



**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

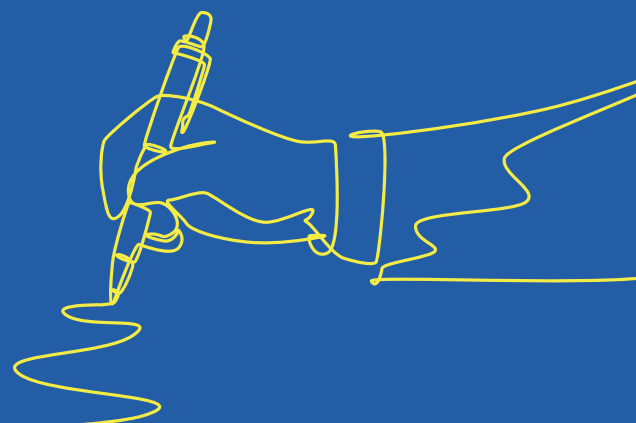


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# MESSAGE OF THE CHAIR:



*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 users 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:

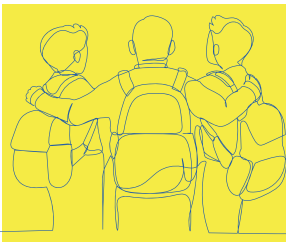
- **National Lottery Fund**
- **Young Gamechangers Fund**
- **Stone King Foundation**

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

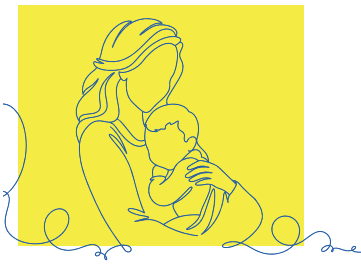
## NOT ALL FOODBANK CLIENTS ARE ALIKE.

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



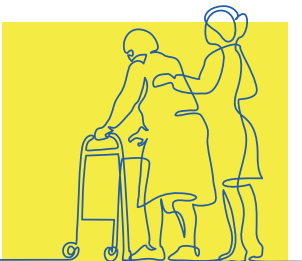
**Families with School-Age Children:** For families grappling with financial hardship, we provide food boxes that include essential items and nutritious school snacks. These boxes are designed to ease the burden on parents and ensure that children receive the energy and nutrients they need for their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

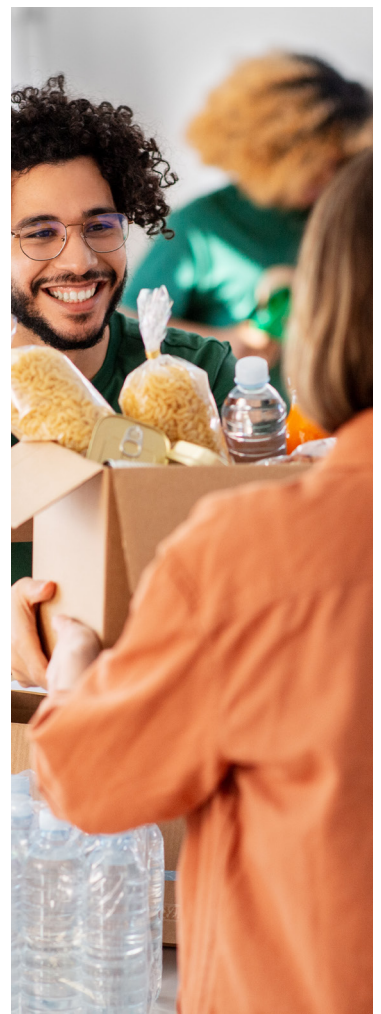
**84 USERS  
REFERRED  
TO DEBT  
ADVICE  
SERVICES**

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



## Statement of Financial Activities (2)

y/e 31.05.2023

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

# Balance Sheet

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

