HUMANS MCR

England & Wales · Charity number 1189282

Details

Status	Registered
Legal form	CIO
Registered	2020-04-30
Register	View on the Charity Commission register

Contact

Address	18 Gazette Close Rochdale Lancashire OL11 3EF
Phone	0161 243 0171
Email	info@humansmcr.org
Website	www.humansmcr.org

Activities

Objects: TO RELIEVE PEOPLE IN THE GREATER MANCHESTER AREA WHO ARE IN NEED ,BY REASON OF THEIR AGE, ILL HEALTH, DISABILITY, FINANCIAL HARDSHIP OR SOCIAL CIRCUMSTANCES IN SUCH WAYS AS THE TRUSTEES SHALL THINK FIT,WITH PARTICULAR FOCUS IN THE IMMEDIATE FUTURE ON PROVIDING ASSISTANCE TO THOSE AFFECTED BY CORONAVIRUS (COVID19).

Activities: Humans MCR are committed to the short- and long-term relief of food poverty, with a particular emphasis on breaking the cycle of generational food poverty. We use innovative solutions to ensure that nobody goes hungry in the areas of Manchester, Salford, and Bury.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

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Geography

- Bury
- Manchester City
- Salford City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£273,500	£276,383	-	-
2024-03-31	£310,594	£263,058	-	-
2023-03-31	£267,093	£227,897	-	-
2022-02-28	£147,738	£108,209	-	-
2021-02-28	£91,972	£78,420	-	-

Trustees

Name	Role	Appointed
Claire Barton	Chair	2023-04-29
Caitlan Macleod		2023-07-06
Danita Wilmott		2025-10-01
Laura Sullivan		2023-11-26

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HUMANS MCR

England & Wales - Charity number 1189282

Accounts

ANNUAL REPORTS AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

HUMANS MCR

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1189282

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

HUMANS MCR

(Charitable Incorporated Organisation)

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HUMANS MCR

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1189282
DATE OF REGISTRATION	30th April 2020
START OF FINANCIAL YEAR	1st March 2024
END OF FINANCIAL YEAR	31st March 2025
TRUSTEES AT 31ST MARCH 2025	Claire Barton Paul Pike Caitlan Macleod Asif Khan Laura Sullivan Adele Wylie (Resigned 19th February 2025)
LEGAL STATUS	Charitable Incorporated Organisation

GOVERNING INSTRUMENT

CIO - Foundation Registered 30th April 2020, as amended on 7th February 2021, as amended on 25th May 2021, as amended on 28th February 2022, as amended on 29th June 2022, as amended on 28th July 2022 ,as amended on 24th July

OBJECTS

Humans MCR are committed to the short- and long-term relief of food poverty, with a particular emphasis on breaking the cycle of generational food poverty. We use innovative solutions to ensure that nobody goes hungry in the areas of Manchester, Salford and Bury.

CORRESPONDENCE ADDRESS	18 Gazette Close Rochdale OL11 3EF
PRIMARY BANKERS	The Co-operative Bank P.O Box 250 Delf House Southway Skelmersdale WN8 6WT
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel West Sussex BN18 9AJ

HUMANS MCR

(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2025

Objectives and Activities

Humans MCR analyses and responds to the root causes of food poverty and works to give respect, health, dignity, and hope to those communities. Our mission is to change lives in the communities that we serve by providing access to food and education to build a healthy, hunger-free future.

Our holistic approach and innovative suite of services work in sync to lift our clients out of food poverty and a path to self-sustainability.

Foodbank on-Wheels

The Foodbank is our Anchor project and is usually the first point of contact with clients who present to us in crisis. We deliver support and signposting until such time the client feels that they are no longer in crisis and can begin to take control of their finances and budget. Food provided through this project is for at least three days, and we always include fresh produce in these parcels to ensure our clients are given the resources to produce nutritionally complete meals.

Community Grocers on-Wheels

Launched in 2022, the Grocers is our Hero project and a complimentary initiative to emergency food support. A stepping stone between the Foodbank and the supermarket, the project uses food otherwise destined for waste to provide clients at risk of poverty with a week's worth of fresh groceries of their choice, delivered to their door. Clients are given access to our online portal, which allows them to then choose the food they wish to receive, just like an online supermarket delivery.

Both of our immediate support services are 100% delivery based to promote and maintain client dignity.

Learn with Humans MCR

Learn with Humans MCR is a programme of education in which clients are given tools and resources to learn life skills through interactive sessions. This year, this project really started to take shape. We secured game-changing partnerships with Baxter Storey and Manchester College, both of whom provided pro-bono support to the initiative. We successfully ran three iterations of LWHMCR, including creative cookery classes, cookery for families with young children and after-school classes for children. We have also started to build on our online resources including recipes and step-by-step cooking videos.

Nobody Hungry at Christmas

Our annual Christmas project is our most ambitious one of the year and sees us create and deliver full Christmas hampers to a record number of clients each year. The hampers include everything needed to make a full Christmas dinner, plus treats for all the family, gifts and books for children and those little extras that make Christmas so special.

We can confirm that we have abided by the 'public benefit' guidance set out in the Charity Commission.

Contribution Made by Volunteers

We currently have 6 regular volunteers and around 100 seasonal and ad-hoc volunteers, such as people who volunteer for the Christmas campaign and companies who volunteer their corporate responsibility days to us.

Volunteers to our Foodbank and Grocers project are Parcel Packers, and work on a weekly basis to pack food parcels and Community Grocers packages.

Volunteers to Learn with Humans work with us at the cookery school to hand out course materials, demonstrate cooking skills, and act as a friendly face should delegates need help or assistance.

Volunteers to our Nobody Hungry at Christmas project work on the three most intense days of the year for us and help to ensure that over a thousand clients receive everything they need to make Christmas special for themselves and their families.

All of our regular volunteers are trained to at least Level 2 in Food Hygiene and are fully allergy trained.

Achievements and Performance

We continued to deliver emergency, gold-standard food parcels to clients in Manchester experiencing poverty. Referral partners were given access to our detailed, online platform where they could choose items that their clients would prefer to receive. Parcels continued to heavily focus on positive nutritional habits (such as making complete meals out of ingredients and using fresh produce in recipes).

Overall, we provided 86,080 meals throughout the year. Clients reported that they felt less anxiety and felt happier after receiving a parcel. One client said “the food parcel was great. You can tell they care, and it’s not just leftover food that people don’t want, it’s good quality stuff – you even get some nice pizzas! It was thoughtful.”

We utilised food redistribution schemes such as Fareshare, Neighbourly and mainstream supermarkets, using food destined for waste to prevent hunger. Despite prices everywhere consistently increasing since the Grocers’ launch in 2021, we have never put ours up and still offer a full week’s shop, including delivery, starting at £6.95 for a single person. This consistent weekly food delivery has enabled some of our clients to take ownership of their own consumption and is the first step out of poverty for good for many of them. A customer recently told us; “please know that I really appreciate your deliveries and that we will really enjoy our Sunday family dinner. The oven is going on for the full deal; joint, roasties, stuffing... the chocolate chip brioche went in the freezer and will come out to make a bread-and-butter pudding, so thanks again.” Customers saved between £30-£40 a week, consistently, with the service seeing many people through tricky financial periods (such as unemployment) who then reported back to us that the Grocers had helped to stabilise their finances.

We ran three new Learn with Humans MCR classes this year. Creativity in the Kitchen” was a course focusing on cooking outside of the box, and maximising the ingredients found in a typical food parcel to create flavourful family meals - such as soda bread from scratch and veg-packed noodle bowls. We also ran a class for families with young children (under 5); these classes were filmed and edited, and as a result the recipes will go live on our website and social media in the next couple of months. Our aim here is to make them accessible to everyone; people can log on and cook along with the chef - regardless of location.

Learn with Humans MCR also made its’ way into schools. We ran a 6-week, after-school cookery course for twelve children between the ages of 9-11, working in one of our partners schools: the Church of England School of the Resurrection. We cooked child-friendly yet healthy dishes such as fajitas from scratch, arrabiata pasta with a hidden-veg tomato sauce, mezze bowls and ramen (featuring the perfect six-minute egg!) We also made sure to include sweet treats on the menu like cupcakes and chocolate-dipped fruit. kebabs.

This project will break generational cycles; so many people living in constant poverty are unsure how to cook anything at all; this was clear from surveying our initial beneficiaries; and by teaching this vital skill, we show them the possibilities of even the most basic of foods – which will have a huge knock-on effect on health, both physical and mental.

This year’s NHAC saw us support 1,022 clients with full Christmas hampers - which. included all the ingredients to make a full Christmas dinner, toys, books, and selection boxes for children, and treats to all the family – to clients who were identified by our partners as needing some extra support throughout the festive season. Clients praised the quality of the food received (the organic fresh produce, which was donated to us), the brand- new toys and the ease of delivery.

In addition, we also ran similar projects around Diwali and Eid, providing bespoke hampers around these holidays to families who celebrate, enabling cultural and religious traditions to be honoured with dignity and joy.

Overall, this year, we supported 10,806 clients.

We successfully secured commitments of £317,182 in grant funding this year (some of which is being carried over to next financial year, and some multi-year funding which will hit in future financial years); an increase on the previous year and a positive sign that our fundraising is moving in the right direction. Our Christmas fundraising campaign raised £43k (our target was £25k) and we also received regular donations throughout the year.

Financial Review
We are carrying restricted funds over to the next financial year, which is a security net for us and ensures that should some of next year's grant applications be unsuccessful, we do not have to cease operations.

Our Grocers is a small source of income £4,592; despite stretching beyond capacity, we have never increased our prices for this project to continue to prioritise the needs of our clients.

Currently, we are funded by a combination of grant funding (both restricted and unrestricted funds), targeted donation campaigns (such as Nobody Hungry at Christmas) and ad-hoc donations from the public.

This year we have received repeat funding and an increase in multi-year funding from many of our previous funders such as Recycle for GM, Salford CVS, Garfield Weston Foundation, Manchester City Council, National Lottery, Swire Charitable Trust, and a wide range other smaller funders. Overall, we received 107 separate grants from forty-nine different funders.

We partnered with the MEN, local businessperson, Michael Josephson MBE, a wide range of local businesses Glaukos, Creative Spark, Hop Property Investments, for our 2024 Christmas campaign. This generated a record staggering total of £43,015 for funds raised.

Overall, we are happy with our financial position and are now looking to provide ourselves with some longer-term financial security, by continuing with our current fundraising strategy and to further develop and expand are partner relationships.

The use of reserves should only be or a short period of time (no more than three months) to give the organisation time to raise the required funds.

The level of reserves we will aim for is at least three months' core expenditure (staff salaries, rent etc) so that we can continue to operate and keep our organisational security during potential funding shortages.

We currently have £20,889 of unrestricted reserves held in our account.

We use a combination of public fundraising and grant applications to finance our charity.

Overall, we received £247,886.05 in support from forty-six separate Trusts, seventeen of whom were new funders (not including support committed for future years). We intend to build on these relationships within the next 12 months whilst continuing to look for new funding partners to keep our fundraising income moving on an upwards trajectory.

As we become a household name locally, we are finding that the local community support for our work is increasing. For example, Creative Spark and the Manchester Evening News run annual campaigns over Halloween and Christmas to raise money for us; the latter raised £28k in December 2024, including a £14k match funding donation from local businessperson Michael Josephson, who is one of our biggest supporters. He also recently introduced us to other businesspeople, such as Andrew Geddes and Julie Perry, who donated thousands of pounds each to our Christmas campaign this year.

The Grocers is also a small source of income, and we raise around £500 in donations from the public each month.

Structure, Governance and Management
To elect a new trustee, we will advertise a formal application and assess their qualifications, experience and whether they are the best fit for the charities aims and objectives. The decision to appoint a new trustee should always be unanimous.

Trustees' Responsibilities

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

The Charities Act 2011 require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus or deficit of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed subject to any material departures disclosed and explained in the financial statements;
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence.

The trustees are responsible for keeping sufficient accounting records that 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 Governing Document. 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.

Approved by the Trustees on 27.7.25

Signed on their behalf by Trustee .....

Printed Name: Claire Rawtson

HUMANS MCR

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2025

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2024/25 £	TOTAL 2023/24 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	**3a**	89,049	179,859	268,908	299,186
Activities for Generating Funds	**3b**	4,592	-	4,592	11,280
Investment Income	**3c**	-	-	-	129
TOTAL INCOMING RESOURCES		**93,641**	**179,859**	**273,500**	**310,594**
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	**4a**	121,956	148,022	269,978	256,831
Governance Costs	**4b**	6,405	-	6,405	6,227
TOTAL RESOURCES EXPENDED		**128,360**	**148,022**	**276,383**	**263,058**
NET INCOMING (OUTGOING) RESOURCES		**(34,719)**	**31,837**	**(2,882)**	**47,536**
Funds Brought Forward		91,462	48,350	139,812	92,276
Transfer Between Funds	**5**	6,519	(6,519)	-	-
TOTAL FUNDS CARRIED FORWARD		**63,262**	**73,668**	**136,930**	**139,812**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 10 to 19 form part of these financial statements.

HUMANS MCR

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST MARCH 2025

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 31-Mar-25 £	TOTAL 31-Mar-24 £
Fixed Assets					
Tangible Assets	2	25,439	-	25,439	36,121
Investments	6	-	-	-	-
Total Fixed Assets		**25,439**	**-**	**25,439**	**36,121**
Current Assets					
Debtors & Prepayments	8	6,222	-	6,222	30,191
Cash at Bank and in Hand	7	36,393	73,668	110,061	77,554
Total Current Assets		**42,615**	**73,668**	**116,282**	**107,745**
Creditors: Amounts falling due within one year	9	4,792	-	4,792	4,053
NET CURRENT ASSETS		37,823	73,668	111,491	103,691
TOTAL ASSETS less current liabilities		**63,262**	**73,668**	**136,930**	**139,812**
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		**63,262**	**73,668**	**136,930**	**139,812**
Funds of the Charity					
General Funds		63,262	-	63,262	91,462
Restricted Funds	5	-	73,668	73,668	48,350
Total Funds		**63,262**	**73,668**	**136,930**	**139,812**

Approved by the Trustees on ..... 27.7.25 .....

Signed on their behalf by Trustee .....

Printed Name: Claire Barton

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation
The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1st January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern
Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources
These are included in the Statement of Financial Activities (SOFA) when:
- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure
Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations
Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts
Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants
This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind
Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities
These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help
The value of any voluntary help received is not included in the accounts.

Investment Income
This is included in the accounts when receivable.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £5,000. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Motor Vehicles	25% - Straight Line Basis
Electric Bikes	25% - Straight Line Basis
Equipment Cost	25% - Reducing Balance Basis

2. TANGIBLE FIXED ASSETS

		Motor Vehicles	Equipment Cost	**TOTAL 2024/25**
		£	£	£
Cost	01-Mar-24	42,729	-	42,729
Additions		-	-	-
Disposals		-	-	-
Net Book Value at	31-Mar-25	42,729	-	42,729
Depreciation	01-Mar-24	6,608	-	6,608
Charge		10,682	-	10,682
Depreciation at	31-Mar-25	17,290	-	17,290
Net Book Value	31-Mar-25	**25,439**	**-**	**25,439**
Net Book Value	31-Mar-24	**36,121**	**-**	**36,121**

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2025 : None

31st March 2024 : None

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	**TOTAL 2024/25** £	**TOTAL 2023/24** £
a) Donations, Grants & Legacies					
Gift Aid Tax		1,438	-	1,438	1,347
Gifts & Donations		51,167	-	51,167	32,709
Grants Received	**5**	36,444	179,859	216,303	265,131
		89,049	**179,859**	**268,908**	**299,186**
b) Activities for Generating Funds					
Merchandise Sales		4,592	-	4,592	11,280
		4,592	**-**	**4,592**	**11,280**
c) Investment Income					
Interest		-	-	-	129
		-	**-**	**-**	**129**

4. RESOURCES EXPENDED

	Note	Unrestricted Funds £	Restricted Funds £	**TOTAL 2024/25** £	**TOTAL 2023/24** £
a) Cost of Charitable Activities					
Activities & Events		2,331	-	2,331	3,615
Administrative Expenses	**5**	5,535	3,105	8,640	9,380
Advertising & Publicity	**5**	1,368	1,832	3,199	945
Depreciation Expense		10,682	-	10,682	4,358
Equipment Costs	**5**	3,536	7,081	10,617	7,544
Food Costs	**5**	15,025	47,291	62,315	46,008
Fundraising Costs		12,303	-	12,303	17,854
Insurance Costs		2,650	-	2,650	3,686
Motor Vehicles Costs	**5**	1,046	6,381	7,428	7,630
Office Costs	**5**	753	300	1,053	1,621
Rent & Rates	**5**	998	10,867	11,865	9,976
Staff Costs	**5 & 12**	62,695	70,045	132,740	138,549
Sundry Expenses		-	-	-	21
Training Costs	**5**	22	703	725	60
Travel & Subsistence	**5**	2,599	40	2,639	3,169
Volunteers Expenses	**5**	414	378	792	2,417
		121,956	**148,022**	**269,978**	**256,831**
b) Governance Costs					
Independent Examiners Fees	**9**	1,380	-	1,380	1,140
Legal & Professional Fees		5,025	-	5,025	5,087
		6,405	**-**	**6,405**	**6,227**

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 01-Mar-24 £	Income £	Expenditure £	Transfers £	**Balance 31-Mar-25** £
Arnold Clark - Community Fund	-	2,500	-	-	2,500
Belvedere Trust	-	1,000	-	-	1,000
Bury VCFA - Cost of Living Community Fund	961	-	984	23	-
Bury VCFA - Household Support Fund	-	4,000	4,000	-	-
CGL - Innovation Fund	532	-	533	1	-
Community Fund	1,153	2,500	4,000	347	-
Equans - Community Funding	1,103	-	1,103	-	-
Equans Generation LTD	-	3,000	-	-	3,000
Feeding Britain Fund	-	3,000	3,000	-	-
For Housing Fund - Community Fund	-	222	247	25	-
For Housing Fund - Community Fund	-	500	-	-	500
Ford Britain Trust	-	3,000	-	-	3,000
GMCVO - Cost of Living Support	-	9,500	9,500	-	-
Hays Travel Foundation	-	5,290	4,999	-	291
Household Support Fund	222	-	222	-	-
JCDecaux	-	1,500	212	-	1,288
Jigsaw Foundation Fund	-	12,474	12,478	4	-
LET'S! Do It Community Fund	1,020	-	1,030	10	-
Manchester Guardian Society Charitable Trust	1,901	-	1,901	-	-
Manchester Relief in Need	-	5,000	5,000	-	-
Mazars Charitable Trust	-	1,000	-	-	1,000
MCC - Cost of Living Fund 2024	-	15,000	8,383	-	6,617
MCC - Food Partnership Fund	10,525	-	10,604	79	-
MCC - Food Partnership Grant (Piccadilly)	-	150	150	-	-
MCC - Food Response - Moss Side & Rusholme	-	1,000	1,000	-	-
MCC - Food Response Infrastructure	7,425	261	7,845	159	-
MCC - Harpurhey, Higher Blackley, Charlestown	-	2,000	2,000	-	-
MSV Kindness Fund	-	1,000	-	-	1,000
National Lottery - Awards for All	-	20,000	5,405	-	14,595
One Stop - Community Fund	-	1,000	1,008	8	-
One Stop - UK Citizenship Fund	-	1,000	1,000	-	-
Recycle for GM Fund	4,491	-	4,491	-	-
Rochdale Borough Council - Food Solutions	-	4,965	5,045	80	-
Sainsbury's - Helping Everyone Eat Better	-	1,500	1,493	-	7
Salford CVS - Community Cooking Fund	1,417	-	1,257	(160)	-
Salford CVS - Family Cooking Fund	-	5,000	5,000	-	-
Salford CVS - Household Support Fund	-	3,000	-	-	3,000
Salford CVS - Impact Fund	-	24,376	5,623	-	18,753
Salford CVS - Responsiveness Fund	-	15,000	15,000	-	-
Salford CVS - Salford Foodshare Network	1,469	-	1,483	14	-
Salford CVS - Wellbeing Matters Fund	10,000	-	1,987	(8,013)	-
Spend Well Live Well	997	-	997	-	-
Tesco Community Fund	-	2,000	-	-	2,000
The Beautiful South Fund	-	1,621	1,201	-	420
The Booth Charities	-	3,000	-	-	3,000
	43,216	**156,359**	**130,180**	**(7,423)**	**61,971**

5. RESTRICTED FUNDS (Continued)

CURRENT FINANCIAL YEAR (Continued)

	Balance 01-Mar-24 £	Income £	Expenditure £	Transfers £	**Balance 31-Mar-25** £
The Eleanor Peel Trust	894	-	1,734	840	-
The Grocers Charity	-	5,000	-	-	5,000
The JD Foundation	-	5,000	-	-	5,000
The Peter Kershaw Charitable Trust	-	5,000	5,000	-	-
The Pret Foundation - Community Grants	-	500	500		-
The Rainford Trust	-	1,000	-	-	1,000
Transport for Sick Children	-	2,000	2,000	-	-
Truemark Trust Grant	993	-	1,050	57	-
WCHG - Living Well Fund	-	5,000	4,303	-	697
We Love MCR - Stronger Communities Fund	3,247	-	3,254	7	-
	5,134	**23,500**	**17,841**	**904**	**11,697**
Total Restricted Funds	**48,350**	**179,859**	**148,022**	**(6,519)**	**73,668**

The Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

5. RESTRICTED FUNDS (Continued)

PREVIOUS FINANCIAL YEAR

	Balance 01-Mar-23	Income	Expenditure	Transfers	Balance 31-Mar-24
	£	£	£	£	£
Bags of Help Community Grant	5,336	1,000	6,400	64	-
Be Well	376	-	377	1	-
Bernard Sunley Foundation	-	5,000	-	(5,000)	-
Bury VCFA - Cost of Living Community Fund	-	4,000	3,137	98	961
CGL - Innovation Fund	964	-	432	-	532
Christmas Fund	-	1,462	1,462	-	-
Coalfields Fund - Recovery & Resilience Fund	7,573	-	7,730	157	-
Comic Relief - Community Fund	2,445	-	2,445	-	-
Community Fund	-	2,500	1,347	-	1,153
Duchy of Lancaster Benevolent Fund	-	2,000	2,000	-	-
Easter Fund	-	630	630	-	-
Equans - Community Funding	-	1,200	97	-	1,103
Eric Wright - Cost of Living Fund	4,556		4,677	121	-
Eric Wright - Volunteers' Expenses Fund	-	-	-	-	-
Feeding Britain Fund	-	2,500	2,504	4	-
Food Partnership Fund	-	10,525	-	-	10,525
Food Response Infrastructure	-	16,664	9,239	-	7,425
Household Support Fund	-	500	278	-	222
Inclusive Neighbourhood Grant	404	-	437	33	-
Jigsaw Foundation Fund	12,243	-	12,274	31	-
LET'S! Do It Community Fund	-	1,020	-	-	1,020
Manchester Guardian Society Charitable Trust	-	2,000	99	-	1,901
National Lottery - Awards for All	3,357	-	3,371	14	-
NL - Cost of Living Community Fund	-	61,201	47,437	(13,764)	-
NPC Labs - Tackling Financial Hardship	4,558	-	4,712	154	-
RBH - Community Grant	1,500	-	-	(1,500)	-
Recycle for GM Fund	-	10,000	5,509	-	4,491
Recycle for Greater Manchester	5,546	-	5,564	18	-
R.A.T - Climate Change Fund	1,429	-	1,602	173	-
R.A.T - Community Warehouse	300	-	316	16	-
R.A.T - Food Solution Grants	-	2,500	2,503	3	-
R.A.T - Volunteers' Celebration Fund	-	450	465	15	-
Rochdale Action Together - Winter Food Fund	-	-	-	-	-
R.A.T - Winter Packs Fund	500	-	506	6	-
Salford CVS - Big Ideas Fund	2,245	-	2,253	8	-
Salford CVS - Community Cooking Fund	-	7,995	6,578	-	1,417
Salford CVS - Salford Foodshare Network	948	3,000	2,494	15	1,469
Salford CVS - Salford Foodshare Network	1,300	2,500	3,880	80	-
Salford CVS - Volunteers' Week Fund	-	500	508	8	-
Salford CVS - Wellbeing Matters Fund	-	10,000	-	-	10,000
Spend Well Live Well	-	997	-	-	997
The Clothworkers Foundation	-	15,000	-	(15,000)	-
The Eleanor Peel Trust	-	6,000	5,106	-	894
Truemark Trust Grant	-	6,000	5,037	30	993
WCHG - Living Well Fund	-	3,101	3,131	30	-
We Love MCR - Stronger Communities Fund	-	3,247	-	-	3,247
Total Restricted Funds	**55,580**	**183,492**	**156,537**	**(34,185)**	**48,350**

The Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**TOTAL 31-Mar-25 £**	**TOTAL 31-Mar-24 £**
Cash at Bank & in Hand	36,393	73,668	110,061	77,554
	36,393	**73,668**	**110,061**	**77,554**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**TOTAL 31-Mar-25 £**	**TOTAL 31-Mar-24 £**
Gift Aid Tax Recoverable	916	-	916	1,347
Prepayments	4,805	-	4,805	10,025
Sundry Debtors	500	-	500	18,819
	6,222	**-**	**6,222**	**30,191**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**TOTAL 31-Mar-25 £**	**TOTAL 31-Mar-24 £**
Independent Examiners Fees	1,380	-	1,380	1,140
Sundry Creditors	3,412	-	3,412	2,913
	4,792	**-**	**4,792**	**4,053**

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	**TOTAL 31-Mar-25 £**	**TOTAL 31-Mar-24 £**
Fixed Asset Investments	25,439	-	25,439	36,121
Net Current Assets	37,823	73,668	111,491	103,691
Long Term Liabilities	-	-	-	-
	63,262	**73,668**	**136,930**	**139,812**

NOTES TO THE FINANCIAL STATEMENTS (continued) FOR THE YEAR ENDED 31ST MARCH 2025

12. STAFF COSTS AND NUMBERS

	TOTAL 2024/25 £	TOTAL 2023/24 £
Gross Wages, Salaries & Fees	125,819	131,650
Employer's National Insurance Costs	4,594	4,430
Pension Contributions	2,327	2,469
	132,740	**138,549**

Employees who were engaged in each of the following activities:

	TOTAL 2024/25	TOTAL 2023/24
Charitable Activities	6	6

All employed members of staff are paid through the PAYE Scheme and the Charity also employed staff on a Self-Employed Basis during the financial period and is therefore not liable for their National Insurance and Pension Costs. No employees received emoluments in excess of £60,000.

13. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or ‘aims’ that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

HUMANS MCR

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Humans MCR on the accounts for the year ended 31st March 2025 set out on pages 8 to 19.

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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 Commission. 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 no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Association of Accounting Technicians.

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 section 130 of the Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

K. Collaku MAAT
Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

Date: 6th August 2025

HUMANS MCR

England & Wales - Charity number 1189282

Accounts

ANNUAL REPORTS AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

HUMANS MCR

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1189282

Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

HUMANS MCR

(Charitable Incorporated Organisation)

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HUMANS MCR

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1189282
DATE OF REGISTRATION	30th April 2020
START OF FINANCIAL YEAR	1st March 2023
END OF FINANCIAL YEAR	31st March 2024
TRUSTEES AT 31ST MARCH 2024	Claire Barton (Appointed 29th April 2023) Paul Pike (Appointed 29th April 2023) Adele Wylie (Appointed 29th April 2023) Caitlan Macleod (Appointed 6th July 2023) Asif Khan (Appointed 6th July 2023) Laura Sullivan (Appointed 26th November 2023) Samantha Singh (Resigned 1st April 2023) Lorna Latham (Resigned 1st April 2023) Kevin Parkinson (Resigned 1st April 2023) Rachel Parkinson (Resigned 22nd May 2023) Lewis Hellewell (Resigned 31st August 2023) Margaret Day (Resigned 31st August 2023) Lisa Southworth (Appointed 29th April 2023 & Resigned 6th November 2023)
LEGAL STATUS	Charitable Incorporated Organisation

GOVERNING INSTRUMENT

CIO - Foundation Registered 30th April 2020 as Amended on 7th February 2021 and as Amended 25th May 2021.

OBJECTS

Humans MCR are committed to the short- and long-term relief of food poverty, with a particular emphasis on breaking the cycle of generational food poverty. We use innovative solutions to ensure that nobody goes hungry in the areas of Manchester, Salford, Trafford and Rochdale.

CORRESPONDENCE ADDRESS	18 Sandown Road Stockport Cheshire SK3 0JF
PRIMARY BANKERS	The Co-operative Bank P.O Box 250 Delf House Southway Skelmersdale WN8 6WT
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Ground Floor Offices 53 High Street Arundel West Sussex BN18 9AJ

HUMANS MCR

(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2024

Objectives and Activities

Humans MCR analyses and responds to the root causes of food poverty and works to give respect, health, dignity, and hope to those communities. Our mission is to change lives in the communities that we serve by providing access to food and education to build a healthy, hunger-free future.

Our suite of services work in synergy with one another to lift our clients out of food poverty and on the way to self-sustainability.

Foodbank on-Wheels

The Foodbank is our Anchor project and is usually the first point of contact with clients who present to us in crisis. We deliver support and signposting until such time the client feels that they are no longer in crisis and can begin to take control of their finances and budget. Food provided through this project is for at least three days, and we always include fresh produce in these parcels to ensure our clients are given the resources to produce nutritionally complete meals.

Community Grocers on-Wheels

Launched in 2022, the Grocers is our Hero project and a complimentary initiative to emergency food support. A stepping stone between the Foodbank and the supermarket, the project uses food otherwise destined for waste to provide clients at risk of poverty with a week's worth of fresh groceries of their choice, delivered to their door. Clients are given access to our online portal, which allows them to then choose the food they wish to receive, just like an online supermarket delivery.

Both of our immediate support services are 100% delivery based in order to promote and maintain client dignity.

Learn with Humans MCR

Learn with Humans MCR is a programme of education in which clients are given tools and resources to learn life skills through interactive sessions. This project was launched as a pilot in March 2023, teaching cooking skills using budget ingredients; however, we quickly learned that oven usage was an issue with many clients. And so, An Introduction to Air Fryers was born.

This course focused on cooking balanced, family friendly meals using air fryers – and best of all, participants got to keep the device they used on the day. With a heavy social focus, this course taught clients how to utilise these cost-saving gadgets without compromising on nutrition. Our last cooking sessions had a major impact on delegates, with a particular regard to wellbeing, nutrition, and finances. Upon sign-up, only 19% of people knew basic cooking skills however one-month post-session, 100% of delegates were cooking from scratch at home at least once per day.

Nobody Hungry at Christmas

Our annual Christmas project is our most ambitious one of the year and sees us create and deliver full Christmas hampers to a record number of clients each year. The hampers include everything needed to make a full Christmas dinner, plus treats for all the family, gifts and books for children and those little extras that make Christmas so special.

We can confirm that we have abided by the 'public benefit' guidance set out in the Charity Commission.

Contribution Made by Volunteers

We currently have 4 regular volunteers and around 80 seasonal and ad-hoc volunteers, such as people who volunteer for the Christmas campaign and companies who volunteer their corporate responsibility days to us.

Volunteers to our Foodbank and Grocers project are Parcel Packers, and work on a weekly basis to pack food parcels and Community Grocers packages.

Volunteers to Learn with Humans work with us at the cookery school to hand out course materials, demonstrate cooking skills, and act as a friendly face should delegates need help or assistance.

Volunteers to our Nobody Hungry at Christmas project work on the three most intense days of the year for us, and help to ensure that over a thousand clients receive everything they need to make Christmas special for themselves and their families.

All of our volunteers are trained to at least Level 2 in Food Hygiene and are fully allergy trained.

Achievements and Performance
Our Foodbank has sent out 83,490 meals this year, whilst our Community Grocers has seen a 230% increase in client uptake since last year; we supported 8,897 individuals throughout this project.

Client demand for our main food support services has increased by 141% yet despite this, and the pressures this brings our team, we have never turned an eligible client away.

Learn with Humans MCR has gone from strength to strength, and we are changing lives through providing nutritional education regardless of budget. Feedback from clients included “it’s magical in here” and “this course has been life-

Users of the Foodbank and Grocers have been able to be protected from the devastating effects of the cost-of-living crisis; particularly throughout Winter, our support was the reason many could keep their lights on. Our focus on accessibility, agency and choice has improved wellbeing and self-esteem amongst those at a vulnerable time in their life. Nutrition has improved; as our food support focused on healthy, balanced meals and providing the same quality of food that is available in supermarkets, whilst our cooking classes taught clients how to make the most of the food they have.

We have also seen increased wellbeing within our client base and increased financial security. The client increase this year compared to last year is much larger within the Grocers project than the Foodbank project, showing that we are achieving our goal of migrating clients over to more sustainable food support services.

We have recently produced a strategic document outlining our plans between 2024-2027, which include the introduction of England’s first client-facing Multibank on-wheels and online Learn with Humans MCR classes including cooking, budgeting, and work-readiness classes. We currently work in 6/10 boroughs of GM and aim to increase this to all 10 by the end of 2027.

We successfully received £265,131 in grant funding this year (some of which is being carried over to next financial year) – which has surpassed our expectations. Our Christmas fundraising campaign raised over £21k (our target was £15k) and we also received regular donations throughout the year.

Financial Review
We are carrying restricted funds over to the next financial year, which is a security net for us and ensures that should some of next year’s grant applications be unsuccessful, we do not have to cease operations.

Our Grocers is a small source of income; despite stretching beyond capacity, we have never increased our prices for this project in order to continue to prioritise the needs of our clients.

Currently, we are funded by a combination of grant funding (both restricted and unrestricted funds), targeted donation campaigns (such as Nobody Hungry at Christmas) and ad-hoc donations from the public.

This year we received our largest grant yet; £61,201 from the National Lottery’s Cost of Living Fund. We have also received repeat funding from many previous funders such as Recycle for GM, Salford CVS, Garfield Weston Foundation, Postcode Neighbourhood Trust, Manchester City Council, and many other smaller funders. We were successful with our first multiyear grant; £14,000 per year for 3 years from Swire Charitable Trust. Overall, we received 72 separate grants from 27 different funders.

We partnered with the MEN and local businessmen Michael Josephson MBE for our 2023 Christmas campaign, support which saw us raise a staggering £13,844.

Overall, we are happy with our financial position and are now looking to provide ourselves with some longer-term financial security, firstly through applying for more multi-year support. We have identified Trusts who are likely to support us for up to three years and will focus on building these relationships over the next twelve months.

The use of reserves should only be or a short period of time (no more than three months) to give the organisation time to raise the required funds.

The level of reserves we will aim for is at least three months' core expenditure (staff salaries, rent etc) so that we can continue to operate and keep our organisational security during potential funding shortages.

We currently have £20,871 of unrestricted reserves held in our account.

We use a combination of public fundraising and grant applications to finance our charity.

We successfully received funding from 27 different organisations this year.

The Grocers is currently a source of funding, and we receive ad-hoc support from corporate sponsors and businesses.

Trustees' Responsibilities

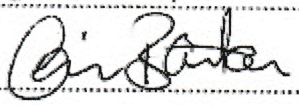
The trustees are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable Law and the Generally Accepted Accounting Principles (GAAP) including Financial Reporting Standard 102: The Financial Reporting Standard applicable in the UK and Republic of Ireland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

The Charities Act 2011 require the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the CIO and of the surplus or deficit of the CIO for that period. In preparing those financial statements the trustees are required to:

- Select suitable accounting policies and apply them consistently;
- Observe the methods and principles in the Charities SORP;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare financial statements on the going concern basis unless it is inappropriate to presume that the CIO will continue in existence.

The trustees are responsible for keeping sufficient accounting records that 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 Governing Document. 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.

Approved by the Trustees on 15.8.24

Signed on their behalf by Trustee 

Printed Name: Claire Barton.

HUMANS MCR

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2024

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2023/24 £	TOTAL 2022/23 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	**3a**	115,694	183,492	299,186	253,850
Activities for Generating Funds	**3b**	11,280	-	11,280	12,925
Investment Income	**3c**	129	-	129	-
Other Incoming Resources	**3d**	-	-	-	318
TOTAL INCOMING RESOURCES		**127,102**	**183,492**	**310,594**	**267,093**
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	**4a**	100,294	156,537	256,831	217,200
Governance Costs	**4b**	6,227	-	6,227	10,697
TOTAL RESOURCES EXPENDED		**106,521**	**156,537**	**263,058**	**227,897**
NET INCOMING (OUTGOING) RESOURCES		**20,581**	**26,955**	**47,536**	**39,196**
Funds Brought Forward		36,696	55,580	92,276	53,081
Transfer Between Funds	**5**	34,185	(34,185)	-	-
TOTAL FUNDS CARRIED FORWARD		**91,462**	**48,350**	**139,812**	**92,276**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 9 to 17 form part of these financial statements.

HUMANS MCR

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST MARCH 2024

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-24 £	Total 31-Mar-23 £
Fixed Assets					
Tangible Assets	2	36,121	-	36,121	10,457
Investments	6	-	-	-	-
Total Fixed Assets		**36,121**	**-**	**36,121**	**10,457**
Current Assets					
Debtors & Prepayments	8	30,191	-	30,191	1,800
Cash at Bank and in Hand	7	29,204	48,350	77,554	80,969
Total Current Assets		**59,395**	**48,350**	**107,745**	**82,769**
Creditors: Amounts falling due within one year	9	4,053	-	4,053	950
NET CURRENT ASSETS		55,341	48,350	103,691	81,819
TOTAL ASSETS less current liabilities		**91,462**	**48,350**	**139,812**	**92,276**
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		**91,462**	**48,350**	**139,812**	**92,276**
Funds of the Charity					
General Funds		91,462	-	91,462	36,696
Restricted Funds	5	-	48,350	48,350	55,580
Total Funds		**91,462**	**48,350**	**139,812**	**92,276**

Approved by the Trustees on 15-8-24

Signed on their behalf by Trustee .....

Printed Name: Claire Barton

HUMANS MCR

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2024

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (SORP 2015) (Second Edition, effective 1st January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £5,000. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Motor Vehicles	25% - Straight Line Basis
Electric Bikes	25% - Straight Line Basis
Equipment Cost	25% - Reducing Balance Basis

2. TANGIBLE FIXED ASSETS

		Motor Vehicles	Electric Bikes	Equipment Cost	**Total 2023/24**
		£	£	£	£
Cost	01-Mar-23	9,000	4,942	-	13,942
Additions		33,729	-	-	33,729
Disposals		-	(3,706)	-	(3,706)
Net Book Value at	31-Mar-24	42,729	1,236	-	43,965
Depreciation	01-Mar-23	2,250	1,236	-	3,486
Charge		4,358	-	-	4,358
Depreciation at	31-Mar-24	6,608	1,236	-	7,844
Net Book Value	31-Mar-24	**36,121**	**-**	**-**	**36,121**
Net Book Value	31-Mar-23	**6,750**	**3,707**	**-**	**10,457**

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2024 : None
31st March 2023 : None

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	**TOTAL 2023/24** £	**TOTAL 2022/23** £
a) Donations, Grants & Legacies					
Gift Aid Tax		1,347	-	1,347	-
Gifts & Donations	**5**	30,617	2,092	32,709	44,359
Grants Received	**5**	83,731	181,400	265,131	209,491
		115,694	**183,492**	**299,186**	**253,850**
b) Activities for Generating Funds					
Merchandise Sales		11,280	-	11,280	12,925
		11,280	**-**	**11,280**	**12,925**
c) Investment Income					
Interest		129	-	129	-
		129	**-**	**129**	**-**
d) Other Incoming Resources					
Sundry Income		-	-	-	318
		-	**-**	**-**	**318**

4. RESOURCES EXPENDED

	Note	Unrestricted Funds £	Restricted Funds £	**TOTAL 2023/24** £	**TOTAL 2022/23** £
a) Cost of Charitable Activities					
Activities & Events		3,615	-	3,615	2,356
Administrative Expenses	**5**	2,901	6,479	9,380	4,193
Advertising & Publicity	**5**	290	655	945	1,516
Depreciation Expense		4,358	-	4,358	3,485
Equipment Costs	**5**	5,544	2,000	7,544	22,763
Food Costs	**5**	1,087	44,921	46,008	39,861
Fundraising Costs		17,854	-	17,854	205
Insurance Costs	**5**	3,288	398	3,686	1,068
Motor Vehicles Costs	**5**	1,075	6,555	7,630	9,964
Office Costs	**5**	1,494	127	1,621	3,241
Rent & Rates	**5**	1,004	8,972	9,976	11,746
Staff Costs	**5 & 12**	53,230	85,319	138,549	106,509
Sundry Expenses		21	-	21	1,194
Training Costs		60	-	60	1,044
Travel & Subsistence		3,169	-	3,169	5,144
Volunteers Expenses	**5**	1,306	1,111	2,417	2,911
		100,294	**156,537**	**256,831**	**217,200**
b) Governance Costs					
Independent Examiners Fees	**9**	1,140	-	1,140	950
Legal & Professional Fees		5,087	-	5,087	9,747
		6,227	**-**	**6,227**	**10,697**

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31ST MARCH 2024

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 01-Mar-23	Income	Expenditure	Transfers	Balance 31-Mar-24
	£	£	£	£	£
Bags of Help Community Grant	5,336	1,000	6,400	64	-
Be Well	376	-	377	1	-
Bernard Sunley Foundation	-	5,000	-	(5,000)	-
Bury VCFA - Cost of Living Community Fund	-	4,000	3,137	98	961
CGL - Innovation Fund	964	-	432	-	532
Christmas Fund	-	1,462	1,462	-	-
Coalfields Fund - Recovery & Resilience Fund	7,573	-	7,730	157	-
Comic Relief - Community Fund	2,445	-	2,445	-	-
Community Fund	-	2,500	1,347	-	1,153
Duchy of Lancaster Benevolent Fund	-	2,000	2,000	-	-
Easter Fund	-	630	630	-	-
Equans - Community Funding	-	1,200	97	-	1,103
Eric Wright - Cost of Living Fund	4,556		4,677	121	-
Feeding Britain Fund	-	2,500	2,504	4	-
Food Partnership Fund	-	10,525	-	-	10,525
Food Response Infrastructure	-	16,664	9,239	-	7,425
Household Support Fund	-	500	278	-	222
Inclusive Neighbourhood Grant	404	-	437	33	-
Jigsaw Foundation Fund	12,243	-	12,274	31	-
LET'S! Do It Community Fund	-	1,020	-	-	1,020
Manchester Guardian Society Charitable Trust	-	2,000	99	-	1,901
National Lottery - Awards for All	3,357	-	3,371	14	-
NL - Cost of Living Community Fund	-	61,201	47,437	(13,764)	-
NPC Labs - Tackling Financial Hardship	4,558	-	4,712	154	-
RBH - Community Grant	1,500	-	-	(1,500)	-
Recycle for GM Fund	-	10,000	5,509	-	4,491
Recycle for Greater Manchester	5,546	-	5,564	18	-
R.A.T - Climate Change Fund	1,429	-	1,602	173	-
R.A.T - Community Warehouse	300	-	316	16	-
R.A.T - Food Solution Grants	-	2,500	2,503	3	-
R.A.T - Volunteers' Celebration Fund	-	450	465	15	-
R.A.T - Winter Packs Fund	500	-	506	6	-
Salford CVS - Big Ideas Fund	2,245	-	2,253	8	-
Salford CVS - Community Cooking Fund	-	7,995	6,578	-	1,417
Salford CVS - Salford Foodshare Network	948	3,000	2,494	15	1,469
Salford CVS - Salford Foodshare Network	1,300	2,500	3,880	80	-
Salford CVS - Volunteers' Week Fund	-	500	508	8	-
Salford CVS - Wellbeing Matters Fund	-	10,000	-	-	10,000
Spend Well Live Well	-	997	-	-	997
The Clothworkers Foundation	-	15,000	-	(15,000)	-
The Eleanor Peel Trust	-	6,000	5,106	-	894
Truemark Trust Grant	-	6,000	5,037	30	993
WCHG - Living Well Fund	-	3,101	3,131	30	-
We Love MCR - Stronger Communities Fund	-	3,247	-	-	3,247
	55,580	**183,492**	**156,537**	**(34,185)**	**48,350**

5. RESTRICTED FUNDS (Continued)

PREVIOUS FINANCIAL YEAR

	Balance 01-Mar-22 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-23 £
Active Travel Fund	-	4,717	5,263	546	-
Awards for All	6,584	-	6,620	36	-
Bags of Help Community Grant	-	5,455	119	-	5,336
Be Well	3,000	7,000	9,624	-	376
CGL - Innovation Fund	-	964	-	-	964
Coalfields Fund - Food Fund	2,480	-	2,487	7	-
Coalfields Fund - Recovery & Resilience Fund	-	9,750	2,177	-	7,573
Comic Relief	8	-	21	13	-
Comic Relief - Community Fund	-	9,974	7,610	81	2,445
Comic Relief - Cost of Living Fund	-	5,500	5,500	-	-
Community Fund	-	500	500		-
Ecclesiastical Fund	8,096	-	8,270	174	-
Eric Wright - Cost of Living Fund	-	5,000	468	24	4,556
Eric Wright - Volunteers' Expenses Fund	764	-	778	14	-
Household Support Fund	-	1,000	1,000	-	-
Inclusive Neighbourhood Grant	-	2,000	1,596	-	404
Infrastructure Fund	-	1,427	1,454	27	-
Jigsaw Foundation Fund	-	27,040	14,913	116	12,243
Manchester Airport Fund	18	-	18	-	-
Manchester BME Network	-	500	517	17	-
Manchester BME Network	-	500	500	-	-
MSV Kindness Fund	-	1,000	1,034	34	-
National Lottery - Awards for All	-	9,864	6,507	-	3,357
NPC Labs - Tackling Financial Hardship	-	5,000	442	-	4,558
Postcode Neighbourhood Trust	4,298	-	4,322	24	-
RBH - Community Grant	-	1,500	-	-	1,500
Recycle for GM Fund	-	3,536	3,664	128	-
Recycle for Greater Manchester	-	10,000	4,467	13	5,546
R.A.T - Climate Change Fund	-	1,497	68	-	1,429
R.A.T - Community Warehouse	-	300	-	-	300
R.A.T - Winter Food Fund	-	1,500	1,506	6	-
R.A.T - Winter Packs Fund	-	500	-	-	500
Rochdale RRR	5,000	-	5,016	16	-
Salford CVS - Big Ideas Fund	-	23,799	16,554	(5,000)	2,245
Salford CVS - Food Fund (For Over 65s)	-	6,000	6,000	-	-
Salford CVS - Salford Foodshare Network	-	2,600	1,652	-	948
Salford CVS - Salford Foodshare Network	-	1,300	-	-	1,300
Salford CVS - Volunteers' Expenses Fund	-	750	773	23	-
Salford CVS - Volunteers' Week Fund	-	500	667	167	-
Sir Robert McAlpine Fund	2,550	-	2,612	62	-
The Eleanor Peel Trust	1,515	-	1,515	-	-
The Mulchand Foundation Grant	-	1,000	1,004	4	-
Trafford Housing Trust	3,920	-	3,979	59	-
Winter Support Fund	-	5,000	5,009	9	-
YBS Grant	-	1,744	1,771	27	-
	38,233	**158,717**	**137,997**	**(3,373)**	**55,580**

The Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

6. INVESTMENTS

The CIO held no fixed assets investments during this or the previous financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-24 £**	**Total 31-Mar-23 £**
Cash at Bank & in Hand	29,204	48,350	77,554	80,969
	29,204	**48,350**	**77,554**	**80,969**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-24 £**	**Total 31-Mar-23 £**
Sundry Debtors	18,819	-	18,819	1,800
Gift Aid Tax Recoverable	1,347	-	1,347	-
Prepayments	10,025	-	10,025	-
	30,191	**-**	**30,191**	**1,800**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-24 £**	**Total 31-Mar-23 £**
Sundry Creditors	2,913	-	2,913	-
Independent Examiners Fees	1,140	-	1,140	950
	4,053	**-**	**4,053**	**950**

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	**Total 31-Mar-24 £**	**Total 31-Mar-23 £**
Fixed Asset Investments	36,121	-	36,121	10,457
Net Current Assets	55,341	48,350	103,691	81,819
Long Term Liabilities	-	-	-	-
	91,462	**48,350**	**139,812**	**92,276**

12. STAFF COSTS AND NUMBERS

	TOTAL 2023/24 £	TOTAL 2022/23 £
Gross Wages, Salaries & Fees	138,549	106,509
Employer's National Insurance Costs	-	-
Pension Contributions	-	-
	138,549	**106,509**

Employees who were engaged in each of the following activities:

	TOTAL 2023/24	TOTAL 2022/23
Charitable Activities	6	2

All employed members of staff are paid through the PAYE Scheme and the Charity also employed staff on a Self-Employed Basis during the financial period and is therefore not liable for their National Insurance and Pension Costs. No employees received emoluments in excess of £60,000.

13. TRUSTEES AND OTHER RELATED PARTIES

During the financial period Trustee Miss Rachel Parkinson received £15,788 (2022/23:£21,334) in salary related payments in her capacity as Fundraising and Finance Officer for Humans MCR in furthering the Charity's objects.

During the financial period Trustee Mr Lewis Hellewell received £55,680 (2022/23:£52,203) in salary related payments in his capacity as CEO for Humans MCR in furthering the Charity's objects.

No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or ‘aims’ that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake.

HUMANS MCR

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Humans MCR on the accounts for the year ended 31st March 2024 set out on pages 7 to 17.

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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 Commission. 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 no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

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 section 130 of the Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

K. Collaku MAAT
Castle View Accounting Ltd
Ground Floor Offices
53 High Street
Arundel
West Sussex
BN18 9AJ

Date: 20th August 2024

HUMANS MCR

England & Wales - Charity number 1189282

Accounts

ANNUAL REPORTS AND FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MARCH 2023

HUMANS MCR

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1189282

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

HUMANS MCR

(Charitable Incorporated Organisation)

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HUMANS MCR

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1189282
DATE OF REGISTRATION	30th April 2020
START OF FINANCIAL PERIOD	1st March 2022
END OF FINANCIAL PERIOD	31st March 2023
TRUSTEES AT 31ST MARCH 2023	Samantha Singh Lorna Latham Kevin Parkinson Rachel Parkinson Lewis Hellewell Margaret Day (Appointed 28th June 2022)
LEGAL STATUS	Charitable Incorporated Organisation

GOVERNING INSTRUMENT

CIO - Foundation Registered 30th April 2020 as Amended on 7th February 2021 and as Amended 25th May 2021.

OBJECTS

Humans MCR are committed to the short- and long-term relief of food poverty, with a particular emphasis on breaking the cycle of generational food poverty. We use innovative solutions to ensure that nobody goes hungry in the areas of Manchester, Salford, Trafford and Rochdale.

CORRESPONDENCE ADDRESS	28 Windsor Avenue Whitefield Manchester M45 6BA
PRIMARY BANKERS	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ
INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS

HUMANS MCR

(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE PERIOD ENDED 31ST MARCH 2023

Objectives and Activities

Humans MCR analyses and responds to the root causes of food poverty and works to give respect, health, dignity and hope to those communities. Our mission is to change lives in the communities that we serve by providing access to food and education to build a healthy, hunger-free future.

Our mission is to change lives in the communities that we serve by providing access to food and education to build a healthy, hunger-free future.

We provide a wraparound service in order to help clients in a way that works for them.

Foodbank on-Wheels

Our Foodbank provides emergency, nutritionally complete food parcels, including fresh and ambient food, to clients in immediate crisis.

Community Grocers on-Wheels

The Grocers uses food destined for landfill to deliver clients a weekly shop of their choice from an extensive stocklist designed to mimic the supermarket shelves in every way – other than price.

Support with Humans MCR

This new service is the first point of contact for any clients needing to access emergency food support. Our team will assess the client need without being intrusive, and fast-track them to the services of ours which would be most beneficial to help them out of food poverty.

Learn with Humans MCR

Learn with Humans offers our clients free classes in order to further their skillset in important areas such as budgeting, cooking, CV writing and general life skills.

Nobody Hungry at Christmas

Our annual Christmas project is our most ambitious one of the year and sees us create and deliver full Christmas hampers to a record number of clients each year. The hampers include everything needed to make a full Christmas dinner, plus treats for all the family, gifts and books for children and those little extras that make Christmas so special!

We can confirm that we have abided by the 'public benefit' guidance set out in the Charity Commission.

Contribution Made by Volunteers

We currently have 15 regular volunteers and around 60 seasonal volunteers.

Volunteers to our Foodbank and Grocers project are Parcel Packers, and work on a weekly basis to pack food parcels for clients.

Volunteers to Learn with Humans work with us at the cookers school to hand out course materials, demonstrate cooking skills, and act as a friendly face should delegates need help or assistance.

Volunteers to our Nobody Hungry at Christmas project work on the three most intense days of the year for us, and help to ensure that over a thousand clients receive everything they need to make Christmas special for themselves and their families.

All of our volunteers are trained to at least Level 2 in Food Hygiene and are fully allergy trained.

Achievements and Performance

Our Foodbank has sent out 79,740 meals this year – a figure which is set to increase further as the cost-of-living crisis rolls on. Our Grocers was introduced in April 2022 and has so far rescued 40 tonnes of waste and supports a total of 2,811 clients.

December saw us undertake our most ambitious NHAC yet – we supported a total of 1,153 clients with our Christmas

We introduced Learn with Humans in March 2023 with 'Cooking on a Budget', which showed clients how to use low-cost ingredients (typically found in a food parcel) in order to cook up seven exciting, nutritious recipes. The first three sessions took place in a cookery school, and clients and their children were invited to join. The recipes created were then duplicated and recipes (as well as additional ingredients were sent out in food parcels to over 1,000 clients.

Plans are now underway to develop a pop-up Community Bakery that will produce artisan quality bread with none of the nasties. It will pop up weekly at locations across Greater Manchester that are within the top 10% on the IMD.

We are extremely proud of our achievements – we aimed to take on one driver and open the Grocers, and we have successfully launched three projects with another in the pipeline, making us a truly wraparound service. We've been truly challenged with the cost-of-living crisis this year, however we are proud that we have been able to weather the storm and help our clients do so too.

We successfully received £216,561.20 in grant funding this year (some of which is being carried over to next financial year) – which has surpassed our expectations. Our Christmas fundraising campaign raised over £23k (our target was £10k) and we also received regular donations throughout the year.

Financial Review
We are carrying restricted funds over to the next financial year, which is a security net for us and ensures that should some of next year's grant applications be unsuccessful, we do not have to cease operations.

Our Grocers is a source of income – we have had to reassess how long it may take for this service to pay for itself however. The cost-of-living crisis means that more clients are flocking to our Foodbank as opposed to the Grocers, and supermarkets are feeling the pinch too, giving less food to charities like ours and more to organisations such as Too Good To Go.

Currently, we are funded by a combination of grant funding (both restricted and unrestricted funds), targeted donation campaigns (such as Nobody Hungry at Christmas) and ad-hoc donations from the public.

Some of our main funders include the National Lottery, the Garfield Weston Foundation, Salford CVS, Jigsaw Foundation, Comic Relief and local, borough-specific funders.

We also have corporate sponsors who fundraise for us on a variable basis, such as Freshfields and Handelsbanken, and businesses who make one-off donations at specific times, such as Christmas.

Overall, we are extremely happy with our financial position and are confident that we can continue to go from strength to strength. Our organisational budget for the next year comes in at just under half a million pounds, and includes some 'big name' funders such as Reaching Communities.

The use of reserves should only be or a short period of time (no more than three months) to give the organization time to raise the required funds.

The level of reserves we will aim for is no less than 10% of our overall annual income. Furthermore, we will aim to keep at least three months' core expenditure in reserves, so we should continue to operate if our circumstances suddenly changed.

We currently have £24,439 of unrestricted reserves held in our account.

We use a combination of public fundraising and grant applications to finance our charity.

We successfully received funding from 42 different organisations this year.

The Grocers is currently a source of funding, and any sales from our Community Bakery will also go towards our charitable objectives.

TRUSTEES' REPORT (Continued)
FOR THE PERIOD ENDED 31ST MARCH 2023

Trustees' Responsibilities

The Charities Act 2011 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 CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

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

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on ..... 25/7/23 .....

Signed on their behalf by Trustee .....

Printed Name: L. HEWSON

HUMANS MCR

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE PERIOD ENDED 31ST MARCH 2023

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2022/23 £	TOTAL 2021/22 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	**3a**	95,133	158,717	253,850	142,644
Activities for Generating Funds	**3b**	12,925	-	12,925	-
Other Incoming Resources	**3c**	318	-	318	5,094
TOTAL INCOMING RESOURCES		**108,376**	**158,717**	**267,093**	**147,738**
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	**4a**	79,203	137,997	217,200	106,363
Governance Costs	**4b**	10,697	-	10,697	1,846
TOTAL RESOURCES EXPENDED		**89,900**	**137,997**	**227,897**	**108,209**
NET INCOMING (OUTGOING) RESOURCES		**18,475**	**20,720**	**39,195**	**39,529**
Funds Brought Forward		14,848	38,233	53,081	13,552
Transfer Between Funds		3,373	(3,373)	-	-
TOTAL FUNDS CARRIED FORWARD		**36,696**	**55,580**	**92,276**	**53,081**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 9 to 17 form part of these financial statements.

HUMANS MCR

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 31ST MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total 31-Mar-23 £	Total 28-Feb-22 £
Fixed Assets					
Tangible Assets	2	10,457	-	10,457	-
Investments	6	-	-	-	-
Total Fixed Assets		**10,457**	-	**10,457**	-
Current Assets					
Debtors & Prepayments	8	1,800	-	1,800	-
Cash at Bank and in Hand	7	25,389	55,580	80,969	53,881
Total Current Assets		**27,189**	**55,580**	**82,769**	**53,881**
Creditors: Amounts falling due within one year	9	1,543	-	1,543	800
NET CURRENT ASSETS		25,646	55,580	81,226	53,081
TOTAL ASSETS less current liabilities		**36,103**	**55,580**	**91,683**	**53,081**
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		**36,103**	**55,580**	**91,683**	**53,081**
Funds of the Charity					
General Funds		36,103	-	36,103	14,848
Restricted Funds	5	-	55,580	55,580	38,233
Total Funds		**36,103**	**55,580**	**91,683**	**53,081**

Approved by the Trustees on 25/7/23

Signed on their behalf by Trustee .....

Printed Name: L. MCLEWELL

HUMANS MCR

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD ENDED 31ST MARCH 2023

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Motor Vehicles	25% - Straight Line Basis
Electric Bikes	25% - Straight Line Basis
Equipment Cost	25% - Reducing Balance Basis

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE PERIOD ENDED 31ST MARCH 2023

2. TANGIBLE FIXED ASSETS

		Motor Vehicles	Electric Bikes	Equipment Cost	**Total 2022/23**
		£	£	£	£
Cost	01-Mar-22	-	-	-	-
Additions		9,000	4,942	-	13,942
Net Book Value at	31-Mar-23	9,000	4,942	-	13,942
Depreciation	01-Mar-22	-	-	-	-
Charge		2,250	1,236	-	3,486
Depreciation at	31-Mar-23	2,250	1,236	-	3,486
Net Book Value	31-Mar-23	**6,750**	**3,707**	**-**	**10,457**
Net Book Value	28-Feb-22	**-**	**-**	**-**	**-**

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

31st March 2023 : None
28th February 2022 : None

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	**TOTAL 2022/23** £	**TOTAL 2021/22** £
a) Donations, Grants & Legacies					
Gifts & Donations		44,359	-	44,359	10,797
Grants Received	**5**	50,774	158,717	209,491	131,847
		95,133	**158,717**	**253,850**	**142,644**
b) Activities for Generating Funds					
Merchandise Sales		12,925	-	12,925	-
		12,925	**-**	**12,925**	**-**
c) Other Incoming Resources					
Reimbursements		-	-	-	4,660
Sundry Income		318	-	318	434
		318	**-**	**318**	**5,094**

4. RESOURCES EXPENDED

	Note	Unrestricted Funds £	Restricted Funds £	**TOTAL 2022/23** £	**TOTAL 2021/22** £
a) Cost of Charitable Activities					
Activities & Events		2,356	-	2,356	-
Administrative Expenses	**5**	1,126	3,067	4,193	3,739
Advertising & Publicity	**5**	13	1,503	1,516	86
Depreciation Expense		3,486	-	3,486	-
Equipment Costs	**5**	4,200	18,563	22,763	8,157
Food Costs	**5**	5,052	34,809	39,861	11,079
Fundraising Costs		205	-	205	1,001
Insurance Costs	**5**	-	1,068	1,068	461
Motor Vehicles Costs	**5**	731	9,233	9,964	-
Office Costs	**5**	1,519	1,722	3,241	-
Rent & Rates	**5**	4,662	7,084	11,746	11,514
Staff Costs	**5 & 12**	49,060	57,449	106,509	58,957
Sundry Expenses	**5**	1,155	39	1,194	427
Training Costs	**5**	-	1044	1,044	1,018
Travel & Subsistence		5,144	-	5,144	5,040
Volunteers Expenses	**5**	495	2,416	2,911	4,885
		79,203	**137,997**	**217,200**	**106,363**
b) Governance Costs					
Independent Examiners Fees	**9**	950	-	950	800
Legal & Professional Fees		9,747	-	9,747	1,046
		10,697	**-**	**10,697**	**1,846**

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 01-Mar-22 £	Income £	Expenditure £	Transfers £	Balance 31-Mar-23 £
Comic Relief	8	-	21	13	-
The Eleanor Peel Trust	1,515	-	1,515	-	-
Recycle for GM Fund	-	3,536	3,664	128	-
Postcode Neighbourhood Trust	4,298	-	4,322	24	-
Manchester Airport Fund	18	-	18	-	-
Sir Robert McAlpine Fund	2,550	-	2,612	62	-
Trafford Housing Trust	3,920	-	3,979	59	-
Ecclesiastical Fund	8,096	-	8,270	174	-
Awards for All	6,584	-	6,620	36	-
Coalfields Fund - Food Fund	2,480	-	2,487	7	-
Rochdale RRR	5,000	-	5,016	16	-
Be Well	3,000	7,000	9,624	-	376
Eric Wright - Volunteers' Expenses Fund	764	-	778	14	-
Active Travel Fund	-	4,717	5,263	546	-
Household Support Fund	-	1,000	1,000	-	-
Salford CVS - Volunteers' Expenses Fund	-	750	773	23	-
Salford CVS - Big Ideas Fund	-	23,799	16,554	(5,000)	2,245
Salford CVS - Volunteers' Week Fund	-	500	667	167	-
Salford CVS - Food Fund (For Over 65s)	-	6,000	6,000	-	-
Coalfields Fund - Recovery & Resilience Fund	-	9,750	2,177	-	7,573
YBS Grant	-	1,744	1,771	27	-
Comic Relief - Community Fund	-	9,974	7,610	81	2,445
Community Fund	-	500	500		-
Jigsaw Foundation Fund	-	27,040	14,913	116	12,243
Recycle for Greater Manchester	-	10,000	4,467	13	5,546
Manchester BME Network	-	500	517	17	-
MSV Kindness Fund	-	1,000	1,034	34	-
Bags of Help Community Grant	-	5,455	119	-	5,336
Rochdale Action Together - Winter Food Fund	-	1,500	1,506	6	-
Inclusive Neighbourhood Grant	-	2,000	1,596	-	404
The Mulchand Foundation Grant	-	1,000	1,004	4	-
National Lottery - Awards for All	-	9,864	6,507	-	3,357
Winter Support Fund	-	5,000	5,009	9	-
Manchester BME Network	-	500	500	-	-
Rochdale Action Together - Climate Change Fu	-	1,497	68	-	1,429
Comic Relief - Cost of Living Fund	-	5,500	5,500	-	-
Salford CVS - Salford Foodshare Network	-	2,600	1,652	-	948
Infrastructure Fund	-	1,427	1,454	27	-
RBH - Community Grant	-	1,500	-	-	1,500
Eric Wright - Cost of Living Fund	-	5,000	468	24	4,556
Rochdale Action Together - Winter Packs Fund	-	500	-	-	500
Salford CVS - Salford Foodshare Network	-	1,300	-	-	1,300
NPC Labs - Tackling Financial Hardship	-	5,000	442	-	4,558
Rochdale Action Together - Community Wareh	-	300	-	-	300
CGL - Innovation Fund	-	964	-	-	964
	38,233	**158,717**	**137,997**	**(3,373)**	**55,580**

The Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

5. RESTRICTED FUNDS (Continued)

PREVIOUS FINANCIAL YEAR

	Balance 01-Mar-21 £	Income £	Expenditure £	Transfers £	**Balance 28-Feb-22** £
One MCR	-	-	560	-	-
One MCR Extension	-	3,000	3,012	12	-
Comic Relief	2,317	440	2,781	32	8
Forever Manchester Fund	4,109	-	4,114	5	-
Salford CVS	660	518	1,187	9	-
Great Places Fund	2,568	-	2,568	-	-
The Charity Service Fund	1,000	-	1,004	4	-
The Eleanor Peel Trust	-	5,000	3,485	-	1,515
Skelton Fund	-	1,000	1,000	-	-
Recycle for GM	-	5,000	6,464	1,464	-
Postcode Neighbourhood Trust	-	19,615	15,317	-	4,298
Manchester Airport Fund	-	2,428	2,410	-	18
Sir Robert McAlpine Fund	-	2,994	444	-	2,550
Trafford Housing Trust	-	5,000	1,080	-	3,920
Ecclesiastical Fund	-	10,000	1,904	-	8,096
Awards for All	-	9,755	3,171	-	6,584
Hobin's Community Fund	-	500	500	-	-
Coalfields Fund	-	2,480	-	-	2,480
Rank Foundation	-	300	308	8	-
Rochdale RRR	-	5,000	-	-	5,000
Be Well	-	3,000	-	-	3,000
Eric Wright	-	920	156	-	764
	10,654	**76,950**	**51,465**	**1,534**	**38,233**

The Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

6. INVESTMENTS

The CIO held no fixed assets investments during this initial financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-23 £**	**Total 28-Feb-22 £**
Cash at Bank & in Hand	25,389	55,580	80,969	53,881
	25,389	**55,580**	**80,969**	**53,881**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-23 £**	**Total 28-Feb-22 £**
Sundry Debtors	1,800	-	1,800	-
	1,800	**-**	**1,800**	**-**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 31-Mar-23 £**	**Total 28-Feb-22 £**
Independent Examiners Fees	950	-	950	800
	950	**-**	**950**	**800**

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	**Total 31-Mar-23 £**	**Total 28-Feb-22 £**
Fixed Asset Investments	10,457	-	10,457	-
Net Current Assets	26,239	55,580	81,819	53,081
Long Term Liabilities	-	-	-	-
	36,696	**55,580**	**92,276**	**53,081**

12. STAFF COSTS AND NUMBERS

	TOTAL 2022/23 £	TOTAL 2021/22 £
Gross Wages, Salaries & Fees	106,509	58,957
Employer's National Insurance Costs	-	-
Pension Contributions	-	-
	106,509	**58,957**

Employees who were engaged in each of the following activities:

	TOTAL 2022/23	TOTAL 2021/22
Charitable Activities	2	2

All employed members of staff are paid through the PAYE Scheme and the Charity also employed staff on a Self-Employed Basis during the financial period and is therefore not liable for their National Insurance and Pension Costs. No employees received emoluments in excess of £60,000.

13. TRUSTEES AND OTHER RELATED PARTIES

During the financial period Trustee Miss Rachel Parkinson received £21,334 (2021/22:£22,767) in salary related payments in her capacity as operational manager for Humans MCR in furthering the Charity's objects.

During the financial period Trustee Mr Lewis Hellewell received £52,203 (2021/22:£36,190) in salary related payments in his capacity as CEO for Humans MCR in furthering the Charity's objects. During the financial period Trustee Mr Lewis Hellewell assisted the Charity in providing additional hours to cover the shortfall for personnel on maternity leave which contributed to Trustee Mr Lewis Hellewell receiving an additional 25% in salary related payments during the financial period in furtherance of the Charity's objects.

No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or ‘aims’ that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

HUMANS MCR

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Humans MCR on the accounts for the period ended 31st March 2023 set out on pages 7 to 17.

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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 Commission. 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 no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

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 section 130 of the Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

Date: 28th July 2023

HUMANS MCR

England & Wales - Charity number 1189282

Accounts

ANNUAL REPORTS AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 28TH FEBRUARY 2022

HUMANS MCR

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1189282

Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

HUMANS MCR

(Charitable Incorporated Organisation)

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HUMANS MCR

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1189282
DATE OF REGISTRATION	30th April 2020
START OF FINANCIAL YEAR	1st March 2021
END OF FINANCIAL YEAR	28th February 2022
TRUSTEES AT 28TH FEBRUARY 2022	Samantha Singh Lorna Latham Kevin Parkinson Rachel Parkinson (Appointed 16th August 2021) Lewis Hellewell (Appointed 29th September 2021)
LEGAL STATUS	Charitable Incorporated Organisation

GOVERNING INSTRUMENT

CIO - Foundation Registered 30th April 2020 as Amended on 7th February 2021 and as Amended 25th May 2021.

OBJECTS

Humans MCR are committed to the short- and long-term relief of food poverty, with a particular emphasis on breaking the cycle of generational food poverty. We use innovative solutions to ensure that nobody goes hungry in the areas of Manchester, Salford, Trafford and Rochdale.

CORRESPONDENCE ADDRESS	28 Windsor Avenue Whitefield Manchester M45 6BA
PRIMARY BANKERS	CAF Bank Ltd 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4JQ
INDEPENDENT EXAMINERS	Castle View Accounting Ltd New Barn Mudberry Lane Bosham Chichester West Sussex PO18 8TS

HUMANS MCR

(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE YEAR ENDED 28TH FEBRUARY 2022

Objectives and Activities

Humans MCR are committed to the short- and long-term relief of food poverty, with a particular emphasis on breaking the cycle of generational food poverty. We use innovative solutions to ensure that nobody goes hungry in the areas of Manchester, Salford, Trafford and Rochdale.

Our mission is to change lives in the communities that we serve by providing access to food and education to build a healthy, hunger-free future.

Our main service is our Foodbank on-wheels and at the core of everything we do is dignity. Our Foodbank has been a lifeline to the local community, who are feeling the effects of food shortages, the cost-of-living crisis and the ongoing financial ramifications of the last two years.

We provide clients with at least three-day emergency food parcels, including fresh fruit, vegetables, bakery items and eggs, and ambient goods. We provide individual parcels for each client, and respect all dietary, religious and cultural nuances. Once a client is referred into us, most of the time we will deliver their parcel with a 24 hour turnaround – the absolute maximum time to wait for a delivery slot is 48 hours.

We understand that food poverty is a multifaceted issue, and no one solution fits all. We have planned, and are ready to launch in April 2022, a full wraparound service tailored to the client and their needs. including the Foodbank, our new Community Grocers on-wheels, cooking classes and extended signposting.

We can confirm that we have abided by the 'public benefit' guidance set out in the Charity Commission.

Contribution made by Volunteers

We have a team of extremely dedicated volunteers; around 15 of which who have been with us since 2020, and around another 15 newer volunteers.

Our volunteer packers turn up to our central hub in Blackley and help the manager on shift to pack and dispatch food parcels for up to 100 clients per day. Parcels are packed in the morning and we pride ourselves on making them look nice and presentable and this is the first thing taught in training – going back to the dignity side of things, we want our clients to feel joy when they receive the parcels.

Our deliver drivers collect the food parcels in the afternoon and distribute them around Manchester, Salford, Trafford and Rochdale.

Our volunteers work Monday-Friday and we operate on a rota-based system.

Achievements and Performance

April 2021 brought on a new challenge, as we unfortunately lost the premises we were operating from. We were renting out a church which had not been in use due to lockdowns, however in April we were informed that we needed to leave.

Between April and September 2021, the Foodbank had to close, and the two members of staff concentrated on finding a new location that was both within the Trustees' budget, and the right space (at least 500 square foot). They would also meet in public coworking spaces for weekly meetings, to apply for funding, sort out any admin issues such as the opening of the new bank, and most importantly, planning the next steps for Humans MCR. The next steps would be the Community Grocers on-wheels, which we successfully managed to fund, and Lewey and Rachel are now ready to launch it in April of this year.

In Summer 2021, we found a new premises. The signing and solicitors' lease was complete in October, and straight away we were busier than we had always been. Between October 2021 and February 2022, we reached the milestone of 100,000 meals, and took on an extra 2,325 clients to the Foodbank, racking up 1,075 volunteer hours.

Our Nobody Hungry at Christmas campaign this year was our most successful yet; our team of staff and volunteers (some new and some old!) successfully created and delivered Christmas hampers to 519 clients over the space of one day. These hampers included all the ingredients to make a full Christmas dinner, as well as treats, sweets, brand new gifts such as Barbies and Lego for children, and brand-new books.

Over the summer, our team had been networking and speaking to potential referral agents in Rochdale and Trafford. It came to light that our service was greatly needed there, and so in January 2022 we launched our full suite of services to both Rochdale and Trafford.

Despite the setbacks of our closure, we are proud that Humans MCR have met all of their targets (detailed above).

The exception to this is that we would have liked to have the Grocers open in January 2022. However, once we moved into our premises, we then registered with the EHO and had to wait for inspection before we could look at opening. Once we had this inspection in late January, and subsequently received a 5* rating, we were able to commence the Grocers planning stages. We are now receiving redistributed food from supermarkets all over Manchester and Salford, as well as Fareshare, charity redistribution schemes and a local allotment. Our aim is for the Grocers to rescue 70,000 kilos of waste in its' first year.

Using redistributed food, our Grocers will provide a full weekly shop to clients, for a fraction of supermarket prices. Including meat, dairy and plant protein, clients will have complete control and choice over the food they would like each week – just like an online supermarket delivery. All our food has a points value, and clients are allocated points depending on the size of their family. They then 'shop' with us over email and wait in for their delivery! Items such as fruit, vegetables and bakery items are zero points value, ensuring that they are both free of charge and unlimited.

The Grocers was planned during closure and it is now ready to launch and start making impact in Manchester, Salford, Trafford and Rochdale.

We are extremely pleased with the fundraising from the Humans MCR staff this year. As a charity reliant mainly on grants, we constantly need to look forward six months, and we do not yet have consistent stability of core costs such as wages, bills and rent, so the grants received this year have been extremely helpful.

We have secured £133,655.88 in grants this year, some of which is being carried over into the next financial year to support the Grocers and our further work – our target was £100,000.00 so we have been this by 33%.

Financial Review
We are carrying restricted funds over to the next financial year, which is a security net for us and ensures that should some of next year's grant applications be unsuccessful, we do not have to cease operations.

We have applied for grants from Jigsaw Homes and Coalfields Recovery and Resilience to help with core costs, and our Grocers should raise some funds too.

Our fully costed profit and loss for the Grocers plans for the model to pay for itself after the initial 12-18 months of relying on funding. Both the annual membership fee and the weekly fee for food will go straight back into the charity; to assist with the core costs, the Grocers and wider projects.

We currently have two members of staff who are self-employed, and plan on taking on a driver in the next month.

Overall, we are extremely happy with our financial position for such a small charity.

Reserves are held in the charity bank account and all restricted funds and remaining grants are allocated for in separate pots in that account.

We use a combination of public fundraising and grant applications to finance our charity.

We successfully received funding from 30 different organisations this year.

As of next year, the Grocers will be a regular source of income.

Trustee Selection Methods
To elect a new trustee, we will advertise a formal application and assess their qualifications, experience and whether they are the best fit for the charities aims and objectives. The decision to appoint a new trustee should always be unanimous.

TRUSTEES' REPORT (Continued)
FOR THE YEAR ENDED 28TH FEBRUARY 2022

Trustees' Responsibilities

The Charities Act 2011 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 CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

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

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 20th June 2022

Signed on their behalf by Trustee R. P.

Printed Name: Rachel Parkinson

HUMANS MCR

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 28TH FEBRUARY 2022

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Donations, Grants & Legacies	**3a**	66,134	76,510	142,644	90,156
Other Incoming Resources	**3b**	4,654	440	5,094	1,816
TOTAL INCOMING RESOURCES		**70,788**	**76,950**	**147,738**	**91,972**
RESOURCES EXPENDED					
Costs of Generating Funds					
Cost of Charitable Activities	**4a**	54,898	51,465	106,363	77,645
Governance Costs	**4b**	1,846	-	1,846	775
TOTAL RESOURCES EXPENDED		**56,744**	**51,465**	**108,209**	**78,420**
NET INCOMING (OUTGOING) RESOURCES		**14,044**	**25,485**	**39,529**	**13,552**
Funds Brought Forward		2,338	11,214	13,552	-
Transfer Between Funds		(1,534)	1,534	-	-
TOTAL FUNDS CARRIED FORWARD		**14,848**	**38,233**	**53,081**	**13,552**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 9 to 15 form part of these financial statements.

HUMANS MCR

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 28TH FEBRUARY 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total 28-Feb-22 £	Total 28-Feb-21 £
Fixed Assets					
Tangible Assets	2	-	-	-	-
Investments	6	-	-	-	-
Total Fixed Assets		-	-	-	-
Current Assets					
Debtors & Prepayments	8	-	-	-	-
Cash at Bank and in Hand	7	15,648	38,233	53,881	14,327
Total Current Assets		15,648	38,233	53,881	14,327
Creditors: Amounts falling due within one year	9	800	-	800	775
NET CURRENT ASSETS		14,848	38,233	53,081	13,552
TOTAL ASSETS less current liabilities		14,848	38,233	53,081	13,552
Creditors: Amounts falling due in more than one year	10	-	-	-	-
NET ASSETS		14,848	38,233	53,081	13,552
Funds of the Charity					
General Funds		14,848	-	14,848	2,338
Restricted Funds	5	-	38,233	38,233	11,214
Total Funds		14,848	38,233	53,081	13,552

Approved by the Trustees on 20th June 2022

Signed on their behalf by Trustee R P

Printed Name: Rachel Parkinson

HUMANS MCR

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 28TH FEBRUARY 2022

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Straight Line Basis

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this or the previous financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

28th February 2022 : None
28th February 2021 : None

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 28TH FEBRUARY 2022

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
a) Donations, Grants & Legacies					
Gifts & Donations		10,797	-	10,797	9,198
Grants Received	5	55,337	76,510	131,847	80,958
		66,134	**76,510**	**142,644**	**90,156**
b) Other Incoming Resources					
Reimbursements		4,220	440	4,660	1,387
Sundry Income		434	-	434	429
		4,654	**440**	**5,094**	**1,816**

4. RESOURCES EXPENDED

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2021/22 £	TOTAL 2020/21 £
a) Cost of Charitable Activities					
Administrative Expenses		176	3,563	3,739	4,929
Advertising & Publicity		86	-	86	43
Cleaning Costs		-	-	-	112
Equipment Costs	5	639	7,518	8,157	4,318
Food Costs	5	4,286	6,793	11,079	23,890
Fundraising Costs		1,001	-	1,001	-
Health & Safety Costs	5	-	-	-	614
Insurance Costs		461	-	461	456
Rent & Rates		3,794	6,350	10,144	1,505
Staff Costs	5 & 12	33,917	25,040	58,957	30,918
Sundry Expenses	5	165	262	427	1,822
Training Costs		-	1,018	1,018	383
Travel & Subsistence		5,040	-	5,040	2,550
Vehicle Hire		1,125	245	1,370	2,604
Volunteers Expenses	5	4,209	676	4,885	3,501
		54,898	**51,465**	**106,363**	**77,645**
b) Governance Costs					
Independent Examiners Fees	9	800	-	800	775
Legal & Professional Fees		1,046	-	1,046	-
		1,846	**-**	**1,846**	**775**

5. RESTRICTED FUNDS

CURRENT FINANCIAL YEAR

	Balance 01-Mar-21 £	Income £	Expenditure £	Transfers £	Balance 28-Feb-22 £
One MCR	560	-	560	-	-
One MCR Extension	-	3,000	3,012	12	-
Comic Relief	2,317	440	2,781	32	8
Forever Manchester Fund	4,109	-	4,114	5	-
Salford CVS	660	518	1,187	9	-
Great Places Fund	2,568	-	2,568	-	-
The Charity Service Fund	1,000	-	1,004	4	-
The Eleanor Peel Trust	-	5,000	3,485	-	1,515
Skelton Fund	-	1,000	1,000	-	-
Recycle for GM	-	5,000	6,464	1,464	-
Postcode Neighbourhood Trust	-	19,615	15,317	-	4,298
Manchester Airport Fund	-	2,428	2,410	-	18
Sir Robert McAlpine Fund	-	2,994	444	-	2,550
Trafford Housing Trust	-	5,000	1,080	-	3,920
Ecclesiastical Fund	-	10,000	1,904	-	8,096
Awards for All	-	9,755	3,171	-	6,584
Hobin's Community Fund	-	500	500	-	-
Coalfields Fund	-	2,480	-	-	2,480
Rank Foundation	-	300	308	8	-
Rochdale RRR	-	5,000	-	-	5,000
Be Well	-	3,000	-	-	3,000
Eric Wright	-	920	156	-	764
	11,214	**76,950**	**51,465**	**1,534**	**38,233**

PREVIOUS FINANCIAL YEAR

	Balance 30-Apr-20 £	Income £	Expenditure £	Transfers £	Balance 28-Feb-21 £
We Love MCR	-	4,250	4,758	508	-
Forever Manchester	-	5,000	5,001	1	-
MSV Fund	-	1,000	1,005	5	-
UnLtd Fund	-	500	598	98	-
Tesco Bags of Help	-	500	517	17	-
Neighbourly Fund	-	400	403	3	-
MACC Fund	-	1,000	1,053	53	-
One MCR	-	5,160	4,610	10	560
Comic Relief	-	4,957	2,742	102	2,317
For Housing Fund	-	500	542	42	-
Forever Manchester Fund	-	9,750	5,683	42	4,109
Salford CVS	-	1,750	1,111	21	660
Manchester Wellbeing Fund	-	499	915	416	-
Great Places Fund	-	3,000	432	-	2,568
The Charity Service Fund	-	1,000	-	-	1,000
	-	**39,266**	**29,370**	**1,318**	**11,214**

The Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

6. INVESTMENTS

The CIO held no fixed assets investments during this initial financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 28-Feb-22 £**	**Total 28-Feb-21 £**
Cash at Bank & in Hand	15,648	38,233	53,881	14,327
	15,648	**38,233**	**53,881**	**14,327**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 28-Feb-22 £**	**Total 28-Feb-21 £**
Sundry Debtors	-	-	-	-
	-	**-**	**-**	**-**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 28-Feb-22 £**	**Total 28-Feb-21 £**
Independent Examiners Fees	800	-	800	775
	800	**-**	**800**	**775**

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this or the previous financial period.

11. NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	**Total 28-Feb-22 £**	**Total 28-Feb-21 £**
Fixed Asset Investments	-	-	-	-
Net Current Assets	14,848	38,233	53,081	13,552
Long Term Liabilities	-	-	-	-
	14,848	**38,233**	**53,081**	**13,552**

12. STAFF COSTS AND NUMBERS

	TOTAL 2021/22 £	TOTAL 2020/21 £
Gross Wages, Salaries & Fees	58,957	30,918
Employer's National Insurance Costs	-	-
Pension Contributions	-	-
	58,957	**30,918**

Employees who were engaged in each of the following activities:

	TOTAL 2021/22	TOTAL 2020/21
Charitable Activities	2	3

All employed members of staff are paid through the PAYE Scheme and the Charity also employed staff on a Self-Employed Basis during the financial period and is therefore not liable for their National Insurance and Pension Costs. No employees received emoluments in excess of £60,000.

13. TRUSTEES AND OTHER RELATED PARTIES

During the financial year Trustee Miss Rachel Parkinson received £22,767 in salary related payments in her capacity as operational manager for Humans MCR in furthering the Charity's objects

During the financial year Trustee Mr Lewis Hellewell received £36,190 in salary related payments in his capacity as operational manager for Humans MCR in furthering the Charity's objects

No other payments were made to trustees or any persons connected with them during this financial period. No other material transaction took place between the organisation and a trustee or any person connected with them.

14. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

15. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

16. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

HUMANS MCR

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Humans MCR on the accounts for the year ended 28th February 2022 set out on pages 7 to 15.

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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 Commission. 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 no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

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 section 130 of the Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

K. Collaku MAAT
Castle View Accounting Ltd
New Barn
Mudberry Lane
Bosham
Chichester
West Sussex
PO18 8TS

Date: 27th June 2022

HUMANS MCR

England & Wales - Charity number 1189282

Accounts

REPORTS AND FINANCIAL STATEMENTS FOR THE FIRST PERIOD ENDED 28TH FEBRUARY 2021

HUMANS MCR

(Charitable Incorporated Organisation)

CHARITY REGISTRATION No: 1189282

Castle View Accounting Ltd
Old Printing House Square
Unit 16, Tarrant Street
Arundel
West Sussex
BN18 9JF

HUMANS MCR

(Charitable Incorporated Organisation)

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HUMANS MCR

(Charitable Incorporated Organisation)

LEGAL AND ADMINISTRATIVE INFORMATION

CHARITY NUMBER	1189282
DATE OF REGISTRATION	30th April 2020
START OF FINANCIAL PERIOD	30th April 2020
END OF FINANCIAL PERIOD	28th February 2021
TRUSTEES AT 28TH FEBRUARY 2021	Samantha Singh Lorna Latham Kevin Parkinson
LEGAL STATUS	Charitable Incorporated Organisation

GOVERNING INSTRUMENT

CIO - Foundation Registered 30th April 2020 as Amended on 7th February 2021 and as Amended 25th May 2021.

OBJECTS

To relieve people in the Greater Manchester area who are in need, by reason of age, ill health, disability, financial hardship or social circumstance in such ways as the Trustees shall think fit, with particular focus in the immediate future on providing assistance to those affected by Corona Virus (COVID-19).

CORRESPONDENCE ADDRESS	28 Windsor Avenue Whitefield Manchester M45 6BA
PRIMARY BANKERS	Cashplus Bank 6th Floor One London Wall London EC2Y 5EB
INDEPENDENT EXAMINERS	Castle View Accounting Ltd Old Printing House Square Unit 16, Tarrant Street Arundel West Sussex BN18 9JF

HUMANS MCR

(Charitable Incorporated Organisation)

TRUSTEES' REPORT
FOR THE FIRST PERIOD ENDED 28TH FEBRUARY 2021

Objectives and Activities

Humans MCR analyses and responds to the root causes of food poverty and works to give respect, health, dignity and hope to those communities. Our mission is to change lives in the communities that we serve by providing access to food and education to build a healthy, hunger-free future.

Our mission is to change lives in the communities that we serve by providing access to food and education to build a healthy, hunger-free future.

Humans MCR's main activity over the last year has been the foodbank on-wheels. We deliver nutritionally balanced food parcels to residents of Manchester, Salford and Bury. Parcels can be accessed via a referral and will be delivered to the clients' door the next working day.

We can confirm that we have abided by the 'public benefit' guidance set out in the Charity Commission.

Humans MCR have 35 dedicated volunteers who take on the roles of packing and delivering parcels, supervised by one of our two members of staff. The volunteer hours are around 70 per week.

Achievements and Performance

Humans MCR have delivered 50,000 meals at the time of this report. We have supported many clients on a weekly basis and have prevented many vulnerable residents from going hungry. The delivery aspect of our foodbank has meant that we have been able to be inclusive to all, including those who are cut off from traditional food bank models due to reasons such as location or disability. We are planning to incorporate online cooking classes over the next year, to ensure that families and children have the means and knowledge to cook healthy, balanced meals for their families.

Financial Review

The charity has some leftover funds that are due to be spent in the next financial year. The charity has £90,000 of pending funding applications and is conducting public fundraisers for the continuation of their work.

Reserves are held in the charity bank account and all restricted funds and remaining grants are allocated for in separate pots in that account.

We use a combination of public fundraising and grant applications to finance our charity. We have a temporary contract with Manchester City Council for Covid-19 whereby they pay us £7.50 per head for their referrals.

Trustees' Responsibilities

The Charities Act 2011 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 CIO and of the surplus of the CIO for that period. In preparing those financial statements the trustees are required to:

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

The trustees are responsible for keeping proper accounting records, which disclose with reasonable accuracy at any time the financial position of the CIO. They are also responsible for safeguarding the assets of the CIO and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the Trustees on 28/06/21

Signed on their behalf by Trustee S Singh

Printed Name: S SINGH

HUMANS MCR

(Charitable Incorporated Organisation)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE FIRST PERIOD ENDED 28TH FEBRUARY 2021

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £
INCOMING RESOURCES				
Incoming Resources from Generated Funds				
Donations, Grants & Legacies	3a	50,890	39,266	90,156
Other Incoming Resources	3b	1,816	-	1,816
TOTAL INCOMING RESOURCES		**52,706**	**39,266**	**91,972**
RESOURCES EXPENDED				
Costs of Generating Funds				
Cost of Charitable Activities	4a	48,275	29,370	77,645
Governance Costs	4b	775	-	775
TOTAL RESOURCES EXPENDED		**49,050**	**29,370**	**78,420**
NET INCOMING (OUTGOING) RESOURCES		**3,656**	**9,896**	**13,552**
Funds Brought Forward		(1,318)	1,318	-
TOTAL FUNDS CARRIED FORWARD		**2,338**	**11,214**	**13,552**

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 7 to 13 form part of these financial statements.

HUMANS MCR

(Charitable Incorporated Organisation)

BALANCE SHEET
AS AT 28TH FEBRUARY 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 28-Feb-21 £
Fixed Assets				
Tangible Assets	2	-	-	-
Investments	6	-	-	-
Total Fixed Assets		-	-	-
Current Assets				
Debtors & Prepayments	8	-	-	-
Cash at Bank and in Hand	7	3,113	11,214	14,327
Total Current Assets		**3,113**	**11,214**	**14,327**
Creditors: Amounts falling due within one year	9	775	-	775
NET CURRENT ASSETS		2,338	11,214	13,552
TOTAL ASSETS less current liabilities		**2,338**	**11,214**	**13,552**
Creditors: Amounts falling due in more than one year	10	-	-	-
NET ASSETS		**2,338**	**11,214**	**13,552**
Funds of the Charity				
General Funds		2,338	-	2,338
Restricted Funds	5	-	11,214	11,214
Total Funds		**2,338**	**11,214**	**13,552**

Approved by the Trustees on 28/06/21

Signed on their behalf by Trustee .....

Printed Name: S. SINGH

HUMANS MCR

(Charitable Incorporated Organisation)

NOTES TO THE FINANCIAL STATEMENTS FOR THE FIRST PERIOD ENDED 28TH FEBRUARY 2021

1. ACCOUNTING POLICIES

Basis of Preparation & Assessment of Going Concern

Basis of Preparation

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP - FRS102) and the Charities Act 2011.

The Charity meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Assessment of Going Concern

Preparation of the accounts is on a going concern basis. The trustees consider that there are no material uncertainties about the Charity's ability to continue as a going concern.

Incoming Resources

Recognition of Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Incoming Resources with Related Expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resource and related expenditure are reported gross in the SOFA.

Grants and Donations

Grants and Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Tax Reclaims on Donations and Gifts

Incoming resources from tax reclaims are included in the SOFA at the same time as the gift to which they relate.

Contractual Income and Performance Related Grants

This is only included in the SOFA once the related goods or services have been delivered.

Gifts in Kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SOFA as incoming resources when receivable.

Donated Services and Facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer Help

The value of any voluntary help received is not included in the accounts.

Investment Income

This is included in the accounts when receivable.

Investment Gains and Losses

This included any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

1. ACCOUNTING POLICIES (continued)

Expenditure and Liabilities

Liability Recognition
Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance Costs
Include costs of the preparation and examination of statutory accounts, the costs of the trustees meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with Performance Conditions
Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SOFA once the recipient of the grant has provided the specified service or output.

Grants Payable without Performance Conditions
These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to a grant which remain in control of the charity.

Investments
Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.

Unrestricted funds
These funds can be used for the general objectives of the charity as set out in the trustees report. The movements of the unrestricted funds are given in the Statement of Financial Activities.

Restricted funds
These funds are where the donor has specified a purpose for the donation made. These restrictions often arise as a result of appeals for special offerings for specific purposes.

Designated funds
These funds are funds set aside by the trustees out of unrestricted general funds for particular purposes or projects.

Fixed Assets
Fixed Assets are capitalised if they can be used for more than one year and cost at least £1,500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation Expense
Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The rates applied are as follows:

Fixtures, Fittings and Equipment	25% - Straight Line Basis

2. TANGIBLE FIXED ASSETS

The CIO held no fixed assets during this initial financial period.

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

28th February 2021 : None

3. INCOMING RESOURCES

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £
a) Donations, Grants & Legacies				
Gifts & Donations		9,198	-	9,198
Grants Received	5	41,692	39,266	80,958
		50,890	**39,266**	**90,156**
b) Other Incoming Resources				
Sundry Income		1,816	-	1,816
		1,816	**-**	**1,816**

4. RESOURCES EXPENDED

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2020/21 £
a) Cost of Charitable Activities				
Advertising & Publicity		43	-	43
Bank Charges		58	-	58
Cleaning Costs		112	-	112
Equipment Costs	5	2,766	1,552	4,318
Food Costs	5	5,545	18,345	23,890
Health & Safety Costs	5	-	614	614
Insurance Costs		456	-	456
Office Costs		2,980	-	2,980
Postage & Stationery		22	-	22
Printing & Packaging		1,441	-	1,441
Rent & Rates		1,505	-	1,505
Staff Costs	5 & 11	24,403	6,515	30,918
Sundry Expenses	5	1,129	693	1,822
Telephone Costs		428	-	428
Training Costs		383	-	383
Travel & Subsistence		2,550	-	2,550
Vehicle Hire		2,604	-	2,604
Volunteers Expenses	5	1,850	1,651	3,501
		48,275	**29,370**	**77,645**
b) Governance Costs				
Independent Examiners Fees	9	775	-	775
		775	**-**	**775**

5. RESTRICTED FUNDS

	Balance 30-Apr-20 £	Income £	Expenditure £	Transfers £	Balance 28-Feb-21 £
We Love MCR	-	4,250	4,758	508	-
Forever Manchester	-	5,000	5,001	1	-
MSV Fund	-	1,000	1,005	5	-
UnLtd Fund	-	500	598	98	-
Tesco Bags of Help	-	500	517	17	-
Neighbourly Fund	-	400	403	3	-
MACC Fund	-	1,000	1,053	53	-
One MCR	-	5,160	4,610	10	560
Comic Relief	-	4,957	2,742	102	2,317
For Housing Fund	-	500	542	42	-
Forever Manchester Fund	-	9,750	5,683	42	4,109
Salford CVS	-	1,750	1,111	21	660
Manchester Wellbeing Fund	-	499	915	416	-
Great Places Fund	-	3,000	432	-	2,568
The Charity Service Fund	-	1,000	-	-	1,000
	-	**39,266**	**29,370**	**1,318**	**11,214**

Restricted funds are wholly represented by the charity's cash reserves and are to be expended as specified above.

NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE FIRST PERIOD ENDED 28TH FEBRUARY 2021

6. INVESTMENTS

The CIO held no fixed assets investments during this initial financial period.

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	**Total 28-Feb-21 £**
Cash at Bank & in Hand	3,113	11,214	14,327
	3,113	**11,214**	**14,327**

8. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	**Total 28-Feb-21 £**
Sundry Debtors	-	-	-
	-	-	-

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	**Total 28-Feb-21 £**
Independent Examiners Fees	775	-	775
	775	**-**	**775**

10. CREDITORS: AMOUNTS FALLING DUE IN MORE THAN ONE YEAR

The CIO held no long term liabilities during this initial financial period.

11. STAFF COSTS AND NUMBERS

	TOTAL 2020/21 £
Gross Wages, Salaries & Fees	30,918
Employer's National Insurance Costs	-
Pension Contributions	-
	30,918

Employees who were engaged in each of the following activities:

	TOTAL 2020/21
Charitable Activities	3

The Charity employs staff on a Self-Employed Basis and is therefore not liable for National Insurance and Pension Costs and no employees received emoluments in excess of £60,000.

12. TRUSTEES AND OTHER RELATED PARTIES

No payments were made to trustees or any persons connected with them during this financial period. No material transaction took place between the organisation and a trustee or any person connected with them.

13. RISK ASSESSMENT

The Trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The Trustees have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks.

14. RESERVES POLICY

The Trustees have considered the level of reserves they wish to retain, appropriate to the CIO's needs. This is based on the CIO's size and the level of financial commitments held. The Trustees aim to ensure the CIO will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The Trustees will endeavour not to set aside funds unnecessarily.

15. PUBLIC BENEFIT

The CIO acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the CIO has achieved this are provided in the Trustees report. The Trustees confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the CIO should undertake

16. COMPARATIVE FIGURES

There are no comparative figures available as this is the initial period of registered Incorporated Charitable Activity

HUMANS MCR

(Charitable Incorporated Organisation)

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Report to the trustees/ members of Humans MCR on the accounts for the first period ended 28th February 2021 set out on pages 5 to 13.

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 section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- 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 Commission. 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 no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

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 section 130 of the Charities Act; and
   - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities 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.

W.M Hall LLB
Castle View Accounting Ltd
Old Printing House Square
Unit 16, Tarrant Street
Arundel
West Sussex
BN18 9JF

Date: 2nd July 2021