

THE SHARING TABLE

England & Wales · Charity number 1190056

Details

Status Registered

Legal form CIO

Registered 2020-06-22

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

Contact

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Overton Lane
Port Eynon
Swansea
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Activities

Objects: 3.1 THE OBJECTS OF THE CIO ARE:3.1.1 THE RELIEF OF FINANCIAL HARDSHIP AMONG PERSONS LIVING IN GOWER AND SWANSEA BY PROVIDING IN PARTICULAR BUT NOT EXCLUSIVELY FOOD AND ESSENTIAL HOUSEHOLD ITEMS TO FAMILIES WHO COULD OTHERWISE NOT AFFORD THEM THROUGH LACK OF MEANS AND SCHOOL CLOTHING AND EQUIPMENT TO FAMILIES WHO COULD OTHERWISE NOT AFFORD THEM THROUGH LACK OF MEANS; AND3.1.2 THE ADVANCEMENT OF EDUCATION OF SCHOOL AGE CHILDREN AND THE PROVISION OF RECREATION FOR SCHOOL AGE CHILDREN LIVING IN GOWER AND SWANSEA BY PROVIDING PARTICULARLY BUT NOT EXCLUSIVELY FACILITIES AND ACTIVITIES DURING OUT OF SCHOOL HOURS AND SCHOOL HOLIDAYS.

Activities: The charity exists to improve the lives of disadvantaged children and their families in the Gower region of Wales. Food is at the heart of the charity- we believe that no child on Gower should go hungry. We are also interested in addressing other areas of inequality faced by disadvantaged children, such as access to sporting and educational opportunities.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability
- **Who:** Children/young People

Geography

- City Of Swansea

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£9,004	£11,291	-	-
2024-07-31	£11,593	£14,350	-	-
2023-07-31	£15,358	£11,543	-	-
2022-07-31	£10,133	£8,079	-	-
2021-07-31	£13,555	£6,016	-	-

Trustees

Name	Role	Appointed
Andrew Michael Copson	Chair	2020-06-22
Mary Ann Curran		2024-10-21

THE SHARING TABLE

England & Wales - Charity number 1190056

Accounts



THE SHARING TABLE – ANNUAL REPORT FOR YEAR ENDING JULY 2025

The charity has continued to address its purposes through two major streams of activity: the provision of cooking clubs to primary school children and distribution of Christmas hampers to families in need of a helping hand. Progress with our cooking clubs has accelerated in the year.

Provision of Services

We have continued to introduce new schools into our cooking club network. As of July 25 we were working with 6 schools. We have paused work at another school as they have accessed a similar service through another charity.

The change to longer 6-8 week courses is now firmly established. Anecdotally, we believe that more children are continuing to cook after the course has finished as the longer period of time together allows them to cement their skills in place. To the end of the July 25 we have worked with 149 children.

The cooking clubs continue to attract attention within the education community locally. It is a scalable activity and we are excited for its future.

Our Christmas hamper project was well supported by the community with a local butcher and a local greengrocer again providing high quality ingredients at very fair prices. There was a good response from local volunteers and together we delivered 125 hampers to families identified by food banks and schools as needing a bit of help.

Opportunities and Threats

The greatest opportunity the charity has to grow and successfully address its objects is to develop the school cooking clubs. We are in positive discussions with a number of primary schools and are confident that we will grow our number of partner schools over the next couple of years.

There are two threats to achieving this opportunity. The first is funding; the local Council has been generous in their support but we know that funding for local government is becoming more constrained. In addition, private and business donors are likely to be less able to support us. Our response has to be to spend more time on identifying sources of funding and we are pleased to have received generous support from the Austin Bailey Foundation.

The second threat is our ability, or otherwise, to recruit a volunteer team commensurate with our growth ambition. We recognise the need to cast our net wider to identify volunteers and we will also consider models in which we are paying people to support the clubs (whilst recognising the funding pressures referred to above).

This year has convinced us of the value of the services that we provide and we are determined to address the threats and take the opportunity to make a difference to young people's lives.

Andrew Copson 12.5.26

The Green, Overton Lane, Port Eynon, Swansea SA3 1NR. Reg.Charity 1190056

THE SHARING TABLE - ACCOUNTS FOR YEAR ENDING 31/07/25

	Aug-24	Sep-24
INCOME		
One-off Donations	0.00	1775.00
Regular Donations + Just Giving	22.00	129.61
Grants		
Gift Aid		
TOTAL INCOME	22.00	1904.61
EXPENDITURE		
Admin + Marketing	0.00	78.15
Indirect Expenditure Total	0.00	78.15
Sharing Christmas		
Sharing Cooking	142.12	265.55
Direct Expenditure Total	142.12	265.55
TOTAL EXPENDITURE	142.12	343.70
NET INCOME	-120.12	1560.91

Oct-24	Nov-24	Dec-24	Jan-25	Feb-25	Mar-25
26.12	165.00	3210.00	1360.00	0.00	36.00
22.00	22.00	70.75	1033.87	22.00	22.00
48.12	187.00	3280.75	2393.87	22.00	58.00
18.00	78.10	18.00	18.00	30.00	67.64
18.00	78.10	18.00	18.00	30.00	67.64
441.01	501.87	5074.00 254.90	2465.00 409.71	71.07	252.30
441.01	501.87	5328.90	2874.71	71.07	252.30
459.01	579.97	5346.90	2892.71	101.07	319.94
-410.89	-392.97	-2066.15	-498.84	-79.07	-261.94

Apr-25	May-25	Jun-25	Jul-25
0.00	0.00	0.00	0.00
22.00	1022.00	22.00	22.00
22.00	1022.00	22.00	22.00

YEAR
6572.12
2432.23
9004.35

18.00	548.99	60.52	18
18.00	548.99	60.52	18.00

953.40
953.40

0.00	0.00	413.42	46.23
0.00	0.00	413.42	46.23
18.00	548.99	473.94	64.23

7539.00
2798.18
10337.18
11290.58

4.00	473.01	-451.94	-42.23
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-2286.23

THE SHARING TABLE

England & Wales - Charity number 1190056

Accounts



THE SHARING TABLE – ANNUAL REPORT FOR YEAR ENDING JULY 2024

The charity has continued to address its purposes through two major streams of activity: the provision of cooking clubs to primary school children and distribution of Christmas hampers to families in need of a helping hand. Progress with our cooking clubs has accelerated in the year.

Provision of Services

Increased awareness of our cooking clubs within the primary school headteacher's community has led us adding 2 new schools to our network. As of July 2024 we are working with 4 schools with another 3 in the pipeline.

The change to longer 6-8 week courses has proved popular and is now our established way of working. Anecdotally, we believe that more children are continuing to cook after the course has finished as the longer period of time together allows them to cement their skills in place. To the end of the July 24 we have worked with 79 children.

The cooking clubs are attracting more attention within the education community locally. It is a scalable activity and we are excited for its future.

Our Christmas hamper project was well supported by the community with a local butcher and a local greengrocer again providing high quality ingredients at very fair prices. There was a good response from local volunteers and together we delivered 130 hampers to families identified by food banks and schools as needing a bit of help.

Opportunities and Threats

The greatest opportunity the charity has to grow and successfully address its objects is to develop the school cooking clubs. We are in positive discussions with a number of primary schools and are confident that we will grow our number of partner schools over the next couple of years.

There are two threats to achieving this opportunity. The first is funding; the local Council has been generous in their support but we know that funding for local government is becoming more constrained. In addition,

private and business donors are likely to be less able to support us. Our response has to be to spend more time on identifying sources of funding. The second threat is our ability, or otherwise, to recruit a volunteer team commensurate with our growth ambition. We recognise the need to cast our net wider to identify volunteers and we will also consider models in which we are paying people to support the clubs (whilst recognising the funding pressures referred to above).

This year has convinced us of the value of the services that we provide and we are determined to address the threats and take the opportunity to make a difference to young people's lives.

Andrew Copson 17.5.25

The Green, Overton Lane, Port Eynon, Swansea SA3 1NR. Reg.Charity 1190056

THE SHARING TABLE - ACCOUNTS FOR YEAR ENDING 31/07/24

	Aug-23	Sep-23
INCOME		
One-off Donations	1001.12	559.37
Regular Donations + Just Giving	12.00	12.00
Grants		
Gift Aid		
TOTAL INCOME	1013.12	571.37
EXPENDITURE		
Admin		10.00
Marketing		
Indirect Expenditure Total		10.00
Sharing Christmas		
Sharing Cooking		2222.00
Direct Expenditure Total		2222.00
TOTAL EXPENDITURE	0.00	2232.00
NET INCOME	1013.12	-1660.63

Oct-23	Nov-23	Dec-23	Jan-24	Feb-24	Mar-24
420.00	1100.00	1680.00	1463.35	59.37	3728.00
12.00	16.80	21.61	14.37	42.00	42.00
432.00	1116.80	1701.61	1477.72	101.37	3770.00
	86.97				36.05
	86.97				36.05
345.29	430.02	5258.50 95.60	2567.00 187.32	487.47	603.94
345.29	430.02	5354.10	2754.32	487.47	603.94
345.29	516.99	5354.10	2754.32	487.47	639.99
86.71	599.81	-3652.49	-1276.60	-386.10	3130.01

Apr-24	May-24	Jun-24	Jul-24
0.00	1200.00	60.52	0.00
42.00	42.00	42.00	22.00
42.00	1242.00	102.52	22.00

YEAR
11271.73
320.78
11592.51

47.47	511.28		
47.47	511.28		

691.77
0.00
691.77

0.00	812.51	387.54	260.59
0.00	812.51	387.54	260.59
47.47	1323.79	387.54	260.59

7825.50
5832.28
13657.78
14349.55

-5.47	-81.79	-285.02	-238.59
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-2757.04

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England & Wales - Charity number 1190056

Accounts



THE SHARING TABLE – ANNUAL REPORT FOR YEAR ENDING JULY 2023

The charity has continued to address its purposes through two major streams of activity: the provision of cooking clubs to primary school children and distribution of Christmas hampers to families in need of a helping hand. We are pleased to report progress on both of these during the year.

Provision of Services

Increased awareness of our cooking club activity at Craigfelen school has led to us working with a second school (Morrison Primary) and we finished the year with a further two schools lined up to start working with us.

We have modified the club structure in that we now work for 6-8 weeks with each family rather than 4 weeks. We have found that the children show clear progress given a longer period of working together and the families have expressed greater satisfaction with the modified approach. This means that we will be working with fewer families per year than we anticipated, but we are confident that we achieve better outcomes. We worked with 23 children during the period.

The cooking clubs are attracting more attention within the education community locally. It is a scalable activity and we are excited for its future.

Our Christmas hamper project was well supported by the community with a local butcher and a local greengrocer again providing high quality ingredients at very fair prices. There was a good response from local volunteers and together we delivered a record 150 hampers to families identified by food banks and schools as needing a bit of help.

Opportunities and Threats

The greatest opportunity the charity has to grow and successfully address its objects is to develop the school cooking clubs. We are in positive discussions with a number of primary schools and are confident that we will grow our number of partner schools over the next couple of years.

There are two threats to achieving this opportunity. The first is funding; the local Council has been generous in their support but we know that funding for local government is becoming more constrained. In addition, private and business donors are likely to be less able to

support us. Our response has to be to spend more time on identifying sources of funding and to this end we are considering appointing an additional trustee to help with this.

The second threat is our ability, or otherwise, to recruit a volunteer team commensurate with our growth ambition. We recognise the need to cast our net wider to identify volunteers and we will also consider models in which we are paying people to support the clubs (whilst recognising the funding pressures referred to above).

This year has convinced us of the value of the services that we provide and we are determined to address the threats and take the opportunity to make a difference to young people's lives.

Andrew Copson 8.7.24

The Green, Overton Lane, Port Eynon, Swansea SA3 1NR. Reg.Charity 1190056

THE SHARING TABLE - ACCOUNTS FOR YEAR ENDING 31/07/23

	Aug-22	Sep-22	Oct-22	Nov-22
INCOME				
One-off Donations	225.00	249.69	60.00	6146.90
Regular Donations + Just Giving	59.73	30	115.88	12.00
Grants				
Gift Aid				
TOTAL INCOME	284.73	279.69	175.88	6158.90
EXPENDITURE				
Admin		10.00		
Marketing	725.00	511.32		
Indirect Expenditure Total	725.00	521.32	0.00	0.00
Sharing Christmas				
Sharing Cooking			934.00	447.08
Direct Expenditure Total	0.00	0.00	934.00	447.08
TOTAL EXPENDITURE	725.00	521.32	934.00	447.08
NET INCOME	-440.27	-241.63	-758.12	5711.82

Dec-22	Jan-23	Feb-23	Mar-23	Apr-23	May-23	Jun-23	Jul-23
4429.00	1600.00	1300.00	150.00	547.50	105.00	0.00	195.00
12.00	48.35	12.00	12.00	12.00	12.00	12.00	12.00
4441.00	1648.35	1312.00	162.00	559.50	117.00	12.00	207.00
	169.41	69.31			469.13		36.19
		348.50					
0.00	169.41	417.81	0.00	0.00	469.13	0.00	36.19
4821.27	2227.00						
48.00	132.34	205.92	98.52	61.92	33.09	95.59	99.87
4869.27	2359.34	205.92	98.52	61.92	33.09	95.59	99.87
4869.27	2528.75	623.73	98.52	61.92	502.22	95.59	136.06
-428.27	-880.40	688.27	63.48	497.58	-385.22	-83.59	70.94

YEAR
15008.09 349.96
15358.05

754.04 1584.82
2338.86
7048.27 2156.33
9204.60
11543.46

3814.59

Healthy food, healthy lives

days	3
children	40 each day
adults	40 last day
on-site catering staff	2
hours catering	3 hours per day
days catering staff	2
cost	£10 per hour
unit cost in situ	£3.00 per person per day
unit cost take home	£4.00 per child attending day 3
in situ food	£240.00
in situ catering	£120.00
take home food	£160.00
Advertising	£100.00
sub-total	£620.00
contingency 15%	£93.00
Project cost	£713.00

College/Craigfelen project

days	4 per month
attendees	10 per session
session consumables	£36.00 per session
take home consumables	£5.00 per person per session
expenses chefs	£10.00 per session
sub-total	£384.00
contingency 15%	£57.60
Project cost	£441.60 per month

Christmas dinner

families	40
cost	£27.00 per family
Project cost	£1,080.00

Bus Project



Individuals - lump sum	July
TA	
AC	
SAH	
DD	
AJB	
Christmas appeal	
Total	

Companies etc - lump sum

Individuals - regular donors	
MP launch - party donors. Monthly donation	£3.00
Other political/religious groups	
Total	

Grants

Mar	Apr	May	June	
	0	0	0	0

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	100	100	100	100
	300	300	300	300

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THE SHARING TABLE

England & Wales - Charity number 1190056

Accounts



TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDING 31ST JULY 2022

Overview

The Sharing Table is a charity registered in England and Wales (1190056) founded in 2020, which exists to give disadvantaged children and their families access to opportunities which more fortunate children and families take for granted. Food and cookery are at the centre of our activities, as we believe that children not having access to food in sufficient quantity, and of sufficient quality, experience the most fundamental disadvantage. Geographically, the charity's activities are confined to South Wales.

Charitable activities

The charity focussed on two activities in the year ending 31.07.22:

i) Christmas Hamper Project

We worked with local schools, foodbanks, Councillors and employees of Swansea Council, the MP and the AS for Gower to identify families within the Gower constituency who were unable to afford a traditional Christmas hamper. We sourced meat and vegetables from local suppliers and were supported by ASDA to supply other components of the hamper. We recruited about 25 volunteers to pack and distribute hampers. With their help, on December 23rd 2021, we were proud to deliver 102 hampers.

ii) Cooking Club

We continue to work with a local primary school in an area of high deprivation to support children and their families to learn about healthy food and acquire basic cooking skills. In the year ending July 31st 2022, we worked with 14 families.

We work with families identified by the school to teach the children how to cook simple meals which we eat together. Parents and carers are also invited to come in and help. At the end of each club session, the families are given a bag of food so that they can repeat the recipe at home. (This has the added benefit of getting healthy food into households that need a helping hand). The feedback from the children, the parents/carers and the teachers has been overwhelmingly positive, and we look forward to continuing the club. We will expand in the next financial year to work with a second school who have expressed the wish to start a cooking club with us.



Fund Raising

The charity has continued to benefit from the kindness of generous individuals and local businesses and organisations such as Swansea Building Society, BNI-Dylan, and The Gower Gin Company in raising the cash needed to run our projects. Local food businesses have also continued to provide their produce at cost.

Structure and Governance

The charity is a CIO and its governing document is its constitution. The trustees who served during the year were:

A Copson
R Lucas
S Brooks

Statement of financial activities for the year ending July 31st 2021

Total 2021	Unrestricted funds	Restricted funds
	£	£
Income from:		
Donations	10,133.41	10,133.41
Council Grants		
Total Income	<u>10,133.41</u>	
<u>10,133.41</u>		
Expenditure on:		
Charitable activities	6,300.69	
6,300.69		
Admin/Mktg ¹	1,778.75	
1,778.75		
Total Expenditure	<u>8,079.44</u>	
<u>8,079.44</u>		



Surplus²	<u>2,053.97</u>	<u>2,053.97</u>
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1. The Trustees note that admin and marketing spend represented 18% of expenditure in the year, meaning that 82% of the charity's expenditure was directly spent on charitable activities.
2. The Trustees predict that the surplus carried into next year will be used on our expanding Sharing Christmas project.

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England & Wales - Charity number 1190056

Accounts



TRUSTEES' ANNUAL REPORT FOR THE YEAR ENDING 31ST JULY 2021

Overview

The Sharing Table is a charity registered in England and Wales (1190056) founded in 2020, which exists to give disadvantaged children and their families access to opportunities which more fortunate children and families take for granted. Food and cookery are at the centre of our activities, as we believe that children not having access to food in sufficient quantity, and of sufficient quality, experience the most fundamental disadvantage. Geographically, the charity's activities are confined to South Wales.

Charitable activities

The charity focussed on three activities in its first year of operation:

i) Christmas Hamper Project

We worked with local schools, Councillors and employees of Swansea Council, the MP and the AS for Gower to identify families within the Gower constituency who were unable to afford a traditional Christmas hamper. We sourced meat and vegetables from local suppliers and recruited volunteers to pack and distribute hampers. With their help, on December 22nd 2021, we were proud to deliver 60 hampers. This project will now become an annual fixture for us.

ii) Cooking Club

We worked with a local primary school in an area of high deprivation to build a kitchen in the school. The charity was supported with a grant from Swansea Council to equip the kitchen. COVID caused significant delays to the project, but we were able to start an after-school cooking club in June 2021. We work with families identified by the school to teach the children how to cook simple meals which we eat together. Parents and carers are also invited to come in and help. At the end of each club session, the families are given a bag of food so that they can repeat the recipe at home. (This has the added benefit of getting healthy food into households that need a helping hand). The feedback from the children, the parents/carers and the teachers has been overwhelmingly positive, and we look forward to continuing the club and expanding this project to encompass other schools.

iii) Activity Week

The school where we operate the cooking club runs an activity week for its year 6 children. Many of the children involved have had limited



opportunities to enjoy activities that others take for granted, even simple activities such as a trip to the beach. We supported this week by arranging a music workshop, a first-aid course and a barbecue.

Fund Raising

The charity has benefited from the kindness of generous individuals, Swansea Council and local businesses such as The Gower Gin Company in raising the cash needed to run our projects. Local food businesses have also kindly provided their produce at cost.

Structure and Governance

The charity is a CIO and its governing document is its constitution. The trustees who served during the year were:

A Copson
R Lucas
S Brooks

Statement of financial activities for the year ending July 31st 2021

Total 2021	Unrestricted funds	Restricted funds	
	£	£	£
Income from:			
Donations	8,942.11	2,850.00	11,792.11
Council Grants	1,763.00	1,763.00	
Total Income	<u>8,942.11</u>	<u>4,613.00</u>	
<u>13,555.11</u>			
Expenditure on:			
Charitable activities	2,955.00	2,340.81	
5,295.81			
Admin/Mktg ¹	719.86		
719.86			
Total Expenditure	<u>3,674.86</u>	<u>2,340.81</u>	
<u>6,015.67</u>			



Surplus²	<u>5,267.25</u>	<u>2,272.19</u>	<u>7,539.44</u>
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1. The Trustees are pleased that admin and marketing spend represented less than 12% of expenditure in the year, meaning that over 88% of the charity's expenditure was directly spent on charitable activities.
2. The end of year bank balance = the surplus for the year (£7,539.44)