



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	07	2021		30	06	2022

Section A

Reference and administration details

Charity name

EAT SAFE

Other names charity is known by

Registered charity number (if any)

1184023

Charity's principal address

67 CHURCHILL WAY

STAFFORD

Postcode

ST17 9PB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	WILLIAM ARMSTRONG			
2	KAREN PETERKIN			
3	PAUL WILLIAMSON			
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20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

CONSTITUTION

How the charity is constituted
(eg. trust, association, company)

CHARITABLE INCORPORATED ORGANISATION

Trustee selection methods
(eg. appointed by, elected by)

APPOINTED BY EXISTING TRUSTEES

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

With the Covid 19 situation this year, none of these governance issues have arisen in this our second year of operation.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the Public benefit and the advancement of the health of those who suffer from Hereditary Fructose Intolerance (also known as Fructosemia) and their families through the provision of advice, support and guidance about the condition and how to manage the symptoms of it.

The charity has continued its work offering support to adults and teenagers, and the carers of children and babies with HFI. All with due regard to the public benefit guidance.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

William Armstrong, one of our trustees, has been the sole volunteer during this year. He has spent many hours, each week, on the telephone and social media, offering support and guidance - not readily available elsewhere.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

In this difficult year fund raising has been impossible. All planned training for trustees and volunteers was cancelled.

However, demand for help and support has been increasing worldwide, particularly with newly diagnosed children and babies.

Section E

Financial review

Brief statement of the charity's policy on reserves

We have not been able to do any fundraising this year, so we have not built up any reserves. Once we are able to fundraise we will fully develop a compliant policy.

Details of any funds materially in deficit

We do not have any deficits

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

During this year we have been self funding the operations of the charity through William Armstrong's personal income.

Section F

Other optional information

Section G

Declaration

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

WILLIAM DENIS ARMSTRONG

Position (eg Secretary, Chair, etc)

CHAIR

Date

16/07/23