

BOXES OF BASICS

England & Wales · Charity number 1186215

Details

Status Registered

Legal form CIO

Registered 2019-11-07

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

Contact

Address 37 Avenue Road
London
N15 5JG

Phone 02088008833

Email office.boxesofbasics@gmail.com

Activities

Objects: THE RELIEF OF THOSE IN NEED, BY REASON OF FINANCIAL HARDSHIP, AGE, ILL-HEALTH, DISABILITY OR OTHER DISADVANTAGE IN SUCH WAYS AS THE TRUSTEES FROM TIME TO TIME THINK FIT AND IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING SUCH PERSONS WITH FOOD PACKAGES AND/OR GRANTS OF MONEY.

Activities: THE RELIEF OF THOSE IN NEED, BY REASON OF FINANCIAL HARDSHIP, ILL-HEALTH, DISABILITY OR OTHER DISADVANTAGE IN SUCH WAYS AS THE TRUSTEES FROM TIME TO TIME THINK FIT AND IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING SUCH PERSONS WITH FOOD PACKAGES AND/OR GRANTS OF MONEY.

Classification

- **How:** Makes Grants To Individuals
- **What:** Disability, The Prevention Or Relief Of Poverty
- **Who:** The General Public/mankind

Geography

- Throughout London

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£98,768	£88,701	-	-
2024-05-31	£121,220	£60,786	-	-
2023-05-31	£80,606	£56,160	-	-
2022-05-31	£84,445	£65,646	-	-
2021-05-31	£136,476	£199,352	-	-

Trustees

Name	Role	Appointed
USHER MANN	Chair	2019-11-07
Raizel Stern		2019-11-07
Yosef Goldberg		2019-11-07

BOXES OF BASICS

England & Wales - Charity number 1186215

Accounts



Boxes of Basics

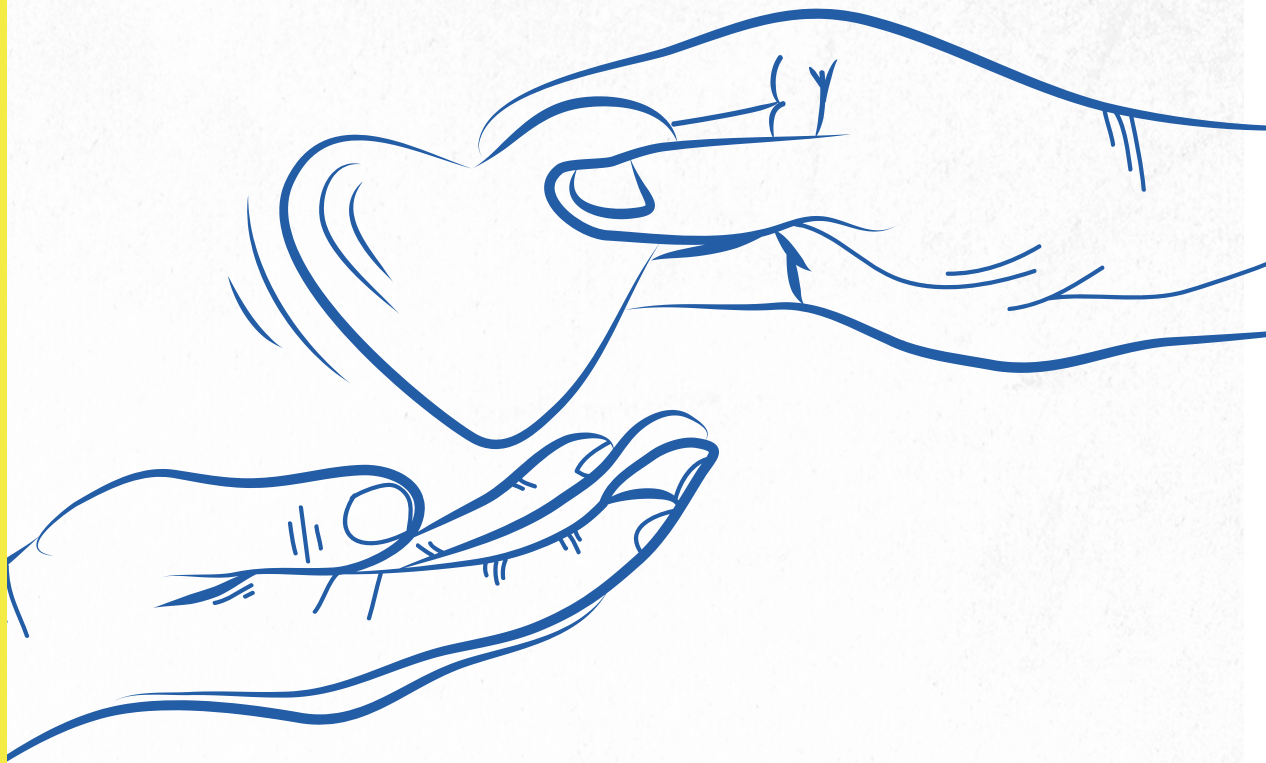
Reg. Charity No. 1186215

**"IF THE
FOODBOX
COULD
SPEAK"**



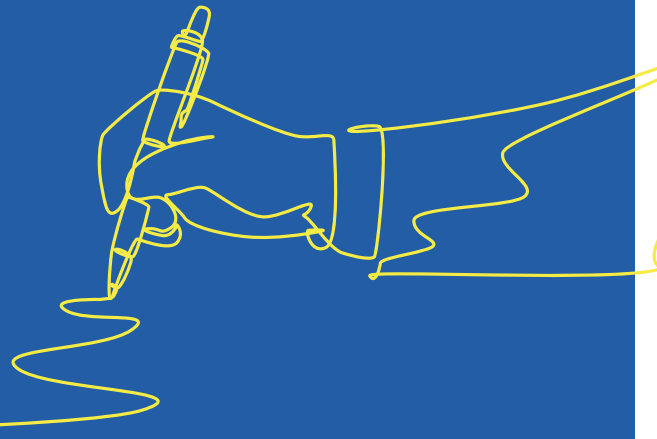
Annual Accounts
Year Ending 31.05.2025

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- *Trustees Report*
- *Independent Examiner's Report*
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MESSAGE OF THE CHAIR:



Dear Supporters,

If the foodbox could speak, it would tell stories of quiet crisis and quiet courage. It would speak of parents going without so their children could eat, of cupboards that echoed with emptiness, and of the moment relief arrived at the doorstep. This year, each box we delivered carried more than food – it carried dignity, reassurance, and the powerful message that no one in our community is forgotten.

As we reflect on the past year, I am both proud of our progress and deeply aware of the growing need across our community. We have seen a 30% increase in the number of individuals and families turning to Boxes of Basics for support, with demand rising sharply during the winter months when pressures on household budgets are most acute. Over the course of the year, we supported 1,066 individuals, a stark reminder of both the scale of hidden hunger and the vital role our charity continues to play.

Our work is only possible because of the kind generosity of our supporters. I extend my heartfelt thanks to the many local individuals who regularly donate food, ensuring our shelves remain stocked and ready to respond at moments of crisis. I am equally grateful to our local food suppliers who provide generous in-kind donations, especially during the holiday seasons, helping us bring not only nourishment but also comfort and dignity to those we serve.

We owe a special debt of gratitude to our donors, whose financial contributions underpin every aspect of our work. Your support enables us to act swiftly and compassionately in response to rising demand. Without your continued commitment, our mission to tackle hunger and reduce stigma would simply not be possible.

Alongside our emergency food provision, we have continued to develop our Supported Steps weekly advice and support hub. This vital service offers guidance on benefit-related issues, helping families navigate complex systems and access the support they are entitled to. Over the past year, we supported 94 families through this programme, assisting with benefit claims and applications for DLA and PIP. For many, this has been life-changing, providing stability, advocacy, and renewed confidence during extremely challenging times.

Thank you for standing with us and with the families we serve. Because of you, each foodbox delivered is more than a parcel – it is a lifeline, a reassurance, and a statement that no one should face hunger alone. Together, we are making a tangible and lasting difference in the lives of those who need it most, and I look forward to another year of growth, compassion, and collective impact.

Usher Mann

Chair of Trustees

IF THE FOOBOX COULD SPEAK:

WHY I WAS NEEDED

Hunger is a relentless adversary that impacts countless individuals and families within our community. The severity and prevalence of food insecurity continue to rise, driven by economic instability and escalating living costs. Data from a recent Survey of Londoners reveals that one in six (17%) children in the capital experience food insecurity, alongside one in five adults (1.5 million Londoners), 36% of single parents, and 32% of black Londoners.

The survey also found that half (49%) of parents with children experiencing food insecurity are socially isolated. Sixteen percent of parents from food insecure households reported being unable to provide balanced meals for their children, and 9% said their children did not always have enough to eat.

This is an unacceptable state of affairs in the world's fifth richest economy.

Each foodbox delivered by Boxes of Basics carried more than essentials; it carried relief, dignity, and the reassurance that no one should face these challenges alone.

This stigma prevents many from reaching out for the assistance they desperately need.

**“EACH BOX WAS
A CONVERSATION
WITHOUT WORDS —
AND A PROMISE THAT
SOMEONE CARES.”**



MORE THAN ITEMS: WHAT EACH FOODBOX REPRESENTS

FRESH FRUIT AND VEG

Over 7 million adults in the UK experience food insecurity, and many rely on the cheapest, most filling foods to stretch limited budgets. Healthy foods such as fresh fruit and vegetables can cost nearly twice as much per calorie as less nutritious options, placing them out of reach for struggling households. This often leads to poor diets and long-term health risks. Boxes of Basics provides fresh, nourishing produce so that poverty does not dictate the quality of a family's diet or their future wellbeing.

BABY FORMULA

Baby formula is one of the most expensive essentials for new parents, costing around £70–£100 per month, for a single infant. Around 1 in 5 mothers experience post-partum mental health challenges, which can make breastfeeding difficult or impossible. For families already under financial strain, the cost of formula can be prohibitively unaffordable, forcing impossible choices between feeding their baby and covering other basic needs. Providing formula ensures infants receive safe, consistent nutrition during a critical stage of development.

TINNED FOOD

For families facing unstable incomes, tinned and long-life foods are essential lifelines that provide reliable, sustaining meals. Research shows that many food-insecure households regularly skip meals, with some adults going a whole day without eating to ensure children are fed. Non-perishable staples allow families to create balanced meals, ration food sensibly, and reduce anxiety about where the next meal will come from. They offer both practical nourishment and crucial peace of mind during times of crisis.

HYGIENE PRODUCTS

Hygiene poverty affects an estimated 1 in 5 people in the UK, with millions unable to afford basic toiletries such as soap, shampoo, and sanitary products. These essentials are often the first to be cut when budgets are under pressure, leading to impacts on health, confidence, and dignity. By including hygiene items in every box, Boxes of Basics helps families stay clean, well, and respected. This support reinforces that dignity is just as vital as food.

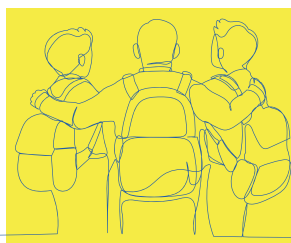


IF THE FOODBOX COULD SPEAK, IT WOULD SAY: 'YOU ARE NOT FORGOTTEN. SOMEONE PACKED ME WITH CARE, JUST FOR YOU.'

CATERING TO DIFFERENT USER COHORTS

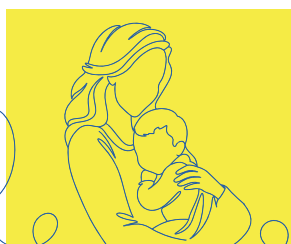
NOT ALL FOODBANK CLIENTS ARE ALIKE.

We have tailored our support to ensure that each cohort receives appropriate and beneficial assistance.



Families with School-Age Children: For families grappling with financial hardship, we provide food boxes that include essential items and nutritious school snacks. These boxes are designed to ease the burden on parents and ensure that children receive the energy and nutrients they need for their academic and social activities.

“Some days, I didn’t know how I’d manage to pack lunchboxes for my kids when our cupboards were nearly empty. The food boxes have taken so much stress off our shoulders, and the school snacks mean my children can focus on learning instead of their rumbling tummies. It’s such a relief.” – Emma L.



Young Mothers with Infants: Understanding the specific needs of new mothers and their babies, we offer specialized packages that include infant formula, nappies, and baby care products. This support helps alleviate the financial strain of raising a young child and ensures that infants receive the necessary nutrition and hygiene essentials.

“I was terrified I wouldn’t be able to provide for my baby. The food box with formula and nappies has been a lifesaver. It’s more than food; it’s the comfort of knowing my baby is fed and cared for, even on the hardest days.” – Lila K.



Elderly Individuals: Our Golden Nourish Packs are specifically designed to meet the dietary needs of older adults. Recognizing the unique health requirements of seniors, these packs include carefully selected products that cater to dietary restrictions and preferences, such as salt-free, sugar-free, low-fat, and liquid options. This initiative aims to promote health, well-being, and dignity among the elderly, providing them with both nutritional support and a sense of security.

“Living on a fixed income, some weeks it’s a real struggle to get enough to eat. The food boxes mean I don’t have to skip meals or choose between heating and eating. It’s not just the food—it’s the dignity of knowing someone cares.” – Margaret H.

“IF THE FOODBANK COULD SPEAK, IT WOULD TELL THE STORY OF TWO WORLDS MEETING — THE KINDNESS OF STRANGERS AND THE COURAGE OF FAMILIES FACING THE UNTHINKABLE.”

ANNUAL ACHIEVEMENTS:

1066
INDIVIDUALS
SUPPORTED

INCLUDING 435 CHILDREN

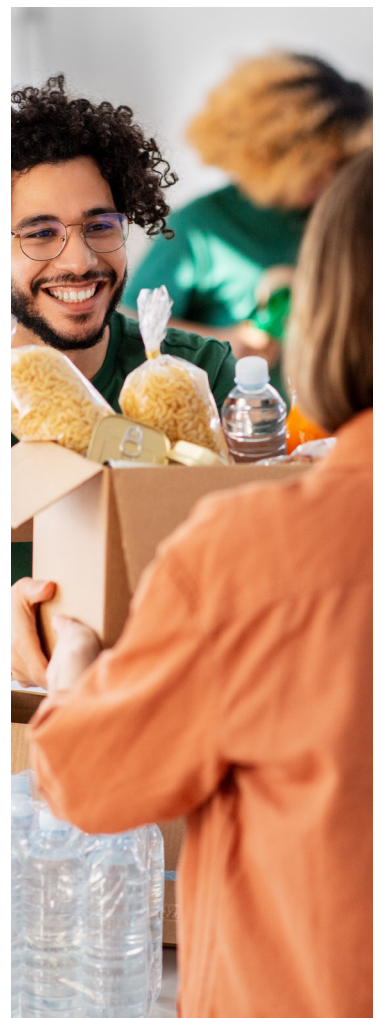
68 USERS
REFERRED
TO DEBT
ADVICE
SERVICES

93 USERS
AT OUR SUPPORTED
STEP CENTRE

12 VOLUNTEERS WHO
ARE PAST USERS.

42 VOLUNTEERS

2684
FOOD BOXES
DELIVERED.



“IF THE FOODBOX COULD SPEAK, IT WOULD TELL YOU ABOUT THE CUPBOARDS IT FOUND EMPTY, THE PARENTS SKIPPING MEALS, AND THE QUIET RELIEF WHEN HELP ARRIVED AT THE DOOR.”



FEEDBACK FROM OUR USERS:

Margaret, an 82-year-old widow, lived alone on a limited pension. Rising prices meant she often had to choose between heating her home and buying groceries. Her cupboards were frequently bare, and her health was beginning to suffer. Pride and embarrassment prevented her from asking for help, even when she was struggling most.

A social worker encouraged Margaret to contact Boxes of Basics, and from the first visit, she experienced compassion and dignity. Her food box included nourishing meals and hygiene essentials, giving her both physical sustenance and emotional reassurance. Over the weeks, Margaret also attended our advice sessions, learning about benefits she hadn't claimed, which provided her with additional financial support.

Margaret now volunteers to help deliver boxes to other elderly residents in her community, sharing kindness and support to those who, like her, once faced loneliness and uncertainty.

"Receiving the food boxes reminded me that I'm not forgotten. They gave me food, warmth, and dignity when I needed it most." – Margaret H.

David and Alisha, parents of three school-aged children, were struggling to make ends meet after both experienced reduced hours at work. With the rising cost of food, they faced the daily stress of providing nutritious meals and filling school snack boxes. Anxiety and exhaustion had become part of their everyday lives.

After learning about Boxes of Basics, David and Alisha began receiving food boxes that included essentials, fresh produce, and school snacks. The support was transformative. For the first time in months, their children had healthy meals and snacks, and Jamal and Aisha could focus on work and family without the constant worry of empty cupboards.

They also attended our Supported Steps hub, receiving help with benefit applications and guidance on budgeting, which allowed the family to stabilize their finances. The sense of relief and dignity they regained has been invaluable.

"We no longer have to worry whether our children will eat properly at school. Boxes of Basics gave us more than food – they gave us peace of mind and hope for the future." – David & Alisha T.

IF THE FOODBANK COULD SPEAK: WHAT I WOULD SAY TO YOU

If I could speak, I would tell every donor, partner, and volunteer: thank you. Thank you for filling empty cupboards, for offering hope, and for showing that kindness can be practical and powerful. Every box you helped pack, every item you donated, every hour you gave made a real difference – not just in feeding families, but in restoring confidence, easing worry, and reminding people that they are valued and supported. Your generosity turns silent need into lived relief.



Reserve Policy

The Trustees aim to maintain unrestricted funds, which are the free reserves of the Charity at a level of at least three months running costs and up to one year's running costs. The Trustees are pleased to have achieved a level of reserves for the Charity this past year, in accordance with their aim.

Risk Assessments

The trustees have assessed the risks to which the charity is exposed, particularly those related to the operations and finances of the charity and are satisfied with the prudent procedures in place to mitigate the organization's exposure to those risks. Trustees actively review possible day to day challenges and are prepared to take the required measures to resolve any issue that arises.

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity's financial position and of the profit or loss of the charity for that period. In preparing those financial statements, the trustees are required to:

STATEMENT OF TRUSTEE'S RESPONSIBILITIES

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2016. There is no audit requirement for the charity. An independent examiner's report will be prepared by De Claron Ltd.

AUDITOR ON BEHALF OF THE BOARD SIGNED:

Usher Mann

Trustee

01/03/2026

Boxes of Basics

For the Period Ending 31 May 2025

INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE MEMBERS OF BOXES AND BASICS LTD

Independent Examiner's Report to the Trustees of Boxes and Basics Ltd

I report on the accounts of the Charity for the year ended 31 May 2025.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2022 (the 2022 Act) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under the 2022 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2022 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
- to keep accounting records in accordance with the 2022 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2022 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd.
3a The Vale
LONDON NW11 8SB:
16 March 2026

Boxes of Basics Charitable Trust

- y/e 31.05.2025

Statement of Financial Activities

y/e 31.05.2025

Description	Unrestricted Fund (£)	Restricted Fund (£)	Total Funds (£)
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INCOME AND ENDOWMENTS FROM

DONATIONS AND LEGACIES	98,767.85	-	98,767.85
GRANTS	-	-	-

TOTAL INCOME AND ENDOWMENTS	98,767.85	-	98,767.85
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EXPENDITURE ON

AFFORDING IS REWARDING			-
CLOTHING	1,179.00		1,179.00
COST OF LIVING SUPPORT			-
EMERGENCY HELP	5,190.00		5,190.00
EMERGENCY RELIEF	2,569.88		2,569.88
FAMILY CRISIS SUPPORT	-		-
FOOD BOXES	31,301.75		31,301.75
HELPING HAND SCHEME	25,568.86		25,568.86
IMMEDIATE SUPPORT	7,850.00		7,850.00
YOSOM FUND	14,017.00		14,017.00
			-
ACCOUNTANCY	386.40		386.40
OFFICE EXPENSES	-		-
IT & MARKETING	635.00		635.00
TELEPHONE	-		-
WAGES	-		-
BANK CHARGES & INTEREST	3.58		3.58

TOTAL EXPENDITURE	88,701.47		88,701.47
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NET RECEIVED	10,066.38		10,066.38
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TOTAL FUNDS BROUGHT FORWARD	-	-	61,929.27
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TOTAL FUNDS CARRIED FORWARD	-	-	71,995.65
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Boxes of Basics Charitable Trust

- y/e 31.05.2025

Statement of Financial Activities

y/e 31.05.2024

Description	Unrestricted Fund (£)	Restricted Fund (£)	Total Funds (£)
INCOME AND ENDOWMENTS FROM			
DONATIONS AND LEGACIES	89,982.28	-	89,982.28
GRANTS	-	31,238.00	31,238.00
TOTAL INCOME AND ENDOWMENTS	89,982.28	31,238.00	121,220.28
EXPENDITURE ON			
AFFORDING IS REWARDING	-	1,981.87	1,981.87
CLOTHING	-	-	-
COST OF LIVING SUPPORT	-	15,694.67	15,694.67
EMERGENCY HELP	-	-	-
EMERGENCY RELIEF	-	-	-
FAMILY CRISIS SUPPORT	-	5,510.60	5,510.60
FOOD BOXES	-	16,111.92	16,111.92
HELPING HAND SCHEME	-	8,244.22	8,244.22
IMMEDIATE SUPPORT	-	-	-
YOSOM FUND	-	-	-
ACCOUNTANCY	1,173.60	-	1,173.60
OFFICE EXPENSES	5,561.33	-	5,561.33
IT & MARKETING	494.88	-	494.88
TELEPHONE	188.40	-	188.40
WAGES	5,825.00	-	5,825.00
BANK CHARGES & INTEREST	-	-	-
TOTAL EXPENDITURE	13,243.21	47,543.28	60,786.49
NET RECEIVED	76,739.07	(16,305.28)	60,433.79
TOTAL FUNDS BROUGHT FORWARD	-	-	1,495.48
TOTAL FUNDS CARRIED FORWARD	-	-	61,929.27

“IF THE
FOODBOX
COULD
SPEAK”



BOXES OF KINDNESS!

'Boxes of Basics' is a charity, passionate to help families and children living with food poverty. As our name declares, we provide boxes of basic food and household essentials. We are a first point of contact for individuals or families in crisis.



Boxes of Basics
Reg. Charity No. 1186215

BOXES OF BASICS

England & Wales - Charity number 1186215

Accounts



Boxes of Basics

Reg. Charity No. 1186215

**ON THE
FRONTLINE,
BATTLING
HUNGER
AND STIGMA**



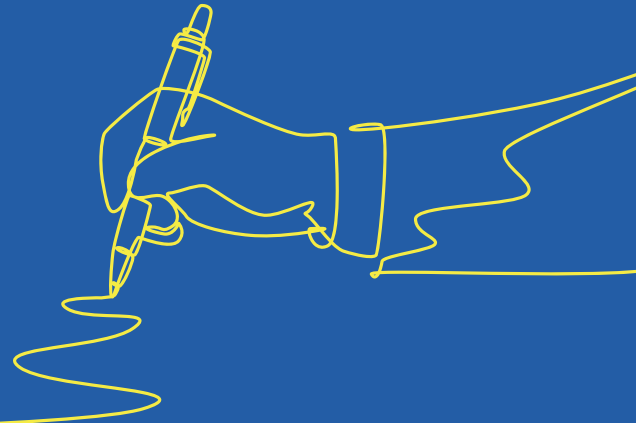
Boxes of Basic
Statement of Financial Activities
Accounts period ending 31.05.2024

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- *Notes to Financial Statements*

MESSAGE OF THE CHAIR:



Dear Supporters,

As we reflect on the past year, I am proud to share the remarkable progress and the growing impact of Boxes of Basics. We have witnessed an increase in the number of individuals and families seeking our assistance each month, with a significant surge during the winter months when the need is most acute. This year alone, we have supported 820 individuals, underscoring the vital role we play in our community.

Our success would not be possible without the unwavering generosity of our supporters. I extend my heartfelt gratitude to the local individuals who regularly donate food, ensuring our shelves are stocked and ready to serve those in need. I am equally grateful to our local food suppliers, who make substantial in-kind donations, particularly during the holiday seasons, allowing us to bring extra cheer and support to our recipients.

We owe a special thanks to our donors, whose financial contributions provide the foundation for all our work. Your support enables us to respond swiftly and effectively to the growing demand for our services. Without your generosity, our mission would not be possible.

In addition to our emergency food supplies, we have expanded our services to include a Supported Steps, weekly advice and support hub. This initiative is designed to assist individuals with benefit-related issues, providing much-needed guidance and advocacy. Over the past year, we have supported 72 families through this program, helping them navigate benefit claims and apply for DLA and PIP for disabilities. This new program has made a significant difference, providing crucial support to those facing complex and often daunting challenges.

Thank you for your continued support and dedication to our mission. Together, we are making a tangible difference in the lives of those who need it most. I look forward to another year of growth, compassion, and community spirit as we continue to battle hunger and support our neighbors in need.

*Usher Mann
Trustee*

22 July 2024

THE ENEMY HUNGER, HOPELESSNESS AND STIGMA

Hunger is a relentless adversary that impacts countless individuals and families within our community. The severity and prevalence of food insecurity continue to rise, driven by economic instability and escalating living costs. Data from a recent Survey of Londoners reveals that one in six (17%) children in the capital experience food insecurity, alongside one in five adults (1.5 million Londoners), 36% of single parents, and 32% of black Londoners.

The survey also found that half (49%) of parents with children experiencing food insecurity are socially isolated. Sixteen percent of parents from food insecure households reported being unable to provide balanced meals for their children, and 9% said their children did not always have enough to eat.

This is an unacceptable state of affairs in the world's fifth richest economy.

A past user Sarah is a single mother of three who works tirelessly at a minimum-wage job. Despite her efforts, she often found herself choosing between paying utility bills and putting food on the table. During the winter months, Sarah's situation becomes even more dire as heating costs soar, leaving even less for groceries. Stories like Sarah's are all too common, illustrating the harsh realities faced by those struggling to afford basic necessities.



At Boxes of Basics, we witness the impact of hunger firsthand. Every day, we encounter individuals and families who arrive at our doors, weary and desperate, searching for relief from their hunger and shame. The food supplies and support we provide are often their last line of defense against the debilitating effects of food insecurity.

Alongside hunger, stigma stands as a formidable barrier to seeking help. The social stigma surrounding poverty and receiving aid compounds the challenges faced by those in need. Many individuals feel shame or embarrassment about their circumstances, often internalizing societal judgments that poverty equates to personal failure.

This stigma prevents many from reaching out for the assistance they desperately need.

'John is a proud father who lost his job due to company downsizing. Despite his growing desperation, John hesitated to visit Boxes of Basics, fearing judgment from others and feeling a deep sense of personal failure. It was only after his children began skipping meals that John finally sought help.'

The stigma surrounding poverty not only exacerbates the emotional and psychological toll on individuals but also hinders their ability to access essential resources. By addressing and challenging these societal perceptions, we can create a more inclusive and supportive community.

At Boxes of Basics, we are committed to fighting both hunger and stigma. We strive to provide not just food, but also dignity and respect to all those who seek our help. Through our programs and advocacy efforts, we aim to break down these barriers and foster a community where no one feels ashamed to ask for assistance. Together, we can combat the enemy of hunger, hopelessness, and stigma, creating a brighter future for all.



OUR WARRIORS: VOLUNTEERS AND DONORS

At the heart of Boxes of Basics lies an extraordinary team of 31 dedicated volunteers who embody the spirit of service and compassion. Their commitment and tireless efforts are the backbone of our operations, ensuring that we can meet the growing needs of our community.

- **Shelf Stockers and Food Box Packers:** Our team includes 12 incredible individuals who meticulously stock shelves and pack food boxes. Their attention to detail and hard work ensure that every box is filled with care and precision, providing essential nutrition to those in need.
- **Youth Collectors:** We are immensely proud of the 8 young people who regularly collect food at local supermarkets. Their energy and dedication are inspiring, and their efforts bring in a significant portion of our food supplies, making a tangible difference in our ability to serve the community.
- **Volunteer Drivers:** Our 8 volunteer drivers are the lifeline for our homebound clients. They deliver food directly to those who cannot come to us, providing not only sustenance but also a vital connection to the outside world.
- **Admin and Fundraising Support:** Behind the scenes, 3 individuals support our administrative and fundraising efforts. Their organizational skills and strategic planning are crucial in keeping our operations running smoothly and ensuring that we have the resources needed to continue our mission.

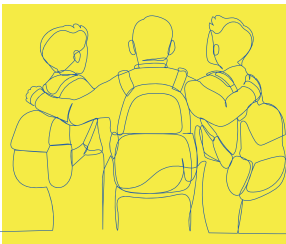
Our donors and partners are essential allies in our fight against hunger. Their generous contributions equip us with the resources necessary to sustain and expand our services. We would like to extend a heartfelt thank you to some of our key supporters:

- **National Lottery Fund**
- **Young Gamechangers Fund**
- **Stone King Foundation**

To all our volunteers and donors, we are profoundly grateful. Your dedication, generosity, and unwavering support are the driving forces behind our success. Together, we stand strong in our mission to combat hunger and provide hope to those in need. Thank you for being the true warriors in this battle.

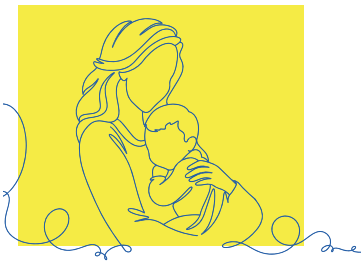
CATERING TO DIFFERENT USER COHORTS NOT ALL FOODBANK CLIENTS ARE ALIKE.

We have tailored our support to ensure that each cohort receives appropriate and beneficial assistance.



Families with School-Age Children: For families grappling with financial hardship, we provide food boxes that include essential items and nutritious school snacks. These boxes are designed to ease the burden on parents and ensure that children receive the energy and nutrients they need for their academic and social activities.

‘There’s a particular kind of desperation when your stomach is growling, your pantry and purse are empty, and your fridge is bare—one that baked beans and chopped tomatoes can help address. But when it comes to filling my kids’ school snack boxes, I was at a loss. We are incredibly grateful that you’ve started providing school snacks; it’s made a real difference for us.’ Mimi T.



Young Mothers with Infants: Understanding the specific needs of new mothers and their babies, we offer specialized packages that include infant formula, nappies, and baby care products. This support helps alleviate the financial strain of raising a young child and ensures that infants receive the necessary nutrition and hygiene essentials.

“When I realized I wouldn’t be able to nurse due to the anti-anxiety meds I needed, I felt utterly lost. I worried about how we would afford infant formula for my baby, Darren when we barely had enough money for food. We are so grateful to your charity for stepping in and helping us with baby formula.” Young Mom Tina.



Elderly Individuals: Our Golden Nourish Packs are specifically designed to meet the dietary needs of older adults. Recognizing the unique health requirements of seniors, these packs include carefully selected products that cater to dietary restrictions and preferences, such as salt-free, sugar-free, low-fat, and liquid options. This initiative aims to promote health, well-being, and dignity among the elderly, providing them with both nutritional support and a sense of security.

By customizing our food and essential supply packages to meet the specific needs of these distinct groups, Boxes of Basics ensures that all individuals, regardless of their age or family situation, receive targeted support to alleviate their immediate needs and enhance their quality of life.

VICTORY IN SIGHT: ACHIEVEMENTS AND MILESTONES

**ANNUAL
ACHIEVEMENTS:**

**820
INDIVIDUALS
SUPPORTED**

INCLUDING 318 CHILDREN

**84 USERS
REFERRED
TO DEBT
ADVICE
SERVICES**

**72 USERS
AT OUR SUPPORTED
STEP CENTRE**

**6 VOLUNTEERS WHO
ARE PAST USERS.**

**31
VOLUNTEERS**

**2312
FOOD BOXES
DELIVERED.**



FEEDBACK FROM OUR CLIENTS:

“David, a proud father of two, lost his job as a warehouse manager due to company downsizing. This unexpected loss plunged his family into financial instability. As their savings dwindled, David faced the harsh reality of being unable to provide enough food for his family. Despite his desperation, David hesitated to seek help due to the stigma associated with receiving aid.

Encouraged by a friend, David finally reached out to Boxes of Basics. From the moment he walked through our doors, he was met with compassion and understanding. Our team provided him with emergency food supplies, ensuring his family didn't go hungry. More importantly, we offered him a judgment-free space where he felt valued and respected.

David's initial visit to Boxes of Basics marked the beginning of his journey towards reclaiming his dignity and stability. He became a regular participant in our weekly advice and support program, where he received assistance with his benefit claims. With our support, David successfully applied for Personal Independence Payment (PIP) for his wife, who has a disability, and secured additional financial aid. Empowered by the resources and support he received, David began volunteering with us, helping other families facing similar struggles. His experience with Boxes of Basics not only provided immediate relief but also instilled a renewed sense of purpose and community.”

“Thanks to Boxes of Basics, I no longer have to worry about my kids going hungry. Their help with food and benefits has given me the peace of mind to focus on building a better future for us.”

Emma R.

“The food deliveries from Boxes of Basics have been a huge relief. Their support has made it possible for me to manage my health and finances with dignity”

Harry L.



Thank you

Reserve Policy

The Trustees aim to maintain unrestricted funds, which are the free reserves of the Charity at a level of at least three months running costs and up to one year's running costs. The Trustees are pleased to have achieved a level of reserves for the Charity this past year, in accordance with their aim.

Risk Assessments

The trustees have assessed the risks to which the charity is exposed, particularly those related to the operations and finances of the charity and are satisfied with the prudent procedures in place to mitigate the organization's exposure to those risks. Trustees actively review possible day to day challenges and are prepared to take the required measures to resolve any issue that arises.

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity's financial position and of the profit or loss of the charity for that period. In preparing those financial statements, the trustees are required to:

STATEMENT OF TRUSTEE'S RESPONSIBILITIES

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2016. There is no audit requirement for the charity. An independent examiner's report will be prepared by De Claron Ltd.

AUDITOR ON BEHALF OF THE BOARD SIGNED:

Usher Mann

Trustee

15/03/2024

Boxes of Basics

For the Period Ending 31 May 2024

INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE MEMBERS OF BOXES AND BASICS LTD

Independent Examiner's Report to the Trustees of Boxes and Basics Ltd

I report on the accounts of the Charity for the year ended 31 March 2024, which are set out on pages 9 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under the 2011 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
- to keep accounting records in accordance with the 2006 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2006 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd.
3a The Vale
LONDON NW11 8SB
31/03/2024

Boxes of Basics Charitable Trust

- y/e 31.05.2024

Statement of Financial Activities

y/e 31.05.2024

	Unrestricted Fund	Restricted Fund	Total Funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
DONATIONS and LEGACIES	89,982.28	-	89,982.28
GRANTS		31,238.00	31,238.00
	89,982.28	31,238.00	121,220.28
EXPENDITURE ON			
AFFORDING IS REWARDING		7,492.47	7,492.47
COST OF LIVING SUPPORT		15,694.67	15,694.67
FEEDING HUNGRY CHILDREN			-
FOOD BOXES DISTRIBUTION	16,111.92		16,111.92
GOLDEN NOURISH PROGRAM	8,244.22		8,244.22
ACCOUNTANCY	1,173.60		1,173.60
OFFICE EXPENSES	5,561.33		5,561.33
POSTAGE & IT	494.88		494.88
TELEPHONE	188.40		188.40
WAGES	5,825.00		5,825.00
	37,599.35	23,187.14	60,786.49
NET RECEIVED	52,382.93	8,050.86	60,433.79
TOTAL FUNDS BROUGHT FORWARD			1,495.48
TOTAL FUNDS CARRIED FORWARD			61,929.27

Statement of Financial Activities (2)

y/e 31.05.2023

	Unrestricted Fund	Restricted Fund	Total Funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
DONATIONS and LEGACIE	80,606.00		80,606.00
GRANTS			-
	80,606.00	-	80,606.00
EXPENDITURE ON			
AFFORDING IS REWARDING			-
COST OF LIVING SUPPORT			-
FEEDING HUNGRY CHILDREN	11,425.00		11,425.00
FOOD BOXES DISTRIBUTION	42,671.68		42,671.68
GOLDEN NOURISH PROGRAM	7,067.10		7,067.10
ACCOUNTANCY	1,848.00		1,848.00
OFFICE EXPENSES	4,572.79		4,572.79
POSTAGE & IT			
TELEPHONE			
WAGES			
	67,584.57		67,584.57
NET RECEIVED	13,021.43		13,021.43
TOTAL FUNDS BROUGHT FORWARD			(11,525.95)
TOTAL FUNDS CARRIED FORWARD			1,495.48

Balance Sheet

	y/e 31.05.2024		y/e 31.05.2024	
	Unrestricted Fund	Restricted Fund	Unrestricted Fund	Restricted Fund
TANGIBLE ASSETS		-		-
CURRENT ASSETS				
DEBTORS		-		-
CASH IN HAND & AT BANK		61,929.27	143,361.73	
	61,929.27			
		61,929.27	143,361.73	
			143,361.73	
CURRENT LIABILITIES				
LOAN CREDITORS			44,542.75	
OTHER CREDITORS			97,323.50	
			141,866.25	
NET FUNDS		61,929.27		1,495.48
FUND ACCOUNT		61,929.27		1,495.48

**Making
a difference,
one box
at a time.**



BOXES OF KINDNESS!

'Boxes of Basics' is a charity, passionate to help families and children living with food poverty. As our name declares, we provide boxes of basic food and household essentials. We are a first point of contact for individuals or families in crisis.



BOXES OF BASICS

England & Wales - Charity number 1186215

Accounts



Boxes of Basics

Reg. Charity No. 1186215



Boxes of Basics
Reg. Charity No. 1186215



Boxes of Basics

Reg. Charity No. 1186215

Boxes of Basic Statement of Financial Activities

*Accounts period ending
31.05.2023*



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Trustees Report



Independent Examiner's Report



Statement of Financial Accounts



Notes to Financial Statements



MESSAGE OF THE CHAIR:

As we reflect on the past year, it's evident that we've faced unprecedented challenges. The rising cost of living has placed a significant burden on families, even those with double incomes. In the midst of these difficulties, however, I am proud to share that our organization has persevered, thanks to the unwavering support of our partners.

Together, we have risen to the challenge and remained steadfast in our commitment to serving our community. Despite the obstacles, we have continued to uphold our mission of providing essential food assistance to those in need, ensuring that no one in our community goes hungry.

I am thrilled to announce that, with the support of our dedicated partners, we have been able to provide food assistance to a remarkable 794 individuals this past year. Each of these individuals has received not only sustenance but also the dignity and respect they deserve.

This accomplishment is a testament to the power of collaboration and the generosity of our supporters. It is through your kindness and commitment that we have been able to make a meaningful difference in the lives of so many.

As we look ahead, we know that there will be new challenges to face. However, I am confident that with our continued partnership and dedication, we will overcome whatever obstacles come our way.

On behalf of the entire organization, I extend my deepest gratitude to each and every one of you for your unwavering support. Together, we are making a difference in our community, one meal at a time.

Trustees Report

Boxes of Basics was established in 2019 to alleviate hunger and deprivation resulting from poverty by providing boxes of basic food and household essentials to people in financial hardship. Our core user groups are young families and adolescents. Our focus is on relieving poverty directly, as a preventative measure to the emotional and social insecurities that develop subsequently. The food packages we deliver not only alleviates hunger of families contending with food insecurity but provide a sense of security and stability for the most vulnerable of society.

According to the UN Special Rapporteur, poverty affects 14 million people in the UK—a fifth of the population. Four million of these are more than 50% below the poverty line, and 1.5 million are destitute, unable to afford essentials. Poverty is not only dignity depriving; It can crush individual confidence, hope, and ambition. It stifles people's ability to participate in our society. It means waking up every day facing insecurity, uncertainty, and impossible decisions about money. To make matters worse, one in seven councils have discontinued their emergency funds. The poor are left to compromise ever more. Unfortunately, poverty is the devastating reality of one in four children in the UK.

Our main activities are preparing and distributing food packages to people in a financial crisis. Whilst retaining a general scope, we modify the food according to the age, family size, cultural and dietary requirements of our users.

Our Mission

Our mission is to end hunger in London. We aim to provide a discreet, efficient, and compassionate service to anyone in crisis. When their immediate needs are taken care of, they have the peace of mind to look for new jobs, opportunities and make positive decisions for a better tomorrow.

Our Vision

No one can thrive on an empty stomach. But harder than nourishing the body is fuelling the self-esteem. At Boxes of Basics support never compromise dignity, which is fundamental for functional independence and emotional and social wellbeing.

Our Values

- No one should go to sleep hungry.
- Anyone who reaches out for help needs it; we do not turn anyone down.
- Boxes of Basics aims to provide support that beneficiaries can depend on in crisis but encourages self-sufficiency in the long term.



Feedback from our Clients:

*"The food bank has been a lifeline for my family during tough times. It's not just about the meals; it's about the hope it gives us for a better tomorrow."
- Sarah T. "I used to feel ashamed to ask for help, but the food bank has shown me that there's strength in reaching out. I'm thankful for their compassion and understanding."
- John D. "When I walk through the doors of the food bank, I'm greeted with smiles and warmth. It's more than just a distribution center; it's a sanctuary of support and love."*

- Robert H.

"The volunteers at the food bank are like angels in disguise. Their kindness and support make us feel valued and cared for in our time of need"

Emily H.

"In a world where it's easy to feel forgotten, the food bank reminds us that there are still people who care. I'm overwhelmed with gratitude for their generosity"

David M.

Thank You

Reserve Policy

The Trustees aim to maintain unrestricted funds, which are the free reserves of the Charity at a level of at least three months running costs and up to one year's running costs. The Trustees are pleased to have achieved a level of reserves for the Charity this past year, in accordance with their aim.

Risk Assessments

The trustees have assessed the risks to which the charity is exposed, particularly those related to the operations and finances of the charity and are satisfied with the prudent procedures in place to mitigate the organization's exposure to those risks. Trustees actively review possible day to day challenges and are prepared to take the required measures to resolve any issue that arises.

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity's financial position and of the profit or loss of the charity for that period. In preparing those financial statements, the trustees are required to:

STATEMENT OF TRUSTEE'S RESPONSIBILITIES

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2016. There is no audit requirement for the charity. An independent examiner's report will be prepared by De Claron Ltd.

AUDITOR ON BEHALF OF THE BOARD SIGNED:

Usher Mann

Trustee

15/03/2024

Boxes of Basics

For the Period Ending 31 May 2021

A Snapshot of our Year:

749

individuals supported

including

487

children

76

users referred for
debt advice and
support



devoted
volunteers

1846

food boxes delivered



INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE MEMBERS OF BOXES AND BASICS LTD

Independent Examiner's Report to the Trustees of Boxes and Basics Ltd

I report on the accounts of the Charity for the year ended 31 March 2021, which are set out on pages 9 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under the 2011 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity 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 you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

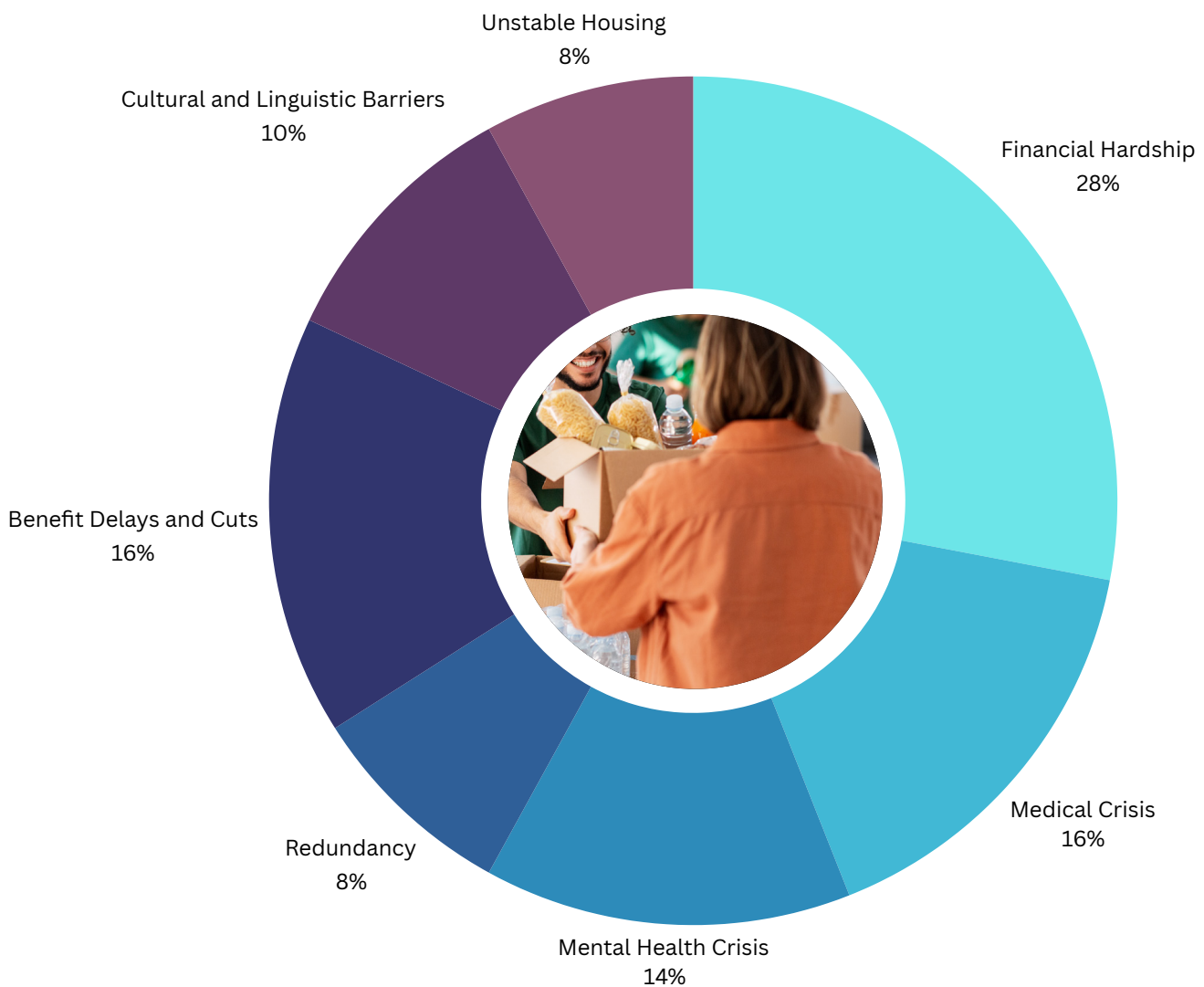
- (1) which gives me reasonable cause to believe that in any material respect the requirements
- to keep accounting records in accordance with the 2006 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2006 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd.
3a The Vale
LONDON NW11 8SB
31/03/2024

'Why our clients reached out to us':



FROM VULNERABILITY TO STABILITY

Boxes of Basics Charitable Trust

- y/e 31.05.2023

Draft Statement of Financial Activities

y/e 31.05.2023

	Unrestricted Fund	Restricted Fund	Total Funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
DONATIONS and LEGACIES	80,606.00	-	80,606.00
INTEREST RECEIVED			-
	80,606.00	-	80,606.00
EXPENDITURE ON			
CLOTHING AND HOUSEHOLD ITEMS			-
EMERGENCY HELP SCHEME			-
FEEDING HUNGRY CHILDREN		11,425.00	
FOOD BOXES		24,352.18	24,352.18
FOOD BOXES DISTRIBUTION		18,319.50	18,319.50
HELPING HAND SCHEME		7,067.10	7,067.10
OFFICE EXPENSES	4,572.79		4,572.79
ACCOUNTANCY	1,848.00		1,848.00
LOAN INTEREST PAID	-		
	6,420.79	61,163.78	56,159.57
NET RECEIVED	74,185.21	(61,163.78)	24,446.43
TOTAL FUNDS BROUGHT FORWARD	38,891.03	(50,416.98)	(11,525.95)
TOTAL FUNDS CARRIED FORWARD	113,076.24	(111,580.76)	12,920.48

Draft Statement of Financial Activities (2)

y/e 31.05.2022

	Unrestricted Fund	Restricted Fund	Total Funds
	£	£	£
INCOME AND ENDOWMENTS FROM			
DONATIONS and LEGACIES	55,166.29	29,278.62	84,444.91
INTEREST RECEIVED			-
	84,444.91	-	84,444.91
EXPENDITURE ON			
CLOTHING AND HOUSEHOLD ITEMS	1,509.00	3,196.84	4,705.84
EMERGENCY HELP SCHEME	11,553.87	9,843.66	21,397.53
FEEDING HUNGRY CHILDREN			-
FOOD BOXES	21,490.23	5,841.75	27,331.98
FOOD BOXES DISTRIBUTION	8,908.96	820.80	9,729.76
HELPING HAND SCHEME			-
OFFICE EXPENSES	1,744.17	377.10	2,121.27
ACCOUNTANCY	360.00		360.00
LOAN INTEREST PAID	139.93		139.93
	45,706.16	20,080.15	65,646.38
NET RECEIVED	38,738.75	(20,080.15)	18,658.60
TOTAL FUNDS BROUGHT FORWARD	152.28	(30,336.83)	(30,184.55)
TOTAL FUNDS CARRIED FORWARD	38,891.03	(50,416.98)	(11,525.95)

Draft Balance Sheet

	y/e 31.05.2023		y/e 31.05.2023	
	Unrestricted Fund	Restricted Fund	Unrestricted Fund	Restricted Fund
TANGIBLE ASSETS		-		-
CURRENT ASSETS				
DEBTORS		-		-
CASH IN HAND & AT BANK		143,361.73		132,590.30
BANK a/c 93263487	77,109.63		77,109.63	
BANK a/c 03087182	9,626.00			
BANK a/c 90721883	56,626.10		55,480.67	
		<u>143,361.73</u>		<u>132,590.30</u>
CURRENT LIABILITIES				
LOAN CREDITORS	44,542.75		44,542.75	
OTHER CREDITORS	97,323.50		99,573.50	
		<u>141,866.25</u>		<u>144,116.25</u>
NET FUNDS		<u>1,495.48</u>		<u>(11,525.95)</u>
FUND ACCOUNT				
UNRESTRICTED FUNDS		113,076.24		81,975.99
RESTRICTED FUNDS		(111,580.76)		(93,501.94)
		1,495.48		(11,525.95)
		(0.00)		(0.00)

**Making
a difference,
one box
at a time.**



Boxes Of **Kindness!**

'Boxes of Basics' is a charity, passionate to help families and children living with food poverty. As our name declares, we provide boxes of basic food and household essentials. We are a first point of contact for individuals or families in crisis.



Boxes of Basics
Reg. Charity No. 1186215

BOXES OF BASICS

England & Wales - Charity number 1186215

Accounts

Boxes of Basics Charitable Trust - y/e 31.05.2022

Draft Statement of Financial Activities

	y/e 31.05.2022			y/e 31.05.2021		
	Unrestricted Fund £	Restricted Fund £	Total Funds £	Unrestricted Fund	Restricted Fund	Total Funds
INCOME AND ENDOWMENTS FROM						
DONATIONS and LEGACIES	84,444.91	-	84,444.91	136,464.26	-	136,464.26
INTEREST RECEIVED			-		11.50	11.50
	84,444.91	-	84,444.91	136,464.26	11.50	136,475.76
EXPENDITURE ON						
RELIEVE OF POVERTY DONATIONS			-	114,577.17		114,577.17
COVID HELP PROGRAMMS			-		62,504.00	62,504.00
GRANTS GIVEN			-		10,000.00	10,000.00
FOUNDRASING CAMPAIGN			-		1,240.83	1,240.83
CLOTHING AND HOUSEHOLD ITEMS		4,705.84	4,705.84			
EMERGENCY HELP SCHEME		21,397.53	21,397.53			
FOOD BOXES		27,331.98	27,331.98			
FOOD BOXES DISTRIBUTION		9,729.76	9,729.76			
OFFICE EXPENSES	2,121.27		2,121.27	10,525.71		10,525.71
ACCOUNTANCY	360.00		360.00	504.00		504.00
LOAN INTEREST PAID	139.93					
	2,621.20	63,165.11	65,646.38	125,606.88	73,744.83	199,351.71
NET RECEIVED	81,823.71	(63,165.11)	18,798.53	10,857.38	(73,733.33)	(62,875.95)
TOTAL FUNDS BROUGHT FORWARD	152.28	(30,336.83)	(30,184.55)	(10,705.10)	43,396.50	32,691.40
TOTAL FUNDS CARRIED FORWARD	81,975.99	(93,501.94)	(11,386.02)	152.28	(30,336.83)	(30,184.55)

Draft Balance Sheet

	y/e 31.05.2022		y/e 31.05.2021	
TANGIBLE ASSETS		-		-
CURRENT ASSETS				
DEBTORS		-		-
CASH IN HAND & AT BANK		132,590.30		119,983.95
BANK a/c 90721883	55,480.67		45,877.61	
BANK a/c 93263487	77,109.63		74,106.34	
		132,590.30		119,983.95
CURRENT LIABILITIES				
LOAN CREDITORS	44,542.75		50,000.00	
OTHER CREDITORS	99,573.50		100,168.50	
		144,116.25		150,168.50
NET FUNDS		(11,525.95)		(30,184.55)
FUND ACCOUNT				
UNRESTRICTED FUNDS		81,975.99		152.28
RESTRICTED FUNDS		(93,501.94)		(30,336.83)
		(11,525.95)		(30,184.55)

BOXES OF BASICS

England & Wales - Charity number 1186215

Accounts



Boxes of Basics

Reg. Charity No. 1186215

Boxes of Basic Annual Accounts

*Accounts period ending
31 March 2021*

FROM VULNERABILITY TO STABILITY



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Message from the Chair



Trustees Report



Independent Examiner's Report



Statement of Financial Accounts



Notes to Financial Statements



MESSAGE FROM THE CHAIR:

I am delighted to present our 2021 accounts which demonstrate our ambitious endeavours to help families and children in poverty. Our beneficiary criteria are unrestricted identified only by need. And in our view, anyone who takes the courage to ask for help needs it. As soon as an individual connects with us, they are sure to be supported through their crisis.

Recently, an exponential increase in demand has come from families wherein both parents are hardworking individuals working tirelessly to support their families. However, with the skyrocketing inflation rate squeezing household incomes, many previously self-sustaining individuals are now floundering in financial stress.

But with the combined efforts of our donors, volunteers, and committee we have provided 7941 food boxes to 1652 individuals this year. I am tremendously proud of our achievements and look forward to another year of giving.

I thank our kind and generous donors – you are the silent yet potent force behind our existence. With your humble and heroic giving our beneficiaries have gained the stability they craved. And all their resultant achievements are yours.

I thank our wonderful volunteers who have so dedicatedly and selflessly given of their time and energy.

I thank my colleague Board Members who are equally passionate to transform vulnerability into stability.

Trustees Report

Boxes of Basics was established in 2019 to alleviate hunger and deprivation resulting from poverty by providing boxes of basic food and household essentials to people in financial hardship. Our core user groups are young families and adolescents. Our focus is on relieving poverty directly, as a preventative measure to the emotional and social insecurities that develop subsequently. The food packages we deliver not only alleviates hunger of families contending with food insecurity but provide a sense of security and stability for the most vulnerable of society.

According to the UN Special Rapporteur, poverty affects 14 million people in the UK—a fifth of the population. Four million of these are more than 50% below the poverty line, and 1.5 million are destitute, unable to afford essentials. Poverty is not only dignity depriving; It can crush individual confidence, hope, and ambition. It stifles people's ability to participate in our society. It means waking up every day facing insecurity, uncertainty, and impossible decisions about money. To make matters worse, one in seven councils have discontinued their emergency funds. The poor are left to compromise ever more. Unfortunately, poverty is the devastating reality of one in four children in the UK.

Our main activities are preparing and distributing food packages to people in a financial crisis. Whilst retaining a general scope, we modify the food according to the age, family size, cultural and dietary requirements of our users.

Our Mission

Our mission is to end hunger in London. We aim to provide a discreet, efficient, and compassionate service to anyone in crisis. When their immediate needs are taken care of, they have the peace of mind to look for new jobs, opportunities and make positive decisions for a better tomorrow.

Our Vision

No one can thrive on an empty stomach. But harder than nourishing the body is fuelling the self-esteem. At Boxes of Basics support never compromise dignity, which is fundamental for functional independence and emotional and social wellbeing.

Our Values

- No one should go to sleep hungry.
- Anyone who reaches out for help needs it; we do not turn anyone down.
- Boxes of Basics aims to provide support that beneficiaries can depend on in crisis but encourages self-sufficiency in the long term.



Feedback from our Clients:

"This was the hardest months in my life, mum was intubated in hospital, dad wallowing in anxiety and self-pity and a 9-month baby to look after with no money for milk. At the same time I had to connect to zoom classes, take tests and hear bad news during my every break. But the worst, the absolute worst was the hunger. I opened the fridge, the freezer, the larder and cupboards and there was so little food. My teacher told me about boxes of basics, but we received so much more than basic food boxes. While there were no extras, boxes contained easy to follow recipe ideas, instructions and connected me to a virtual cooking community. I now know how to create a feast from nothing."

S.K, 23

"I never dreamed I would have to approach a foodbank in my life. But when Covid landed, I lost all my work. I was an airport driver and usually had jobs six days a week. But with the coming of the pandemic nobody needed my services, and my cash reserves were waning. You helped me in my hardship, and I will remember your kindness always. I am happy to volunteer to do deliveries whenever you need... "

Elizabeth, 48

Thank You

Reserve Policy

The Trustees aim to maintain unrestricted funds, which are the free reserves of the Charity at a level of at least three months running costs and up to one year's running costs. The Trustees are pleased to have achieved a level of reserves for the Charity this past year, in accordance with their aim.

Risk Assessments

The trustees have assessed the risks to which the charity is exposed, particularly those related to the operations and finances of the charity and are satisfied with the prudent procedures in place to mitigate the organization's exposure to those risks. Trustees actively review possible day to day challenges and are prepared to take the required measures to resolve any issue that arises.

Charity law requires the trustees to prepare financial statements for each financial year which give a true and fair view of charity's financial position and of the profit or loss of the charity for that period. In preparing those financial statements, the trustees are required to:

STATEMENT OF TRUSTEE'S RESPONSIBILITIES

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent.
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in its activities

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2016. There is no audit requirement for the charity. An independent examiner's report will be prepared by De Claron Ltd.

AUDITOR ON BEHALF OF THE BOARD SIGNED:

Usher Mann

Trustee

15/03/2022

Boxes of Basics

For the Period Ending 31 May 2021

INDEPENDENT EXAMINER'S UNQUALIFIED REPORT TO THE MEMBERS OF BOXES AND BASICS LTD

Independent Examiner's Report to the Trustees of Boxes and Basics Ltd

I report on the accounts of the Charity for the year ended 31 March 2021, which are set out on pages 9 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to

- examine the accounts (under the 2011 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

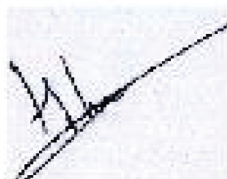
My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items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

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
- to keep accounting records in accordance with the 2006 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2006 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



De Claron Ltd.
3a The Vale
LONDON NW11 8SB
15/03/2022

Boxes Of **Kindness!**

'Boxes of Basics' is a charity, passionate to help families and children living with food poverty. As our name declares, we provide boxes of basic food and household essentials. We are a first point of contact for individuals or families in crisis.



Boxes of Basics
Reg. Charity No. 1186215