

LANCING AND SOMPTING CHURCHES FOODBANK

England & Wales · Charity number 1190449

Details

Status Registered

Legal form CIO

Registered 2020-07-17

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

Contact

Address Lancing Tabernacle
105 North Road
Lancing
BN15 9BB

Phone 07719196735

Email admin@lscfb.org

Website lscfb.org

Activities

Objects: THE PREVENTION AND RELIEF OF POVERTY IN LANCING AND SOMPTING, WEST SUSSEX, UK THROUGH PROVIDING THE SERVICES OF A FOODBANK TO RESIDENTS IN NEED.

Activities: We provide the services of a foodbank to people in need.

Classification

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

Geography

- West Sussex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-31	£39,947	£46,583	-	-
2024-05-31	£42,375	£34,610	-	-
2023-05-31	£45,602	£32,206	-	-
2022-05-31	£18,380	£22,592	-	-
2021-05-31	£24,099	£15,192	-	-

Trustees

Name	Role	Appointed
Jonathan Simon Wilfrid Markwick	Chair	2022-07-22
Dr Peter George Bernard Johnston		2020-10-17
Garry Steven Davis		2026-03-06
Janet Smith		2025-09-02
John Squibb		2025-04-03
Jonathan Gyll		2020-10-17
Nicholas Munday		2020-10-17
Rev Ben Shane Scott		2025-04-03

LANCING AND SOMPTING CHURCHES FOODBANK

England & Wales - Charity number 1190449

Accounts



Trustees' Annual Report for the period

From **01-06-2024** (Period start date) To **31-05-2025** (Period end date)

Charity name: **Lancing and Sompting Churches Food Bank**

Charity registration number: **1190449**

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of poverty in Lancing and Sompting through the provision of a food bank.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Soliciting donations of food, and money to buy food, from the local community. This is distributed to those in need in Lancing and Sompting. We also distribute vouchers from the Fuel Bank Foundation to those in fuel need.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Due to our financial position being strong the trustees have decided to support local initiatives, if related to food poverty, where requested or identified. These have included school holiday lunch bags, support to a community garden, and emergency food support to students arriving from overseas.
Policy on social investment including program related investment	Para 1.38	N/A
	Para 1.38	The Food Bank is completely reliant on the support of around 26 volunteers

Contribution made by volunteers		who give freely of their time and expertise. Roles include collection, storage and distribution of food, financial management, fund raising, advertising, communications, networking and IT support.
Other		N/A

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The current national economic picture has continued to lead to a high demand for the services of the Food Bank.</p> <p>Whilst donations of food have fallen our financial reserves have been used to purchase food to ensure our services continue.</p> <p>We have maintained a limited fresh food provision by purchasing fresh produce on the operational days and receiving donations of fruit and vegetables from local community gardens.</p> <p>We have actively engaged with other local charities and co-ordinated our work with other food banks and local council provision.</p> <p>We have offered visitors help topping-up gas and electricity pre-paid meters through the National Fuel Bank voucher scheme. We have also purchased and distributed slow cookers, air friers and blankets to needy households.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
Performance of fundraising activities against objectives set	Para 1.41	We have a volunteer who is especially skilled in fundraising applications which has helped considerably in maintaining our funding levels.

Investment performance against objectives	Para 1.41	N/A
Other		The Food Bank receives regular donations of food from members of the public and local organisations within the community. The donated food is date checked, stored and distributed to those in need as per the objectives of the charity. In addition, the functioning of the Food Bank relies largely on the volunteers giving freely of their time.

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The end of year balance is judged to be sufficient to continue operations well into the new financial year even if support from the local community were to drop off significantly.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to maintain a cash reserve to cover a minimum of three months Food Bank operation. Presently this equates to around £25,000.
Amount of reserves held	Para 1.22	£32,486
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Public donations. Donations from grant awarding organisations including: Lancing and Sompting Lions Club, Lancing Parish Council, West Sussex County Council, the Sussex Community Foundation and Sompting Big Local.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	Both our principal stores and distribution facilities rely on goodwill arrangements with local government bodies. We do not consider either arrangement to be threatened at present. Presently we enjoy a good relationship with Lancing Parish Council, Sompting Parish Council and Adur District Council. We are dependent on volunteers for almost all of our operation and governance. Presently our volunteer base is strong.
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		N/A
Type of governing document (trust deed , royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Volunteer Policy: Includes sections covering recruitment, selection, induction, supervision and support, training and safeguarding. An induction pack is issued to all new volunteers,
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The operations of the Food Bank is overseen by the Management Committee. The Administrator undertakes day to day organisation of the volunteers. The governance of the Food Bank is overseen by the trustees. We network with other food banks through the Adur and Worthing Emergency Food Network. We also network closely with local churches, schools, GP practices, the Lions Club, Electric Storm Youth, Adur Voluntary Action and local government councillors.
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	Lancing and Sompting Churches Food Bank
Other name the charity uses	N/A

Registered charity number	1190449
Charity's principal address	Lancing Tabernacle Church 105 North Road Lancing BN15 9BB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mark Deacon	Co-ordinator		
2	Peter Johnston			
3	Nick Munday			
4	Simon Markwick			
5	Jonathan Gyll			
6	Linda Deacon	Treasurer		
7	John Squibb		5-4-2025	
8	Fr. Ben Scott		5-4-2025	
9				
10				
11				
12				
13				
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15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

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

N/A

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A


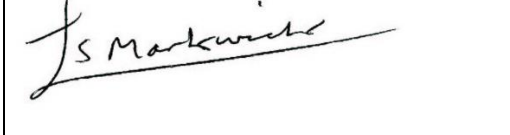
Other optional information

N/A

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mark Deacon	Jonathan Markwick
Position (eg Secretary, Chair, etc)	Co-ordinator	Trustee
Date	2 September 2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Lancing & Sompting Churches Food Bank	No (if any) 1190449
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CC16a



Receipts and payments accounts

For the period from	Period start date 01/06/2024	To	Period end date 31/05/2025
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General donations	27,124	-	-	27,124	32,100
Donations for Fuel hardship		700	-	700	390
Donations for Paid support		10,362	-	10,362	3,130
Gift Aid	781		-	781	2,535
Donation for SATT			-	-	-
Donations for volunteer events		350	-	350	300
Donation for Young Carers			-	-	3,920
Donations other	630			630	-
Sub total (Gross income for AR)	28,536	11,412	-	39,947	42,375
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	28,536	11,412	-	39,947	42,375
A3 Payments					
Food & Food vouchers	30,762		-	30,762	20,358
Fuel Hardship		751	-	751	792
Paid Support		9,127	-	9,127	8,217
ICT	1,116		-	1,116	875
Resources	1,333		-	1,333	676
Insurance	181		-	181	181
ESY Summer meal project	1,300		-	1,300	2,000
Young Carers project		1,000	-	1,000	500
Baby Bank	250			250	-
Community Garden	250			250	-
CAP scheme	-			-	500
Sompting Messy Church Food	-			-	500
Other (training & admin)			-	-	4
Volunteer events & uniform		513	-	513	7
Sub total	35,193	11,390	-	46,583	34,610
A4 Asset and investment purchases. (see table)					
Storage equipment	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	35,193	11,390	-	46,583	34,610
Net of receipts/(payments)	- 6,657	22	-	- 6,635	7,765
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	31,972	7,149	-	39,121	31,356
Cash funds this year end	25,315	7,171	-	32,486	39,121

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Community Account	25,315	7,171	-
		-	-	-
		-	-	-
	Total cash funds	25,315	7,171	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	 	Jonathan Markwick Mark Deacon	02-Sep-25 02-Sep-25	

Independent Examiner's Report

Examiner:

Edward Richard Gill FCCA.

Fellow member of the Chartered Association of Certified Accountants who holds a current Practising Certificate.

I am acting in a completely independent capacity.

I confirm that I have read and understood the Charity.

Commissioners' directions and guidance with regard to independent examinations.

Appointment:

I have accepted an invitation to act as independent examiner.

Accounts to be examined:

Period 1st June 2024 to 31st May 2025.

Accounting basis: Receipts and payments.

Gross income: £39,947.

Guidance: In accordance with the Charity Commission's Guidance document: '*Independent examination of charity accounts: Guidance for Trustees*', last updated 14/07/2021.

Examination findings:

- Proper accounting records have been kept.
- The accounts for the period accord with the accounting records.
- There are no matters arising of material significance.
- The accounts, in Charity Commission prescribed format, have been checked and found to be in a state ready to be submitted to the Charity Commission with the TAR.
- The persons, appointed by the Trustees to maintain the books and records, are aware that three categories of submission, as listed below, must be made within 10 months of the year-end.

Charity Commission submission requirement:

- Annual accounts in prescribed form CC16a (XLS)
- Trustees' Annual Return (PDF)
- Independent Examiner's report (PDF)

Signed: Edward Richard Gill FCCA

Dated: 22/08/2025



LANCING AND SOMPTING CHURCHES FOODBANK

England & Wales - Charity number 1190449

Accounts



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 01-06-23 To 31-05-24

Charity name: Lancing and Sompting Churches Food Bank

Charity registration number: 1190449

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of poverty through the provision of a Food bank
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Soliciting donations of food and money to buy food from the local community. This is distributed to those in need in Lancing and Sompting. We also provide vouchers from the Fuel Bank Foundation to those in fuel need.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Due to our financial position being strong we have made a grant to a local school holiday club to fund meals and secured funding to support young carers. We made a contribution to setting up a debt support / counselling scheme (CAP). We have supported efficient fuel use through provision of Air fryers, heated blankets and slow cookers. We have fully funded a local project, Space At The Table, to provide meals for families over the school summer holidays.
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	The Food Bank is completely reliant on the support of around 26 volunteers who give freely of their time. Roles include organisation and distribution of food, financial management, fund raising, advertising, communication, networking and IT support.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The current national economic picture has continued to have a high demand for the services of the foodbank.</p> <p>Whilst donations of food have fallen our financial reserves have been used to ensure food supplies continue.</p> <p>We have been able to continue a limited fresh food provision often using locally grown food donated by an allotment society on our distribution days.</p> <p>We remain part of the National Fuel Bank helping people heat their homes and cook food. We have been creative in supporting families to cook and keep warm efficiently.</p> <p>We have actively engaged with other local charities and co-ordinated our work with other food banks and local council provision.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	We have a member of the Food bank team entirely focussed on fundraising. She has been extremely successful in attracting additional funds from a range of sources.
Investment performance against objectives	Para 1.41	

Other		The Food Bank receives non-monetary resources in the form of regular supplies of donated food from members of the public & local organisations. The donated food is distributed directly to those in need as per the objects of the charity. In addition, the functioning of the Food Bank relies largely on volunteers donating their time.
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The end of year balance is judged to be sufficient to continue the operation well into the new financial year even if support from the local community were to drop off.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to maintain a cash reserve to cover a minimum of three months food bank operation. Presently, that equates to around £25,000.
Amount of reserves held	Para 1.22	£39,121
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	At this stage the trustees judge that there are no significant risks likely to affect the continuation of the Food Bank.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Public donations. Donations from grant awarding organisations e.g. Lancing and Sompting Lions Club, Lancing Parish Council, West Sussex County Council, the Sussex Community Foundation and Sompting Big Local.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	Both our principal stores and distribution points rely on goodwill arrangements. We do not consider either arrangement to be threatened but we do need to be aware that this is a potential risk should circumstance change.

		<p>There have been some minor changes to the spaces available to us in Lancing. On balance this has benefitted us in that it enabled us to offer a more discreet service to our visitors.</p> <p>We enjoy a good relationship with Lancing Parish Council.</p> <p>We have excellent provision at the Harriet Johnson Centre in Sompting and a strong and productive relationship with the Parish Council.</p> <p>We are dependent on volunteers for almost all of our operation. Our volunteer base is strong and there is a steady influx of new volunteers allowing for succession as well as easing the load.</p>
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Volunteer Policy: Includes sections covering recruitment, selection, induction, supervision and support, training and safeguarding.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Networking is largely through the AW Food Partnership. We continue to network with local churches, schools and voluntary organisations e.g. Lancing and Sompting Lions Club, Lancing Recycling, Electric Storm Youth. We have a good relationship with Christians Against Poverty.
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Lancing and Sompting Churches Food Bank
Other name the charity uses	
Registered charity number	1190449
Charity's principal address	Lancing Tabernacle Church 105 North Road Lancing

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mark Deacon	Co-ordinator		Members
2	Peter Johnston			
3	Judy Bowers			
4	Nick Munday			
5	Simon Markwick			
6	Jonathan Gyll			
7	Laura Upward			
8	Linda Deacon	Treasurer		
9				
10				
11				
12				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Mark Deacon	Nick Munday
Position (eg Secretary, Chair, etc)	Co-ordinator	Trustee

Date 20th August 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Lancing & Sompington Churches Food Bank

No (if any)
1190449

CC16a

Receipts and payments accounts

For the period from	Period start date 01/06/2023	To	Period end date 31/05/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General donations	32,100	-	-	32,100	25,859
Donations for Fuel hardship		390	-	390	1,940
Donations for Paid support		3,130	-	3,130	13,800
Gift Aid	2,535		-	2,535	1,667
Donation for SATT			-	-	2,000
Donations for volunteer events		300	-	300	336
Donation for Young Carers		3,920	-	3,920	
Donations for volunteer events	-		-	-	
Sub total (Gross income for AR)	34,635	7,740	-	42,375	45,602
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	34,635	7,740	-	42,375	45,602
A3 Payments					
Food & Food vouchers	20,358		-	20,358	19,868
Fuel Hardship		792	-	792	1,407
Paid Support		8,217	-	8,217	6,782
ICT	875		-	875	886
Resources	676		-	676	528
Insurance	181		-	181	181
SATT Meals project	2,000	-	-	2,000	2,000
Young Carers project		500	-	500	
Other (training & admin)	4		-	4	204
CAP scheme	500		-	500	
Sompington Messy Church Food	500		-	500	
Volunteer events	7		-	7	350
Sub total	25,101	9,509	-	34,610	32,206
A4 Asset and investment purchases. (see table)					
Storage equipment	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	25,101	9,509	-	34,610	32,206
Net of receipts/(payments)	9,534	- 1,769	-	7,765	13,396
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	22,438	8,918	-	31,356	17,960
Cash funds this year end	31,972	7,149	-	39,121	31,356

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Community Account	31,972	7,149	-
		-	-	-
		-	-	-
	Total cash funds	31,972	7,149	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

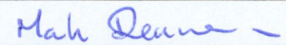
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	MARK DEANE	20/8/24

Independent Examiner's Report

Examiner:

Edward Richard Gill FCCA.

Fellow member of the Chartered Association of Certified Accountants who holds a current Practising Certificate.

I am acting in a completely independent capacity.

I confirm that I have read and understood the Charity.

Commissioners' directions and guidance with regard to independent examinations.

Appointment:

I have accepted an invitation to act as independent examiner.

Accounts to be examined:

Period 1st June 2023 to 31st May 2024.

Accounting basis: Receipts and payments.

Gross income: £42,375.

Guidance: In accordance with the Charity Commission's Guidance document: '*Independent examination of charity accounts: Guidance for Trustees*', last updated 14/07/2021.

Examination findings:

- Proper accounting records have been kept.
- The accounts for the period accord with the accounting records.
- There are no matters arising of material significance.
- The accounts, in Charity Commission prescribed format, have been checked and found to be in a state ready to be submitted to the Charity Commission with the TAR.
- The persons, appointed by the Trustees to maintain the books and records, are aware that three categories of submission, as listed below, must be made within 10 months of the year-end.

Charity Commission submission requirement:

- Annual accounts in prescribed form CC16a (XLS)
- Trustees' Annual Return (PDF)
- Independent Examiner's report (PDF)

Signed: Edward Richard Gill FCCA

Dated: 21/08/2024



LANCING AND SOMPTING CHURCHES FOODBANK

England & Wales - Charity number 1190449

Accounts



Trustees' Annual Report for the period

From 01-06-22 To 31-05-23

Charity name: Lancing and Sompting Churches Food Bank

Charity registration number: 1190449

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of poverty through the provision of a Food bank
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Soliciting donations of food and money to buy food from the local community. This is distributed to those in need in Lancing and Sompting. We also provide vouchers from the Fuel Bank Foundation to those in fuel need.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Due to our financial position being strong we have made grants to local schools to support breakfast clubs and the WRVS to support winter meals for elderly people. We have supported efficient fuel use through provision of Air fryers, fleece blankets and space heaters. We have fully funded a local project, Space At The Table, to provide meals for families over the school summer holidays. Our funds are now at the level we judge to be essential. Consequently, we have stopped making this type of grant for the time being.
Policy on social investment including program related investment	Para 1.38	

Contribution made by volunteers	Para 1.38	The Food Bank is completely reliant on the support of around 22 volunteers who give freely of their time. Roles include organisation and distribution of food, financial management, fund raising, advertising, communication, networking and IT support.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The current national economic picture has had a measurable increase in demand for the services of the foodbank.</p> <p>Whilst donations of food have fallen our financial reserves have been used to ensure food supplies continue.</p> <p>We have been able to continue a limited fresh food provision often using locally grown food donated by an allotment society.</p> <p>We remain part of the National Fuel Bank helping people heat their homes and cook food. We have been creative in supporting families to cook and keep warm efficiently.</p> <p>We have actively engaged with other local charities and co-ordinated our work with other food banks and the local council.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	We have a member of the Food bank team entirely focussed on fundraising. She has been extremely successful in attracting additional funds from a range of sources.
Investment performance against objectives	Para 1.41	

Other		The Food Bank receives significant non-monetary resources in the form of regular supplies of donated food from members of the public & local organisations. The donated food is distributed directly to those in need as per the objects of the charity. In addition, the functioning of the Food Bank relies largely on volunteers donating their time.
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The end of year balance is judged to be sufficient to continue the operation well into the new financial year even if support from the local community were to drop off.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	It is the judgement of the trustees that we do not need to hold reserves and we use the monies that we have to ensure that we can continue to provide a balance of food.
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	At this stage the trustees judge that there are no significant risks likely to affect the continuation of the Food Bank.

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Public donations. Donations from grant awarding organisations e.g. Lancing and Sompting Lions Club, Lancing Parish Council, West Sussex County Council, and the Sussex Community Foundation We now have a member of our team dedicated to fund raising.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	Issues around our Lancing store and operating base were resolved and for the foreseeable future we will continue to operate from the Adur West Family Hub. We have excellent provision at the Harriet Johnson Centre in Sompting and a strong

		<p>and productive relationship with the Parish Council.</p> <p>Both our principal stores and distribution points rely on goodwill arrangements. We do not consider either arrangement to be threatened but we do need to be aware that this is a potential risk should circumstances change.</p> <p>We are dependent on volunteers for almost all of our operation. This does present some risk to the charity.</p>
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	<p>Networking is largely through the AW Food Partnership.</p> <p>We continue to network with local churches, schools and voluntary organisations e.g. Lancing and Sompting Lions Club and Lancing Recycling.</p> <p>We have developed a working relationship with Christians Against Poverty.</p>
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Lancing and Sompting Churches Food Bank
Other name the charity uses	
Registered charity number	
Charity's principal address	Lancing Tabernacle Church 105 North Road Lancing

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mark Deacon	Co-ordinator		Members
2	Peter Johnston			
3	Judy Bowers			
4	Nick Munday			
5	Simon Markwick			
6	Jonathan Gyll			
7	Laura Upward			
8	Ian Edgar			
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20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

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

--

Exemptions from disclosure

Reason for non-disclosure of key personnel details

--

Other optional information

--

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)	Mark Deacon	JM Bowers
Full name(s)	MARK DEACON	Judith M Bowers
Position (eg Secretary, Chair, etc)	CHAIR OF TRUSTEES	TRUSTEE
Date	23-08-23	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Lancing & Sompting Churches Food Bank

No (if any)
1190449

CC16a

Receipts and payments accounts

For the period from	Period start date 01/06/2022	To	Period end date 31/05/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General donations	25,859	-	-	25,859	13,287
Donations for Fuel hardship		1,940	-	1,940	110
Donations for Paid support		13,800	-	13,800	2,000
Donations for Food			-	-	1,855
Donation for Art Fund			-	-	6
Gift Aid	1,667	-	-	1,667	622
ESY (for SATT vouchers)		-	-	-	500
Donation for SATT		2,000	-	2,000	-
Donations for volunteer events	-	336	-	336	-
Sub total (Gross income for AR)	27,526	18,076	-	45,602	18,380
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	27,526	18,076	-	45,602	18,380
A3 Payments					
Food & Food vouchers	19,868		-	19,868	12,001
Fuel Hardship		1,407	-	1,407	30
Paid Support	-	6,782	-	6,782	6,100
ICT	886	-	-	886	1,338
Resources	528	-	-	528	2,545
Insurance	181	-	-	181	221
SATT Meals project	-	2,000	-	2,000	-
Other (training & admin)	204	-	-	204	164
Volunteer events	-	350	-	350	20
Sub total	21,667	10,539	-	32,206	22,419
A4 Asset and investment purchases. (see table)					
Storage equipment	-	-	-	-	172
	-	-	-	-	-
Sub total	-	-	-	-	172
Total payments	21,667	10,539	-	32,206	22,591
Net of receipts/(payments)	5,859	7,537	-	13,396	- 4,211
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	16,579	1,381	-	17,960	22,171
Cash funds this year end	22,438	8,918	-	31,356	17,960

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Community Account	22,438	8,918	-
		-	-	-
		-	-	-
	Total cash funds	22,438	8,918	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

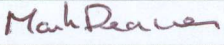
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	MARK DEACON	23/08/23

Independent Examiner's Report

Examiner:

Edward Richard Gill FCCA.

Fellow member of the Chartered Association of Certified Accountants who holds a current Practising Certificate.

I am acting in a completely independent capacity.

I confirm that I have read and understood the Charity.

Commissioners' directions and guidance with regard to independent examinations.

Appointment:

I have accepted an invitation to act as independent examiner.

Accounts to be examined:

Period 1st June 2022 to 31st May 2023.

Accounting basis: Receipts and payments.

Gross income: £45,602.

Guidance: In accordance with the Charity Commission's Guidance document: '*Independent examination of charity accounts: Guidance for Trustees*', last updated 14/07/2021.

Examination findings:

- Proper accounting records have been kept.
- The accounts for the period accord with the accounting records.
- There are no matters arising of material significance.
- The accounts, in Charity Commission prescribed format, have been checked and found to be in a state ready to be submitted to the Charity Commission with the TAR.
- The persons, appointed by the Trustees to maintain the books and records, are aware that three categories of submission, as listed below, must be made within 10 months of the year-end.

Charity Commission submission requirement:

- Annual accounts in prescribed form CC16a (XLS)
- Trustees' Annual Return (PDF)
- Independent Examiner's report (PDF)

Signed: Edward Richard Gill FCCA

Dated: 21/08/2023



LANCING AND SOMPTING CHURCHES FOODBANK

England & Wales - Charity number 1190449

Accounts



Trustees' Annual Report for the period

From 1/6/21 Period start date To 31/5/22
Period end date

Charity name: Lancing and Sompting Churches Food Bank

Charity registration number: 1190449

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of poverty through the provision of a Food bank
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Soliciting donations of food and money to buy food from the local community. This is distributed to those in need in Lancing and Sompting. We also provide vouchers from the National Fuel Bank to those in fuel need.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not make grants. We do provide food and where necessary e.g. large families, additional needs etc we provide vouchers which can be redeemed at local shops.
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	The Food Bank is completely reliant on the support of around 20 volunteers who give freely of their time to ensure that food is gathered, checked and distributed.
Other		We support a project in the school holidays to ensure that families in receipt of free

		school meals have access to 2 cooked meals a week free of charge.
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Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The Food Bank rose to the challenge of the pandemic situation. In the post pandemic period demand for our service become variable. This has been particularly true at our second distribution centre in Sompting.</p> <p>In some weeks demand has exceeded all previous demand and yet in other weeks we have had very little demand.</p> <p>We remain part of the national Fuel Bank helping people heat their homes and cook food.</p> <p>We have increasingly experimented with distributing fresh food. We do not have suitable storage so this is a small part of our biweekly distribution sessions.</p> <p>We have actively engaged with other local charities and co-ordinated our work with other food banks and the local council.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		The Food Bank receives significant non-monetary resources in the form of regular supplies of donated food from members of the public & local organisations. The donated food is distributed directly to those in need as per the objects of the charity. In addition, the

		functioning of the Food Bank relies largely on volunteers donating their time.
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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are in a strong position. We have benefitted from a lot of generous giving.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	
Reasons for holding zero reserves	Para 1.22	It is the judgement of the trustees that we do not need to hold reserves and we use the monies that we have to ensure that we can continue to provide a balance of food.
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Public donations. Donations from grant awarding organisations e.g. Lancing Lions, Lancing Parish Council, Adur District Council.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	Issues around our Lancing store and operating base have been resolved and for the foreseeable future we will continue to operate from the Adur Families Centre. Both our principle stores and distribution points rely on goodwill arrangements. There is no indication that this will change but we do need to be aware that this is a potential risk. We are dependent on volunteers for almost all of our operation. This does present some risk to the charity. We are in the process of putting a risk register with suitable risk mitigations in place.
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Networking is largely through the AWFood Partnership. We continue to network with local churches, schools and voluntary organisations e.g. Lions
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Lancing and Sompting Churches Food Bank
Other name the charity uses	
Registered charity number	
Charity's principal address	Lancing Tabernacle Church 105 North Road Lancing

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mark Deacon	Co-ordinator		Members
2	Peter Johnston			
3	Judy Bowers			
4	Nick Munday			
5	Thomas Fink-Jensen			
6	Jonathan Gyll			
7	Laura Upward			
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19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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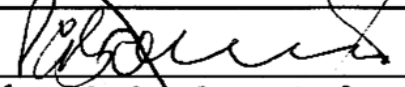
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		N. Munday
Full name(s)	PETER GEORGE BERNARD JOHNSTON	NICHOLAS H. P. MUNDAY
Position (eg Secretary, Chair, etc)	Trustee	Trustee
Date	20 JAN 2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Lancing & Sompting Churches Food Bank

No (if any)
1190449

Receipts and payments accounts

CC16a

For the period from	Period start date 6/1/21	To	Period end date 5/31/22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General donations	13,287	-	-	13,287	13,129
Donations for Fuel hardship		110	-	110	1,470
Donations for Paid support		2,000	-	2,000	9,500
Donations for Food		1,855	-	1,855	-
Donation for Art Fund		6	-	6	-
Gift Aid	622	-	-	622	-
ESY (for SATT vouchers)	500	-	-	500	-
	-	-	-	-	-
Sub total (Gross income for AR)	14,409	3,971	-	18,380	24,099
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	14,409	3,971	-	18,380	24,099
A3 Payments					
Food & Food vouchers	10,146	1,855	-	12,001	8,000
Fuel Hardship	30	-	-	30	1,540
Paid Support	-	6,100	-	6,100	4,020
ICT	500	838	-	1,338	602
Resources	1,249	1,296	-	2,545	367
Insurance	181	40	-	221	131
SATT Meals project	-	-	-	-	400
Other (Volunteer events, parking & AGM)	164	-	-	164	48
Art resources for FB visitors	-	21	-	21	33
	-	-	-	-	-
Sub total	12,269	10,150	-	22,420	15,141
A4 Asset and investment purchases. (see table)					
Storage equipment	172	-	-	172	51
	-	-	-	-	-
Sub total	172	-	-	172	51
Total payments	12,441	10,150	-	22,592	15,192
Net of receipts/(payments)	1,968	- 6,179	-	- 4,211	8,907
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	14,611	7,560	-	22,171	13,264
Cash funds this year end	16,579	1,381	-	17,960	22,171

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Community Account	16,579	1,381	-
		-	-	-
		-	-	-
	Total cash funds	16,579	1,381	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
<i>Mark Deacon</i>	MARK DEACON	07/10/22

Independent Examiner's Report

Examiner:

Edward Richard Gill FCCA.

Fellow member of the Chartered Association of Certified Accountants who holds a current Practising Certificate.

I am acting in a completely independent capacity.

I confirm that I have read and understood the Charity.

Commissioners' directions and guidance with regard to independent examinations.

Appointment:

I have accepted an invitation to act as independent examiner.

Accounts to be examined:

Period 1st June 2021 to 31st May 2022.

Accounting basis: Receipts and payments.

Gross income: £18,380.

Guidance: In accordance with the Charity Commission's Guidance document: '*Independent examination of charity accounts: Guidance for Trustees*', last updated 14/07/2021.

Examination findings:

- Proper accounting records have been kept.
- The accounts for the period accord with the accounting records.
- There are no matters arising of material significance.
- The accounts, in Charity Commission prescribed format, have been checked and found to be in a state ready to be submitted to the Charity Commission with the TAR.
- The persons, appointed by the Trustees to maintain the books and records, are aware that three categories of submission, as listed below, must be made within 10 months of the year-end.

Charity Commission submission requirement:

- Annual accounts in prescribed form CC16a (XLS)
- Trustees' Annual Return (PDF)
- Independent Examiner's report (PDF)

Signed: Edward Richard Gill FCCA

Dated: 18/07/2022



LANCING AND SOMPTING CHURCHES FOODBANK

England & Wales - Charity number 1190449

Accounts



Trustees' Annual Report for the period

From **17/07/20** Period start date To **31/05/21**
Period end date

Charity name: Lancing and Sompting Churches Food Bank

Charity registration number: 1190449

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	The relief of poverty through the provision of a Food bank
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	Soliciting donations of food and money to buy food from the local community. This is distributed to those in need in Lancing and Sompting. We also provide vouchers from the National Fuel Bank to those in fuel need.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The trustees have had regard to the guidance issued by the Charity Commission on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	We do not make grants. We do provide food and where necessary e.g. large families, additional needs etc we provide vouchers which can be redeemed at local shops.
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	The Food Bank is completely reliant on the support of around 20 volunteers who give freely of their time to ensure that food is gathered, checked and distributed.
Other		We support a project in the school holidays to ensure that families in receipt of free school meals have access to 2 cooked meals a week free of charge.

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	<p>The Food Bank has risen to the challenge of the current pandemic situation. Demand for our service has doubled in the last 10 months.</p> <p>We have opened a second distribution centre in Sompting. This provides an easily accessible distribution point on the edge of our community.</p> <p>We have become part of the national Fuel Bank helping people heat their homes and cook food.</p> <p>We have supported a local slow cooker initiative distributing 30 slow cookers and recipe books free of charge to enable people to provide healthy cheap cooked meals.</p> <p>We have actively engaged with other local charities and co-ordinated our work with other food banks and the local council.</p>

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	We are in a strong position. We have benefitted from a lot of generous giving.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	
Amount of reserves held	Para 1.22	Zero
Reasons for holding zero reserves	Para 1.22	It is the judgement of the trustees that we do not need to hold reserves and we use the monies that we have to ensure that we can continue to provide a balance of food.
Details of fund materially in deficit	Para 1.24	
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	Public donations. Donations from grant awarding organisations e.g. Lancing Lions, Lancing Parish Council, Adur District Council.
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	There is uncertainty about the local authority's willingness to maintain our principle operating base. Options are currently being explored. There may be some costs associated with moving should that prove necessary.
Other		The Food Bank receives significant non-monetary resources in the form of regular supplies of donated food from members of the public & local organisations. The donated food is distributed directly to those in need as per the objects of the charity. In addition, the functioning of the Food Bank relies largely on volunteers donating their time.

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	CIO
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Elected by members

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	Networking is largely through the AWFood Partnership.
Relationship with any related parties	Para 1.51	
Other		

Reference and Administrative details

Charity name	Lancing and Sompting Churches Food Bank
Other name the charity uses	
Registered charity number	1190449
Charity's principal address	Lancing Tabernacle Church 105 North Road Lancing BN15 9BB

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Mark Deacon	Co-ordinator		Members
2	Peter Johnston			
3	Judy Bowers			
4	Nicholas Munday			
5	Thomas Fink-Jensen			
6	Jonathan Gyll			
7	Laura Upward			
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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Exemptions from disclosure

Reason for non-disclosure of key personnel details

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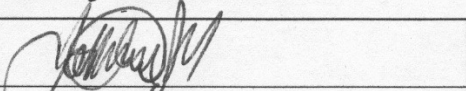
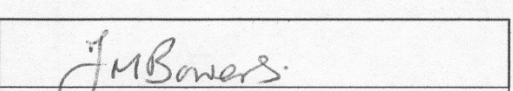
Other optional information

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Declarations

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

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	JONATHAN GYLL	JUDITH BOWERS
Position (eg Secretary, Chair, etc)	Trustee	Trustee
Date	26-08-21	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Lancing & Sompting Churches Food Bank

1190449

Receipts and payments accounts

CC16a

For the period
from

17/07/2020

To

31/05/2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
General donations	13,129	-	-	13,129	
Donations for Fuel hardship	-	1,470	-	1,470	
Donations for Paid support	-	9,500	-	9,500	
Donation for art materials	-	-	-	-	
Refunded from SATT	-	-	-	-	
	-	-	-	-	
	-	-	-	-	
Sub total (Gross income for AR)	13,129	10,970	-	24,099	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total receipts	13,129	10,970	-	24,099	-
A3 Payments					
Food & Food vouchers	8,000	-	-	8,000	
Fuel hardship	-	1,540	-	1,540	
Paid support	-	4,020	-	4,020	
ICT	-	602	-	602	
Resources	-	367	-	367	
Insurance	131	-	-	131	
SATT meals project	400	-	-	400	
Other (thank you gift etc)	48	-	-	48	
Art ersonces for FB visitors	-	33	-	33	
Sub total	8,579	6,562	-	15,141	-
A4 Asset and investment purchases, (see table)					
Storage equipment	-	51	-	51	
	-	-	-	-	
Sub total	-	51	-	51	-
Total payments	8,579	6,613	-	15,192	-
Net of receipts/(payments)	4,550	4,357	-	8,907	-
A5 Transfers between funds	-	-	-	-	
A6 Cash funds last year end	10,061	3,203	-	13,264	
Cash funds this year end	14,611	7,580	-	22,171	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Community Account	14,611	-	-
	Community Account	-	7,560	-
		-	-	-
	Total cash funds	14,611	7,560	-

(agree balances with receipts and payments account(s))

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	NONE	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	NONE		-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	NONE		-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	NONE		-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval		
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">PGB Johnston</td></tr> </table>	PGB Johnston	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">2.11.2021</td></tr> </table>	2.11.2021
PGB Johnston				
2.11.2021				

Independent Examiner's Report

Examiner:

Edward Richard Gill FCCA.

Fellow member of the Chartered Association of Certified Accountants who holds a current Practising Certificate.

I am acting in a completely independent capacity.

I confirm that I have read and understood the Charity.

Commissioners' directions and guidance with regard to independent examinations.

Appointment:

I have accepted an invitation to act as independent examiner.

Accounts to be examined:

Period 17th July 2020 to 31st May 2021.

Accounting basis: Receipts and payments.

Gross income: £24,099.

Guidance: In accordance with the Charity Commission's Guidance document: '*Independent examination of charity accounts: Guidance for Trustees*', last updated 14/07/2021.

Examination findings:

- Proper accounting records have been kept.
- The accounts for the period accord with the accounting records.
- There are no matters arising of material significance.
- The accounts, in Charity Commission prescribed format, have been checked and found to be in a state ready to be submitted to the Charity Commission with the TAR.
- The persons, appointed by the Trustees to maintain the books and records, are aware that three categories of submission, as listed below, must be made within 10 months of the year-end.

Charity Commission submission requirement:

- Annual accounts in prescribed form CC16a (XLS)
- Trustees' Annual Return (PDF)
- Independent Examiner's report (PDF)

Signed: Edward Richard Gill FCCA

Dated: 15/08/2021

