33,592
Transfers between funds		-	-	-	-
Total cash funds brought forward		201,090	11,544	212,634	178,311
Total cash funds carried forward		205,839	79,766	285,605	211,903

EPPING FOREST FOODBANK

Statement of Assets & Liabilities As at 31 December 2023

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Assets				
Tangible Assets	406	-	406	11,129
Stock	16,440	-	16,440	19,527
Debtors	70,530	-	70,530	233
Cash At Bank And In Hand	205,839	79,766	285,605	212,634
	293,215	79,766	372,981	243,523
Liabilities	1,728	-	1,728	648
Total Assets Less Liabilities	291,487	79,766	371,253	242,875

The Accounts were approved by the Trustees on 8 September 2024 and signed on its behalf by:



Julian Dutnall
Chair of Trustees



Zachary Cook
Trustee - Treasurer

EPPING FOREST FOODBANK

Notes to the Accounts For the year ended 31 December 2023

1. Accounting Policies

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities.

2. Payments – Raising Funds

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Bank fees	1,234	-	1,234	1,569
Marketing	1,035	-	1,035	959
	2,269	0	2,269	2,528

EPPING FOREST FOODBANK

Notes to the Accounts

For the year ended 31 December 2023

3. Payments – Charitable Activities

	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total 2023 £	Total 2022 £
Staff costs				
Net salary & PAYE	43,477	20,973	64,450	51,627
Pension contributions	3,107	1,267	4,374	3,031
Recruitment & Training	624	-	624	546
Other	184	-	184	444
	47,392	22,240	69,632	55,648
Foodbank				
Food Purchases	48,353	2,000	50,353	15,465
Epping Forest Winter Warmer scheme	-	140	140	-
Travel/transport	3,197	-	3,197	2,608
Refreshments	195	-	195	-
Project	750	-	750	-
VAEF Partnership	-	17,253	17,253	-
	52,495	19,393	71,888	18,073
Office Costs				
Insurance	610	-	610	530
Telephone, broadband	1,120	-	1,120	1,985
Professional subscriptions	317	-	317	-
Hardware & software	406	-	406	544
Office Equipment	797	-	797	760
Office supplies	600	-	600	-
Other	57	-	57	99
	3,907	0	3,907	3,918
Buildings and facilities				
Heat, light & water	932	-	932	804
Rent & rates	15,109	-	15,109	16,299
Recycling	1,088	-	1,088	793
Warehouse Equipment	655	-	655	793
	17,784	0	17,784	18,689
Governance				
Independent examination	840	-	840	780
	840	0	840	780
	122,418	41,633	164,051	97,108

EPHING FOREST FOODBANK

Notes to the Accounts

For the year ended 31 December 2023

4. Restricted Funds

4a. Current year

	At 1 January 2023 £	Income £	Expenditure £	Transfers £	At 31 December 2023 £
Pathfinder	0	46,150	-	-	46,150
Voluntary Action Epping Forest Winter Warmer scheme	140	-	(140)	-	0
Financial Inclusion	0	34,505	(17,253)	-	17,252
NAVCA	0	2,000	(2,000)	-	0
Community Engage	11,404	27,200	(22,240)	-	16,364
	11,544	109,855	(41,633)	0	79,766

4b. Prior year

	At 1 January 2022 £	Income £	Expenditure £	Transfers £	At 31 December 2022 £
Voluntary Action Epping Forest Winter Warmer scheme	140	-	-	-	140
Food/essentials	119	-	(119)	-	0
Community Engage	-	16,964	(5,560)	-	11,404
	259	16,964	(5,679)	0	11,544

Voluntary Action Epping Forest (VAEF) Winter Warmer: This scheme has been discontinued and surplus funds returned to VAEF.

Pathfinder: The Pathfinder programme was established by Trussell Trust to work with 60 food banks from across the UK, to introduce and test different approaches to reduce the need for food banks in a local setting. Trussell Trust provides intensive support to Pathfinder food banks through a specialist team and a range of online and in-person training and learning events and grants to enable approved strategic activities.

Financial Inclusion: Funds are provided by Trussell Trust to support a partnership with Voluntary Action Epping Forest (VAEF) to provide a counsellor to advise clients and assist them to apply for the benefits to which they are entitled and where applicable to mobilise other community-based support.

NAVCA: A grant provided by National Association for Voluntary and Community Action (NAVCA) through VAEF to help support the Easter Food in School Holidays (FISH) programme and targeted snack pack initiative for local migrant service users.

Community Engage: A grant provided by Trussell Trust towards the cost of an employee with responsibility to engage with local community organisations and schools

5. Related Party Transactions

The Trustees gave a total of £1,020 (2022: 1,844) to the charity during the year.

There were no other related party transactions.

Accounts

EPPING FOREST FOODBANK

Charity Registration Number: 1182270

**Annual Report and Accounts
31 December 2022**

EPPING FOREST FOODBANK

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Legal & Administrative Information For the year ended 31 December 2022

Charity Name	Epping Forest Foodbank.
Principal Address	38c Chigwell Lane, Loughton, IG10 3NY.
Charity Registration	1182270. The charity was registered with the Charity Commission on 28 February 2021.
The Governing Document	CIO Foundation.
Objects	To relieve persons in Epping Forest district and surrounding areas that are in financial hardship in such ways as the trustees from time to time think fit, in particular but not exclusively by: A) providing emergency food, essential toiletries, and household items to individuals and families in need and/or distribution by charities or other organizations working to prevent or relieve poverty. B) such other means, including (but not limited to) the provision of support, or signposting to relevant information and other advisory service, or through 'more than food' projects which remain consistent with the primary objective of the charity and to provide such services with a Christian ethos, supported by churches in Epping Forest district.
Trustees	The Trustees who served during the year or who were serving at the date of this report were: Julian Dutnall Christopher Russell Blackham Jenny Ann Thompson Zach Cook Sharon Heather Sarah Opie Rashni Chalal-Holden (appointed 13 July 2022)
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent, ME19 4JQ
Independent Examiner	John Helm ACA Tandem Accounting Limited 17 Heathville Road London N19 3AL

EPHING FOREST FOODBANK

Trustees Report For the year ended 31 December 2022

The Trustees submit their annual report and accounts of Epping Forest Foodbank (“the Charity”) for the year ended 31 December 2022. The legal and administrative information set out earlier in this document forms part of this report.

1. Structure, Governance & Management

There are six trustees who meet quarterly.

2. Activities

The Trustees have given due regard to the Charity Commissions’ guidance on public benefit. During the year the Charity carried out the following activities in the local neighbourhood and to benefit the community:

- The Charity operates in the Epping Forest District. Of those referred, the majority are residents within 27 Epping Forest wards with others being supported in 21 wards outside the District and those with no fixed address.
- Customers are referred by statutory, charity and community organisations based in the advice, criminal justice, DWP, educational, faith, health and mental health, local government and social welfare sectors.
- The foodbank operates weekly distribution centres at The Epping Community Hub, St. Mary’s Church in Loughton and St Johns on the Broadway in Debden. For customers for whom attendance at a distribution centre is not practical, food parcels are delivered to customers’ homes throughout the Epping Forest district by volunteers.
- Customers receive a parcel of non-perishable food which is designed to provide for emergency rations for up to seven days. Additional fresh food is offered in partnership with FareShare, local supermarkets and bakeries.
- As well as providing food the Charity in partnership with statutory and other agencies, offers ‘signposting’ to direct customers to the appropriate agencies and resources to assist with their longer-term needs, and also offers spiritual support. The charity can also make referrals directly to other organisations that may be able to offer further support.
- In association with local schools, we run projects in the Easter, Summer and Christmas holidays to provide food and activity packs to families who receive free school meals during term time.
- Surplus food is donated to Norway House, the district’s homeless shelter or offered to other foodbanks in the surrounding areas.
- Packaging and food which is damaged or out of date when received are recycled.
- In 2022 the charity had one full time and two part-time members of staff and services were provided by over 100 volunteers.

3. Achievements & Performance

The requirement for foodbank services has continued to grow through 2022 and we thank God and the Trussell Trust, Epping Forest District Council, the various charitable trusts, corporations, local businesses and community groups, churches, schools and many compassionate and generous individual donors and volunteers who have contributed to enable us, so far, to keep pace with the demand.

At the beginning of the year, we welcomed our new Director, Jacob Forman, and Operations Manager, Ceri Thomson. Our third staff member, Amy Perridge, was recruited in October to act as Church and Community Liaison and is being funded by the Trussell Trust. Amy was recently awarded ‘Highly Commended’ by Epping Forest District Council Community Champion for her active participation in several community schemes and projects. Led by Jacob we have been considering ways to enhance our service to better serve our customers. We have expanded the ‘Food in School Holidays’ (FISH) scheme to cover Christmas, Easter, and summer holidays and in 2023 we are developing partnerships with Voluntary Action Epping Forest to provide financial counselling services and with Better Housing Better Health to support those suffering fuel poverty.

We have begun utilising the “Frontline” system, this enables us to make referrals of our clients directly to other agencies that can provide further support. This includes Statutory agencies, Advice agencies and Healthcare providers.

EPHING FOREST FOODBANK

Trustees Report For the year ended 31 December 2022

In 2021 we received grants which were offered as support during the pandemic. These are no longer available but we have been encouraged by a rise in support from local business, both in financing and offering staff as volunteers.

The main business of the foodbank is to provide food to people who need it but are currently unable to provide for themselves. This is usually a temporary situation, for example the time between when a family falls into difficulties and when official welfare services are organised, but sometimes it is a longer-term state, such as insufficient earnings. The assistance we supply is nutritionally balanced food parcels, mostly tinned and dry foods, supplemented by fresh food donated by supermarkets and bakeries and other household necessities such as hygiene products and nappies. Over 85% of the food we distribute is donated by supermarkets and other food shops, churches, community groups, schools and individuals with the balance being bought with donated funds.

There was a small drop in the quantity of food donated in 2022, 37.7 tonnes compared to 40.6 in 2021, so we needed to increase the amount we purchased from 5.3 tonnes to 6.8. The number of referrals from our 150 partner agencies, excluding FISH, increased by 10.5%. Overall, we supplied over 45,000 meals to feed 5,054 hungry people.

The area we serve covers 339 km² including small towns and villages and more isolated properties. It is therefore difficult or expensive for many of our customers to attend at our distribution centres and deliveries to the doorstep which started during the pandemic continue to form a significant part of our service. For this we are thankful to volunteer drivers.

Thanks are due to Tesco's for collecting food, to Gail's Bakery and Morrison's and Marks & Spencer for providing unsold fresh goods and to British Gas who assisted with summer food distributions. Thanks are also due to the many individuals, local churches, businesses and schools who generously donate financially and in kind.

We would like to recognise the following organisations from which we have received financial, practical and moral support during the year:

Schools:

Normanhurst School, Chingford, Bancrofts School, Woodford Green

Churches:

St Mary's and St Michael's Churches in Loughton, Loughton Methodist Church, St Andrew's, North Weald and St John's, Buckhurst Hill

Community Organisations:

Rotary Club of Epping, New Vistas, Buckhurst Hill Tennis Club, Shreeji Krupa Mandal, Voluntary Action Epping Forest

Businesses:

Tesco, Coca Cola, Bank of England, Debden, British Gas, FGD Solutions Ltd, MP Architects LLP, MW East Anglia Ltd, Kelbsco Ltd, Express Toughening Ltd, Baskin Walsh CCA

Trusts and Foundations:

Trussell Trust, Joseph and Lilian Sully Foundation

Local Government:

Epping Forest District Council.

4. Financial Review

4.1 Financial Activity and Financial Position

The charity is funded by donations and grants, with the majority coming from individuals whose generosity on behalf of the less fortunate is to be commended.

In 2022 we received £10,000 in grants from Epping Forest District Council, £21,964 from the Trussell Trust and £5,000 from the Joseph and Lilian Sully Foundation, who have been regular supporters. £3,196 was received in donations from churches, £10,694 from corporations and local businesses, £3,979 from community groups and schools and £66,854 from individuals which enabled us to claim £10,748 in Gift Aid. At the end of the year, we had 124 regular donors giving £3,368 per month. Holiday Hunger projects cost £13,075. As the majority of our community work is to distribute donated food

EPHING FOREST FOODBANK

Trustees Report For the year ended 31 December 2022

the majority of our expenses are taken up with the costs of storage and organisation, warehouse rental and servicing costs amounted to £19,576 for the year. In order to meet the increased demand and to broaden our services we have employed a full-time director and two part time employees, one of whom is currently financed by the Trussell Trust under the Pathfinder programme. Gross staffing costs increased to £55,648. Total income came to £133,166 and expenditure to £98,843.

In 2023 we are partnering with Voluntary Action Epping Forest to provide financial counselling services and with Better Housing Better Health to support those suffering fuel poverty. For supporting a counsellor and for training we have budgeted £20,500.

The Charity's cash resources increased by £ 34,323 during the year to £212,634.

4.2 Reserves Policy

The Trustees consider that, given the nature of the charity's work, free reserves should be equivalent to approximately 6 months' routine general fund expenditure, plus committed future expenditure on other projects, where funds permit. The Trustees are of the opinion that this provides sufficient flexibility to cover temporary shortfalls in incoming resources and will allow the Charity to cope and respond to unforeseen emergencies whilst specific action plans are implemented. At 31 December 2022 the Charity had net free reserves of £201,090 (2021: £178,052).

	2022 £	2021 £
Total reserves	212,634	178,311
Less: restricted funds	(11,544)	(259)
Free reserves	201,090	178,052
Free reserves requirement:		
6 month's budgeted routine expenditure	75,000	40,000

5. Responsibilities of Trustees for the Accounts

Charity law requires the Trustees to prepare accounts for each accounting year which record the receipts and payments of the charity for the year. The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. The Trustees also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

6. Approval

The report of the Trustees was approved by the Trustees on 18 June 2023 and signed on its behalf by:

Julian Dutnall
Chair of Trustees

EPHING FOREST FOODBANK

Independent Examiner's Report For the year ended 31 December 2022

I report on the accounts of Epping Forest Foodbank for the year ended 31 December 2022, set out on pages 7 to 10.

This report is made solely to the Trustees in accordance with section 145 of the Charities Act 2011 (the Act). My independent examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by the law, I do not accept responsibility to anyone other than the Trustees for my independent examination, for this report, or the opinions I have formed.

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND EXAMINER

The Trustees consider that an audit is not required for this period (under section 144(2) of the Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Direction given by the Charity Commission (under section 145(5)(b) of the Act); and
- To state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

INDEPENDENT EXAMINER'S STATEMENT

In the course of my examination, no matter has come to my attention:

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 charity 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.



**John Helm ACA
26 June 2023**

EPPING FOREST FOODBANK

Receipts & Payments Account For the year ended 31 December 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Receipts					
Donations		84,723	-	84,723	75,667
Income tax		10,748	-	10,748	-
Grants		20,000	16,964	36,964	31,000
Bank interest		731	-	731	15
Total Receipts		116,202	16,964	133,166	106,682
Payments					
Raising funds	2	2,528	-	2,528	512
Charitable activities	3	90,636	5,679	96,315	62,905
Other		-	-	-	-
Total Payments		93,164	5,679	98,843	63,417
Surplus/(deficit)		23,038	11,285	34,323	43,265
Transfer between funds		-	-	-	-
Total cash funds brought forward		178,052	259	178,311	135,046
Total cash funds carried forward		201,090	11,544	212,634	178,311

EPHING FOREST FOODBANK

Statement of Assets & Liabilities As at 31 December 2022

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Assets				
Tangible Assets	11,129	-	11,129	10,000
Cash At Bank And In Hand	201,090	11,544	212,634	178,311
	212,219	11,544	223,763	188,311
Liabilities	-	-	-	600
Total Assets Less Liabilities	212,219	11,544	223,763	187,711

The Accounts were approved by the Trustees on 18 June, 2023 and signed on its behalf by:



Julian Dutnall
Chair of Trustees



Zachary Cook
Trustee - Treasurer

Notes to the Accounts
For the year ended 31 December 2022

1. Accounting Policies

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities.

2. Payments – Raising Funds

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Bank fees	1,569	-	1,569	-
Marketing	959	-	959	512
	2,528	0	2,528	512

Notes to the Accounts For the year ended 31 December 2022

3. Payments – Charitable Activities

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total 2022 £	Total 2021 £
Staff costs				
Net salary & PAYE	46,067	5,560	51,627	22,202
Pension contributions	3,031	-	3,031	1,205
Recruitment & Training	546	-	546	800
Other	444	-	444	-
	50,088	5,560	55,648	24,207
Foodbank				
Food Purchases	15,346	119	15,465	12,466
Travel/transport	2,608	-	2,608	234
Refreshments	-	-	-	280
Project	-	-	-	1,534
	17,954	119	18,073	14,514
Office Costs				
Insurance	530	-	530	446
Telephone, broadband	1,985	-	1,985	950
Bank charges	-	-	-	96
Professional subscriptions	544	-	544	97
Hardware & software	760	-	760	-
Office supplies	-	-	-	2,169
Other	99	-	99	-
	3,918	0	3,918	3,758
Buildings and facilities				
Heat, light & water	804	-	804	992
Rent & rates	16,299	-	16,299	17,918
Recycling	793	-	793	794
	17,896	0	17,896	19,704
Governance				
Independent examination	780	-	780	720
	780	0	780	720
	90,636	5,679	96,315	62,903

Notes to the Accounts For the year ended 31 December 2022

4a. Restricted Funds (current year)

	At 1 January 2022 £	Income £	Expenditure £	Transfers £	At 31 December 2022 £
Voluntary Action Epping Forest Winter Warmer scheme	140	-	-	-	140
Food/essentials	119	-	(119)	-	-
Pathfinder Bursary	-	16,964	(5,560)	-	11,404
	259	16,964	(5,679)	0	11,544

4b. Restricted Funds (Prior Year)

	At 1 January 2021 £	Income £	Expenditure £	Transfers £	At 31 December 2021 £
Voluntary Action Epping Forest Winter Warmer scheme	140	-	-	-	140
Holiday Hunger (FISH)	-	6,250	(7,783)	1,533	-
Food/essentials	1,066	3,820	(4,983)	216	119
	1,206	10,070	(12,766)	1,749	259

Voluntary Action Epping Forest Winter has a scheme (Winter Warmer) for giving credit for pre-payment meters for people in need. The process is that VAEF makes a grant to a partner organisation. A volunteer accompanies the client to top up a prepayment key.

5. Related Party Transactions

Caroline McDonald, a trustee until July 2021, is employed by St Mary's Loughton. St Mary's made donations to the charity of £1,967 during the year.

The Trustees gave a total of £1,844 (2021: nil) to the charity during the year.

Accounts

EPPING FOREST FOODBANK

Charity Registration Number: 1182270

**Annual Report and Accounts
31 December 2021**

EPPING FOREST FOODBANK

Annual Report and Accounts 2021 Contents

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EPPING FOREST FOODBANK

Legal & Administrative Information For the year ended 31 December 2021

Charity Name	Epping Forest Foodbank.																		
Principal Address	38c Chigwell Lane, Loughton, IG10 3NY.																		
Charity Registration	1182270. The charity was registered with the Charity Commission on 28 February 2020.																		
The Governing Document	CIO Foundation.																		
Objects	To relieve persons in Epping Forest district and surrounding areas that are in financial hardship in such ways as the trustees from time to time think fit, in particular but not exclusively by: A) providing emergency food, essential toiletries, and household items to individuals and families in need and/or distribution by charities or other organizations working to prevent or relieve poverty. B) such other means, including (but not limited to) the provision of support, or signposting to relevant information and other advisory service, or through 'more than food' projects which remain consistent with the primary objective of the charity and to provide such services with a Christian ethos, supported by churches in Epping Forest district.																		
Trustees	The Trustees who served during the year or who were serving at the date of this report were: <table><tr><td>Caroline Jane Macdonald</td><td>(resigned 31 July 2021)</td></tr><tr><td>Charlotte Elizabeth Prosser</td><td>(resigned 31 May 2021)</td></tr><tr><td>Christopher Russell Blackham</td><td></td></tr><tr><td>Claire Elizabeth Moles</td><td>(resigned 31 December 2021)</td></tr><tr><td>Jenny Ann Thompson</td><td></td></tr><tr><td>Zach Cook</td><td></td></tr><tr><td>Julian Dutnall</td><td>(appointed 19 July 2021)</td></tr><tr><td>Sharon Heather</td><td>(appointed 19 July 2021)</td></tr><tr><td>Sarah Opie</td><td>(appointed 19 July 2021)</td></tr></table>	Caroline Jane Macdonald	(resigned 31 July 2021)	Charlotte Elizabeth Prosser	(resigned 31 May 2021)	Christopher Russell Blackham		Claire Elizabeth Moles	(resigned 31 December 2021)	Jenny Ann Thompson		Zach Cook		Julian Dutnall	(appointed 19 July 2021)	Sharon Heather	(appointed 19 July 2021)	Sarah Opie	(appointed 19 July 2021)
Caroline Jane Macdonald	(resigned 31 July 2021)																		
Charlotte Elizabeth Prosser	(resigned 31 May 2021)																		
Christopher Russell Blackham																			
Claire Elizabeth Moles	(resigned 31 December 2021)																		
Jenny Ann Thompson																			
Zach Cook																			
Julian Dutnall	(appointed 19 July 2021)																		
Sharon Heather	(appointed 19 July 2021)																		
Sarah Opie	(appointed 19 July 2021)																		
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent, ME19 4JQ																		
Independent Examiner	John Helm ACA Simply Churches Limited 17 Heathville Road London N19 3AL																		

EPPING FOREST FOODBANK

Trustees Report For the year ended 31 December 2021

The Trustees submit their annual report and accounts of Epping Forest Foodbank ("the Charity") for the year ended 31 December 2021. The legal and administrative information set out earlier in this document forms part of this report.

1. Structure, Governance & Management

There are six trustees who meet bimonthly.

2. Activities

The Trustees have given due regard to the Charity Commissions' guidance on public benefit. During the year the Charity carried out the following activities in the local neighbourhood and to benefit the community:

- The Charity operates in the Epping Forest District and surrounding areas. Of those referred, the majority are residents within 27 Epping Forest wards with many others being supported in 21 wards outside the District and those with no fixed address.
- Customers are referred by statutory, charity and community organisations based in the advice, criminal justice, DWP, educational, faith, health and mental health, local government and social welfare sectors.
- Under usual circumstances the foodbank operates weekly distribution centres at The Epping Community Hub, St. Mary's Church in Loughton, St Johns on the Broadway in Debden and St Martins Church Rooms in Chipping Ongar. For customers for whom attendance at a distribution centre is not practical, food parcels are delivered to customers' homes by volunteers.
- Customers receive a parcel of non-perishable food which is designed to provide for emergency rations for either three or seven days. Additional fresh food is offered in partnership with FareShare, local supermarkets and bakeries.
- As well as providing food the Charity in partnership with statutory and other agencies offers 'signposting' to direct customers to the appropriate agencies and resources to assist with their longer-term needs, and also offers spiritual support.
- In 2021, in association with local schools, we have run projects in the Easter, Summer and Christmas holidays to provide food, Covid protection and activity packs to families who receive free school meals during term time.
- Surplus food is donated to Norway House, the district's homeless shelter or offered to other foodbanks in the surrounding areas.
- Packaging and food which is damaged or out of date when received are recycled.
- In 2021 the charity had one part-time member of staff and services were provided by over 100 volunteers. In 2022 we have appointed a full time Director and we now have two part time employees.

3. Achievements & Performance

We would like to say that things had eased off in 2021 but, in fact, Epping Forest Foodbank has been busier than ever. This is partly our own fault, as we have extended the services we offer to include provision of food, Covid protection and other necessary hygiene products and activity packs during school holidays to families who receive free school meals during term time. For this we are very grateful for financial support from Haslers Foundation at Easter and the Essex Association of Local Councils over Summer. Most of the food we distribute is donated, but for such campaigns which require a large quantity of diverse products within a short time period the flow of donations cannot keep up with the demand so it is necessary to make substantial purchases.

Unfortunately the demand for foodbank services has also continued to grow. In 2021 we received 1,788 referrals from the over 150 agencies with whom we maintain contact and were able to provide food for over 45,000 meals to feed 5,122 people in the Epping Forest district, which is nearly twice as many as in 2020. This was made possible by the generous donations by supporters of over 51 tons of food and other necessities and by the financial donations of councils, businesses, community groups, churches and over 250 individual supporters. Thanks to support from local supermarkets and bakeries we are able to supplement nutritionally balanced emergency parcels with fresh food items. Of course, none of this would be possible without our army of volunteers.

EPPING FOREST FOODBANK

Trustees Report For the year ended 31 December 2021

With the ongoing impacts of the pandemic and also due to the fact that many of our customers are unable to reach our distribution centres in Loughton (St Mary's), Debden (St John's on the Broadway), Epping (Community Hub) and Chipping Ongar (St Martin's Church Rooms) because of distance or infirmity, deliveries to the doorstep continue to form a significant part of our service. For this we are thankful to volunteer drivers.

During 2021 we opened new distribution centres at St John's in the Broadway, Debden and St Martin's Church Rooms, Chipping Ongar. We also moved our Epping centre from The Box to the new Community Hub. We are grateful to the hosts of these venues for their practical support and provision of space. Our mission is not only to provide food to the hungry in their time of need but also to signpost our customers to other services which can help them to overcome their difficult circumstances, so the Community Hub is an excellent location as other support services are in such close proximity.

Thanks are due to The Essex Association of Local Councils, Epping Forest District Council and Loughton Town Council and Mayor for their financial support and encouragement and to Tesco's for collecting food and to Gail's Bakery and Morrison's and Marks & Spencer for providing unsold fresh goods. Thanks are also due to the many individuals, local churches, businesses and schools who generously donate financially and in kind.

We would like to recognise the following organisations from which we have received financial, practical and moral support during the year:

Schools:

Alderton Hill Infants

Churches:

St John's, St Mary's, St Michael's Churches, Loughton, Loughton Methodist, Catholic Church of the Immaculate Conception, Epping, St James' URC, Buckhurst Hill, St Mary's and All Saints, Chigwell, Theydon Parishes

Community Organisations:

Fyfield & District WI, Voluntary Action Epping Forest

Businesses:

Tesco, Coca Cola, Bank of England, Debden, The Tea Hut, High Beech, Admiral Cards, SICO Europe

Trusts and Foundations:

Joseph and Lilian Sully Foundation, Haslers Foundation, National Education Union, Masonic Relief Chest

Local Government:

Epping Forest District Council, Loughton Town Council, Chigwell Parish Council.

4. Financial Review

4.1 Financial Activity and Financial Position

The charity is funded by donations and grants, with the majority coming from individuals whose generosity on behalf of the less fortunate is to be commended.

In 2021 we received £16,000 in grants from local authorities and £15,000 from charitable trusts, £3,300 was received in donations from churches, £6,000 from corporations and local businesses, £2,000 from community groups and £64,400 from individuals. At the end of the year, we had 112 regular donors giving £2,835 per month. Holiday Hunger projects cost £7,800 which was largely funded by grants from the Essex Association of Local Councils and Haslers Foundation. As the majority of our community work is to distribute donated food the majority of our expenses are taken up with the costs of storage and organisation, warehouse rental and servicing costs amounted to £19,700 for the year. Staffing costs of £24,500 include one part time employee for the whole year and a second for five months after returning from maternity leave. Total income came to £106,682 and expenditure to £63,417.

In 2021 we will have additional expenses equipping at least two new distribution centres and we will be spending more on supplementary food and household essentials in support of 'Holiday Hunger' campaigns for children who receive free school meals.

EPPING FOREST FOODBANK

Trustees Report For the year ended 31 December 2021

The Charity's cash resources increased by £43,265 during the year to £178,311.

4.2 Reserves Policy

The Trustees consider that, given the nature of the charity's work, free reserves should be equivalent to approximately 6 months' routine general fund expenditure, plus committed future expenditure on other projects, where funds permit. The Trustees are of the opinion that this provides sufficient flexibility to cover temporary shortfalls in incoming resources and will allow the Charity to cope and respond to unforeseen emergencies whilst specific action plans are implemented. At 31 December 2021 the Charity had net free reserves of £178,052 (2020: £133,840).

	2021 £	2020 £
Total reserves	178,311	135,046
Less: restricted funds	(259)	(1206)
Free reserves	178,052	133,840
Free reserves requirement:		
6 month's budgeted routine expenditure	40,000	40,000

5. Responsibilities of Trustees for the Accounts

Charity law requires the Trustees to prepare accounts for each accounting year which record the receipts and payments of the charity for the year. The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. The Trustees also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

6. Approval

The report of the Trustees was approved by the Trustees on 24th April 2022 and signed on its behalf by:



Julian Dutnall
Chair of Trustees

EPPING FOREST FOODBANK

Independent Examiner's Report For the year ended 31 December 2021

I report on the accounts of Epping Forest Foodbank for the year ended 31 December 2021, set out on pages 7 to 10.

This report is made solely to the Trustees in accordance with section 145 of the Charities Act 2011 (the Act). My independent examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by the law, I do not accept responsibility to anyone other than the Trustees for my independent examination, for this report, or the opinions I have formed.

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND EXAMINER

The Trustees consider that an audit is not required for this period (under section 144(2) of the Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Direction given by the Charity Commission (under section 145(5)(b) of the Act); and
- To state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

INDEPENDENT EXAMINER'S STATEMENT

In the course of my examination, no matter has come to my attention:

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 charity 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.



John Helm ACA
24 April 2022

EPPING FOREST FOODBANK

Receipts & Payments Account For the year ended 31 December 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Receipts					
Donations		73,597	2,070	75,667	130,669
Grants		23,000	8,000	31,000	23,500
Bank interest		15	-	15	48
Total Receipts		96,612	10,070	106,682	154,217
Payments					
Raising funds	2	512	-	512	50
Charitable activities	3	50,137	12,766	62,905	51,041
Total Payments		50,649	12,766	63,417	51,091
Surplus/(deficit)		45,963	(2,696)	43,265	103,126
Transfer between funds		(1,749)	1,749	-	-
Total cash funds brought forward		133,840	1,206	135,046	31,920
Total cash funds carried forward		178,054	259	178,311	135,046

EPPING FOREST FOODBANK

Statement of Assets & Liabilities As at 31 December 2021

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Assets				
Tangible Assets	10,000	-	10,000	-
Debtors	-	-	-	-
Cash At Bank And In Hand	178,052	259	178,311	135,046
	178,052	259	178,311	135,046
Liabilities	600	-	600	600
Total Assets Less Liabilities	177,452	259	177,711	134,446

The Accounts were approved by the Trustees on 24th April, 2022 and signed on its behalf by:



Julian Dutnall
Chair of Trustees



Zachary Cook
Trustee - Treasurer

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities.

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Bank fees	-	-	-	-
Marketing	512	-	512	50
	512	0	512	50

	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total 2021 £	Total 2020 £
Staff costs				
Net salary & PAYE	22,202	-	22,202	15,997
Pension contributions	1,205	-	1,205	1,093
Recruitment & Training	800	-	800	23
	24,207	0	24,207	17,113
Foodbank				
Food Purchases	-	12,466	12,466	639
Travel/transport	234	-	234	132
Refreshments	280	-	280	8
Epping Forest Winter Warmer scheme	-	-	-	120
Project	1,534	-	1,534	2,101
	2,048	12,466	14,514	3,000
Office Costs				
Insurance	446	-	446	359
Telephone, broadband	950	-	950	795
Bank charges	96	-	96	60
Professional subscriptions	97	-	97	395
Hardware & software	-	-	-	909
Office supplies	2,169	-	2,169	1,514
	3,758	0	3,758	4,032
Buildings and facilities				
Heat, light & water	992	-	992	393
Rent & rates	17,618	300	17,918	25,569
Recycling	794	-	794	310
	19,404	300	19,704	26,272
Governance				
Independent examination	720	-	720	624
	50,137	12,766	62,903	50,417

EPHING FOREST FOODBANK

Notes to the Accounts For the year ended 31 December 2021

4a. Restricted Funds (current year)

	At 1 January 2021 £	Income £	Expenditure £	Transfers £	At 31 December 2021 £
Voluntary Action Epping Forest Winter Warmer scheme	140	-	-	-	140
Holiday Hunger (FISH)	-	6,250	(7,783)	1,533	-
Food/essentials	1,066	3,820	(4,983)	216	119
	1,206	10,070	(12,766)	1,749	259

4b. Restricted Funds (Prior Year)

	At 1 January 2020 £	Income £	Expenditure £	Transfers £	At 31 December 2020 £
Voluntary Action Epping Forest Winter Warmer scheme	160	100	(120)	-	140
Food/essentials	-	1,705	(639)	-	1,066
	160	1,805	(759)	0	1,206

Voluntary Action Epping Forest Winter has a scheme (Winter Warmer) for giving credit for pre-payment meters for people in need. The process is that VAEF makes a grant to a partner organisation. A volunteer accompanies the client to top up a prepayment key.

5. Related Party Transactions

Caroline McDonald, a trustee until July 2021, is employed by St Mary's Loughton. St Mary's made donations to the charity of £1,700 during the year.

There were no related party transactions.

Accounts

EPPING FOREST FOODBANK

Charity Registration Number: 1182270

Annual Report and Accounts

31 December 2020

EPPING FOREST FOODBANK

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EPHING FOREST FOODBANK

Legal & Administrative Information For the year ended 31 December 2020

Charity Name	Epping Forest Foodbank.
Principal Address	38c Chigwell Lane, Loughton, IG10 3NY.
Charity Registration	1182270. The charity was registered with the Charity Commission on 28 February 2019.
The Governing Document	CIO Foundation
Objects	To relieve persons in Epping Forest district and surrounding areas that are in financial hardship in such ways as the trustees from time to time think fit, in particular but not exclusively by: A) providing emergency food, essential toiletries, and household items to individuals and families in need and/or distribution by charities or other organizations working to prevent or relieve poverty. B) such other means, including (but not limited to) the provision of support, or signposting to relevant information and other advisory service, or through 'more than food' projects which remain consistent with the primary objective of the charity and to provide such services with a Christian ethos, supported by churches in Epping Forest district.
Trustees	The Trustees who served during the year or who were serving at the date of this report were: Caroline Jane Macdonald Charlotte Elizabeth Prosser Christopher Russell Blackham Claire Elizabeth Moles Jenny Ann Thompson Zach Cook (appointed 26 February 2020)
Bankers	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent, ME19 4JQ
Independent Examiner	John Helm ACA Simply Churches Limited 17 Heathville Road London N19 3AL

EPHING FOREST FOODBANK

Trustees Report For the year ended 31 December 2020

The Trustees submit their annual report and accounts of Epping Forest Foodbank ("the Charity") for the year ended 31 December 2020. The legal and administrative information set out earlier in this document forms part of this report.

1. Structure, Governance & Management

There are six trustees who meet monthly.

2. Activities

The Trustees have given due regard to the Charity Commissions' guidance on public benefit. During the year the Charity carried out the following activities in the local neighbourhood and to benefit the community:

- The Charity operates in the Epping Forest District and surrounding areas. Of those referred, the majority are residents within 27 Epping Forest wards with many others being supported in 21 wards outside the District and those with no fixed address.
- Customers are referred by statutory, charity and community organisations based in the advice, criminal justice, DWP, educational, faith, health and mental health, local government and social welfare sectors.
- Under usual circumstances the foodbank operates weekly distribution centres at The Box in Epping, St. Mary's Church in Loughton and St Johns on the Broadway in Debden. During 2020, owing to Covid restrictions, food parcels have been delivered to customers' homes by volunteers.
- Customers receive a parcel of non-perishable food which is designed to provide for either 3 or 7 days emergency rations. Additional fresh food is offered in partnership with FareShare, local supermarkets and bakeries.
- As well as providing food the Charity in partnership with statutory and other agencies offers 'signposting' to direct customers to the appropriate agencies and resources to assist with their longer-term needs, and also offers spiritual support.
- Surplus food is donated to Norway House, the district's homeless shelter or offered to other foodbanks in the surrounding areas.
- Packaging and food which is damaged or out of date when received are recycled.
- The charity has one part-time member of staff and services are provided by over 100 volunteers.

3. Achievements & Performance

The work of the charity has increased substantially during 2020. We now partner with over 150 referral agencies and over the year we received 846 referrals, up from 637 in 2019 and provided over 25,000 meals for 2,483 people, up from 1,831 in 2019, with particularly high levels during the lockdown periods in the spring and towards the end of the year when demand was 100% higher than last year.

The increased demand was met by significantly increased donations. Gifts of food from supermarkets, local businesses, community groups, churches and individuals in 2020 totalled 37.7 tonnes, a 77% increase over last year. Supplies of unsold fruit, vegetables and bakery items provided by local supermarkets and bakeries allowed us to supplement nutritionally balanced emergency parcels with fresh food items. In addition to food the charity also purchases and supplies items such as cleaning products and nappies where these are required by the customer.

The coronavirus pandemic has impacted the work of the charity in several ways. Redundancies, business closures, sickness, furlough and short hours have led to significantly increased demand, while lockdowns, social distancing and other restrictions have required changes to working practices and the service provided. Customer referrals are now notified electronically rather than by provision of paper vouchers; distribution centres have been temporarily closed and it has been necessary to recruit volunteer drivers to deliver food packages direct to the customers' doorsteps; social distancing and increased demand have made it necessary to move to more spacious premises and to restrict access to the office and warehouse. The plans to open a distribution centre in Waltham Abbey were delayed because of lockdown and eventually cancelled because the premises were no longer available. In April 2021 we will be opening a new

EPPING FOREST FOODBANK

Trustees Report For the year ended 31 December 2020

distribution centre at St Martins Church Rooms in Ongar and hope to open at least one and possibly two more during the year.

Providing a continuous service through these difficult times has required a magnificent effort particularly by our project managers, warehouse volunteers, packers and delivery drivers.

Thanks are due to The Box, Epping, St. John's and St. Mary's Churches, Loughton who host our distribution centres when this is possible at no cost to us and to Epping Forest District Council and Loughton Town Council and Mayor for their financial support and encouragement and to Tesco's for collecting food and to Gail's Bakery and Morrison's and Marks & Spencer for providing unsold fresh goods. Thanks are also due to the many individuals, local churches, businesses and schools who generously donate financially and in kind.

We would like to recognise the following organisations from which we have received financial and moral support during the year:

Schools:

Lambourne Primary, Alderton Hill Infants

Churches:

St John's, St Mary's and Restore Community Church, Loughton, Loughton Baptist, Loughton Methodist, Woodford Green URC, Catholic Church of the Immaculate Conception, Epping, St John's, Buckhurst Hill, St Mary's and All Saints, Chigwell, St Alban the Martyr, Coopersale, Theydon Parishes

Community Organisations:

Loughton 41 Club, Moreton & District WI, Roding Rotary, Epping WI, Loughton Rotary, Chigwell Parish Residents Assoc., Epping Forest Rotary

Businesses:

Standard Chartered, Coca Cola, Bank of England, Debden, Capital Space, The Tea Hut, High Beech, Robert Woodland & Sons, Jackson & Jackson, Accountants, Waitrose, Brookes Hairdressers

Trusts and Foundations:

Charles S French Charitable Trust, Joseph and Lilian Sully Foundation, Neighbourly Community Fund

Local Government:

Epping Forest District Council, Loughton Town Council, Chigwell Parish Council.

4. Financial Review

4.1 Financial Activity and Financial Position

The charity is funded by donations and grants, with the majority coming from individuals whose response to the pandemic fuelled increase in demand has been remarkable in its generosity.

In 2020 we received £11,000 in grants from local authorities and £12,500 from charitable trusts, nearly £11,900 was received in donations from churches, £24,000 from corporations and local businesses, £9,900 from community groups and £84,700 from individuals. At the end of the year, we had 92 regular donors giving £2,263 per month. As the majority of our community work is to distribute donated food the majority of our expenses are taken up with the costs of storage and organisation. Warehouse rental costs amounted to £24,300 and employment costs for one part time employee were £17,113 out of total expenditure of £51,043.

In 2021 we will have additional expenses equipping at least two new distribution centres and we will be spending more on supplementary food and household essentials in support of 'Holiday Hunger' campaigns for children who receive free school meals.

The Charity's cash resources increased by £101,337 during the year to £135,046.

EPHING FOREST FOODBANK

Trustees Report For the year ended 31 December 2020

4.2 Reserves Policy

The Trustees consider that, given the nature of the charity's work, free reserves should be equivalent to approximately 6 months' routine general fund expenditure, plus committed future expenditure on other projects, where funds permit. The Trustees are of the opinion that this provides sufficient flexibility to cover temporary shortfalls in incoming resources and will allow the Charity to cope and respond to unforeseen emergencies whilst specific action plans are implemented. At 31 December 2020 the Charity had net free reserves of £133,840 (2019: £31,760).

	2020 £	2019 £
Total reserves	135,046	31,920
Less: restricted funds	(1206)	(160)
Free reserves	133,840	31,760
Free reserves requirement:		
6 month's budgeted routine expenditure	40,000	10,000

5. Responsibilities of Trustees for the Accounts

Charity law requires the Trustees to prepare accounts for each accounting year which record the receipts and payments of the charity for the year. The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable us to ensure that the financial statements comply with the Charities Act 2011. The Trustees also have a responsibility to safeguard the assets of the charity and to take reasonable steps to prevent fraud or any other irregularities.

6. Approval

The report of the Trustees was approved by the Trustees on 24 March 2021 and signed on its behalf by:



Christopher Blackham
Chair of Trustees

EPHING FOREST FOODBANK

Independent Examiner's Report For the year ended 31 December 2020

I report on the accounts of Epping Forest Foodbank for the year ended 31 December 2020, set out on pages 7 to 10.

This report is made solely to the Trustees in accordance with section 145 of the Charities Act 2011 (the Act). My independent examination has been undertaken so that I might state to the Trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by the law, I do not accept responsibility to anyone other than the Trustees for my independent examination, for this report, or the opinions I have formed.

RESPECTIVE RESPONSIBILITIES OF THE TRUSTEES AND EXAMINER

The Trustees consider that an audit is not required for this period (under section 144(2) of the Act) and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts (under section 145 of the Act);
- To follow the procedures laid down in the General Direction given by the Charity Commission (under section 145(5)(b) of the Act); and
- To state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINER'S STATEMENT

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

INDEPENDENT EXAMINER'S STATEMENT

In the course of my examination, no matter has come to my attention:

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 charity 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.



John Helm ACA
24 March 2021

EPPING FOREST FOODBANK

Receipts & Payments Account For the year ended 31 December 2020

	Note	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
Receipts					
Donations		128,964	1,705	130,669	25,276
Grants		23,500	100	23,500	32,300
Bank interest		48	-	48	15
Total Receipts		152,512	1,805	154,217	57,591
Payments					
Raising funds	2	50	-	50	78
Charitable activities	3	50,382	759	51,041	25,593
Total Payments		50,432	759	51,091	25,671
Surplus of payments over receipts		102,080	1,046	103,126	31,920
Total cash funds brought forward		31,760	160	31,920	-
Total cash funds carried forward		133,840	1,206	135,046	31,920

EPHING FOREST FOODBANK

Statement of Assets & Liabilities As at 31 December 2020

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
Assets				
Tangible Assets	-	-	-	
Debtors	-	-		
Cash At Bank And In Hand	133,840	1,206	135,046	31,920
	133,840	1,206	135,046	31,920
Liabilities	600	-	600	600
Total Assets Less Liabilities	133,240	1,206	134,446	31,320

The Accounts were approved by the Trustees on 24 March 2021 and signed on its behalf by:



Christopher Blackham
Chair of Trustees



Zachary Cook
Trustee - Treasurer

Notes to the Accounts For the year ended 31 December 2020

1. Accounting Policies

The accounts have been prepared on a receipts and payments basis with a statement of assets and liabilities.

2. Payments – Raising Funds

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
Bank fees	-	-	-	28
Marketing	50	-	50	50
	50	0	50	78

3. Payments – Charitable Activities

	Unrestricted Funds 2020 £	Restricted Funds 2020 £	Total 2020 £	Total 2019 £
Staff costs				
Net salary & PAYE	15,997	-	15,997	11,392
Pension contributions	1,093	-	1,093	512
Training	23	-	23	3
	17,113	0	17,113	11,907
Foodbank				
Food Purchases	-	639	639	514
Travel/transport	132	-	132	83
Refreshments	8	-	8	11
Epping Forest Winter Warmer scheme	-	120	120	440
Project	2,101	-	2,101	-
	2,241	759	3,000	1,048
Office Costs				
Insurance	359	-	359	357
Telephone, broadband	795	-	795	382
Bank charges	60	-	60	76
Professional subscriptions	395	-	395	412
Hardware & software	909	-	909	-
Office supplies	1,514	-	1,514	626
	4,032	0	4,032	1,853
Buildings and facilities				
Heat, light & water	393	-	393	210
Rent & rates	25,569	-	25,569	10,575
Recycling	310	-	310	-
	26,272	0	26,272	10,785
Governance				
Independent examination	624	-	624	-
	50,282	759	51,041	25,593

EPHING FOREST FOODBANK

Notes to the Accounts For the year ended 31 December 2020

4. Restricted Funds

	At 1 January 2020 £	Income £	Expenditure £	Transfers £	At 31 December 2020 £
Voluntary Action Epping Forest Winter Warmer scheme	160	100	(120)	-	140
Food/essentials	-	1,705	(639)	-	1,066
	160	1,805	(759)	0	1,206

Voluntary Action Epping Forest Winter has a scheme (Winter Warmer) for giving credit for pre-payment meters for people in need. The process is that VAEF makes a grant to a partner organisation. A volunteer accompanies the client to top up a prepayment key.

5. Related Party Transactions

There were no related party transactions.