

EMMIES KITCHEN

England & Wales · Charity number 1191029

Details

Status Registered

Legal form CIO

Registered 2020-08-26

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

Contact

Address 14 Gloucester Avenue
Manchester
M19 3WT

Phone 07849778725

Email emmieskitchen@outlook.com

Activities

Objects: THE RELIEF OF SICKNESS AMONG HOSPITALISED CHILDREN IN THE NORTH WEST OF ENGLAND BY THE PROVISION OF SUPPORT AND FACILITIES TO THEIR PARENTS AND CARERS, IN PARTICULAR BUT NOT EXCLUSIVELY THE PROVISION OF HOT MEALS AND RESPITE, TO ENABLE FAMILIES AND CARERS TO HAVE EXTENDED VISITS.

Activities: Emmie's Kitchen provides food and support to parents and carers staying with their poorly child in the Royal Manchester Children's Hospital. The offer includes regular hot meals, snack bags and emotional and practical support. Our aim is to improve the physical and mental well being of parents staying in the hospital.

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Disability
- **Who:** Children/young People, The General Public/mankind

Geography

- Bolton
- Bury
- Manchester City
- Oldham
- Rochdale
- Salford City
- Stockport
- Tameside
- Trafford
- Wigan

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£35,718	£30,716	-	-
2024-03-31	£75,563	£31,424	-	-
2023-03-31	£61,926	£23,286	-	-
2022-03-31	£41,766	£27,590	-	-
2021-03-31	£24,153	£12,902	-	-

Trustees

Name	Role	Appointed
Eve Naraynsingh	Chair	2020-06-07
Claire Susan Parkinson		2020-06-10
JACQUELINE NARAYNSINGH		2024-05-15
Rizwan Hussain		2024-05-15

EMMIES KITCHEN

England & Wales - Charity number 1191029

Accounts



Trustees' Annual Report for the period

From 1st April 2024
Period end date

Period start date To 31st March 2025

Charity name: Emmies Kitchen

Charity registration number: 1191029

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 sickness amongst hospitalised children in the North West of England by the provision of support and facilities to their parents and carers, in particular but not exclusively the provision of hot meals and respite, to enable families and carers to have extended visits.
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	<p>Over this reporting period the charity has continued to provide hot meals and snack bags on a weekly basis to parents who are staying long term with their child in the Royal Manchester Children's Hospital (RMCH). The charity has continued to develop its relationship with local food outlets who can offer hot food.</p> <p>We continue to engage with parents and over the last year, have found more time to talk or communicate via social media to offer them support and relief from isolation whilst their child is in hospital.</p> <p>Our 'Wellbeing sessions' have been delivered on a monthly basis and have proved to be extremely popular. We benefit from the support of Ronald Macdonald House who allow us to use space in their building to offer these sessions.</p> <p>Our volunteer cohort has remained active over this reporting period and continues to provide regular input into the preparation, delivery and distribution of food and snack bags, as well as being fully involved in the Wellbeing sessions.</p> <p>Our partnership work continued to be strong. Our partnership with Ronald Macdonald House has gone from strength to strength as has the relationship with Fareshare Greater Manchester, who support us with the contents of our snack bags. Relations with Senior Management within the hospital is good, and they are</p>

		<p>fully supportive of our work.</p> <p>As has been stated in previous reports, our partnership approach has been guided by the charity's core values of care, kindness and compassion, and has enabled the sharing of facilities and expertise to support families at the hospital.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All our Trustees understand that the charity exists to further an exclusively charitable purpose for the public benefit. We adhere to the charitable purpose for which we were established, and which is outlined in our objectives.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<p>Emmies Kitchen is staffed entirely by Volunteers. There are no paid staff, and there have been non over the reporting period.</p> <p>Volunteers have been at the core of our service delivery from the inception of our organisation and continued to be the mainstay throughout the period of this report.</p> <p>The Volunteer pool has remained consistent and Volunteer input has ensured that food delivery, the preparation of snack bags and the staffing of the Wellbeing sessions always happened as scheduled and were never missed.</p>
Other		Emmies Kitchen has a robust written Safeguarding Policy which all volunteers a familiarised with at induction and are expected to be compliant with. We also make sure that all Volunteers are regularly refreshed on our policies on food handling, food safety, and food hygiene.

Achievements and Performance

	SORP reference	
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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

Since our creation in 2018 and becoming a charity in 2020 Emmies Kitchen has remained committed its purpose and core values.

The support to parents and carers staying with a poorly child in the RMCH has been consistent.

Over the last financial year, we have continued to build on our foundations to develop our services whilst not losing sight of our core purpose.

Our ongoing relationship with our partner organisations combined with the commitment of our Volunteers and our success in fundraising has meant that we are able to support families through the provision of hot meals, ambient food snack bags, toiletries and emotional and practical help.

In the year 24/25 we provided over 5,400 hot meals and 3000 snack bags. For Christmas 2024, we distributed 250 gift bags to parents staying at the hospital with the contents of each worth around £50.

This is something that we have managed to do consistently, year on year.

Again, though our partner Fareshare we get a report on how much food we have redistributed which would have gone to waste. In this year it was approximately 4,000 kilos. The relationship with Fareshare has proved particularly beneficial in that Emmies Kitchen can source the contents of our snack bags at minimum cost.

As in previous years, our Volunteers, and the social media feedback that we received, identified that many parents were struggling to source hot food, were experiencing financial hardships, and many regarded Emmies Kitchen as a 'lifeline'.

Not only was the hot food and snack bags welcome, but the feedback we continued to receive from hospital staff is that the positive psychological impact of the anticipation and delivery of the food was significant, and visibly noticeable.

Parents who must spend long time looking after their child in hospital become increasingly isolated. Again, over this reporting period we were aware of the deterioration in people's mental health, and the numbers who lost their jobs. In response to this our major development over this reporting period has been the regular provision of monthly wellbeing sessions. Parents and carers come together for massage, therapy, arts and crafts, and most importantly a time to talk. These sessions have proved very popular

		<p>with upwards of 20 parents attending each session. The feedback we have received has been extremely positive, particularly in relation to peer support, and talking with others with a similar lived experience. As well as our food partners, Emmies Kitchen benefitted from support from other organisations including L'Oreal, who provide a substantial number of cosmetics and toiletries, and City in the Community plus other supporters who were once again able to provide essential items at Christmas, including pyjamas, selection boxes, gifts and toiletries.</p> <p>Our intention is to continue to work alongside our existing and new partners to facilitate more access to services and support for parents.</p> <p>As in previous years we have continued to maintain our core charitable purpose, and we believe that we have been able to relieve a degree of financial hardship, and to provide support to those in need, both practically and psychologically.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Over the reporting period Emmies Kitchen achieved our core objective of providing care, support and hot food to parents and carers of hospitalised children which enabled families in turn to care better for their child whilst they are staying with them in hospital.
Performance of fundraising activities against objectives set	Para 1.41	The charity had not set specific fundraising objectives other than to be ongoing in our efforts to raise enough money to support the continuation of the provision of hot food, snack bags, wellbeing sessions, resources and the development of publicity, information and marketing materials.
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	Once again, at the end of this reporting period, the charity finds itself in a good financial position. Our financial balance at the end of the year is healthy. We are anticipating maintaining and hopefully increasing our income over the next financial year through donations, grants and fundraising. The charity takes the management of its financial affairs extremely seriously and has a dedicated volunteer/treasurer/administrator who monitors all income and expenditure. The charity is also supported by a qualified accountant who is responsible for verifying accounts as required.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	Nil
Reasons for holding zero reserves	Para 1.22	The charity was not responsible for any liabilities over this time and continues not to be responsible for any liabilities. The charity has no ongoing financial commitments such as overheads, wages or material assets which would incur charges.
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	There are no uncertainties about the charity continuing as an ongoing concern.

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	Individual fundraising (sponsored events, activities etc.) Donations (individuals, business) Grant bids
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	None
Other		

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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Model Constitution for a Charitable Incorporated Organisation whose only voting members are its charity Trustees
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	The membership may appoint all charity Trustees. Apart from the first charity Trustees, every Trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity Trustees. In selecting individuals for appointment as charity Trustees, the charity Trustee must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

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 existing charity Trustees make available to each new charity Trustee, on his or her appointment: a copy of the current version of the constitution, and a copy of the CIO latest Trustee Annual Report and statement of accounts.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The members of the CIO are its charity Trustees. The only persons eligible to be members of the CIO are its charity Trustees. The Volunteer Representative is automatically (ex officio) a charity Trustee. Board meetings take place every quarter. The AGM took place as scheduled during this financial year.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Emmies Kitchen
Other name the charity uses	
Registered charity number	1191029
Charity's principal address	14 Gloucester Avenue, Levenshulme,

	Manchester M19 3WT UK

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	Eve Naraynsingh	Chair	Whole Year	The Membership
2	Claire Parkinson	Secretary	Whole year	The Membership
3	Jacqueline Naraynsingh		Whole year	The Membership
4	Rizwan Hussain		Whole year	The Membership
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19				
20				

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

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

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
	N/A	

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

None

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

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)

evenaraynsingh

Full name(s)

Eve Naraynsingh

Position (eg Secretary,
Chair, etc)

Chair

Date

3/12/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Emmies Kitchen

No (if any)
1191029

CC16a

Receipts and payments accounts

For the period from	Period start date 01-Apr-24	To	Period end date 31-Mar-25
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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					
Fundraising and donations	32,718	-	-	32,718	19,273
Grants	3,000	-	-	3,000	17,650
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	35,718	-	-	35,718	75,563
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	35,718	-	-	35,718	75,563
A3 Payments					
Food	25,883	-	-	25,883	26,681
Other expenses	4,833	-	-	4,833	4,743
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	30,716	-	-	30,716	31,424
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	30,716	-	-	30,716	31,424
Net of receipts/(payments)	5,002	-	-	5,002	44,139
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	5,002	-	-	5,002	44,139

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	Balance in bank	48,956	-	-
		-	-	-
		-	-	-
	Total cash funds	48,956	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	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)
	Balance carried forward	charity costs	-	43,954
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
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	
	<i>evenaraynsingh</i>	EVE NARAYNSINGH	03/12/2025	



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
EMMIES KITCHEN

**On accounts for the year
ended**

31 March 2025

**Charity no
(if any)**

1191029

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 / 03 / 2025.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

R. Akhtar

Date:

12 / 12 / 2025

Name:

Rizwan Akhtar

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

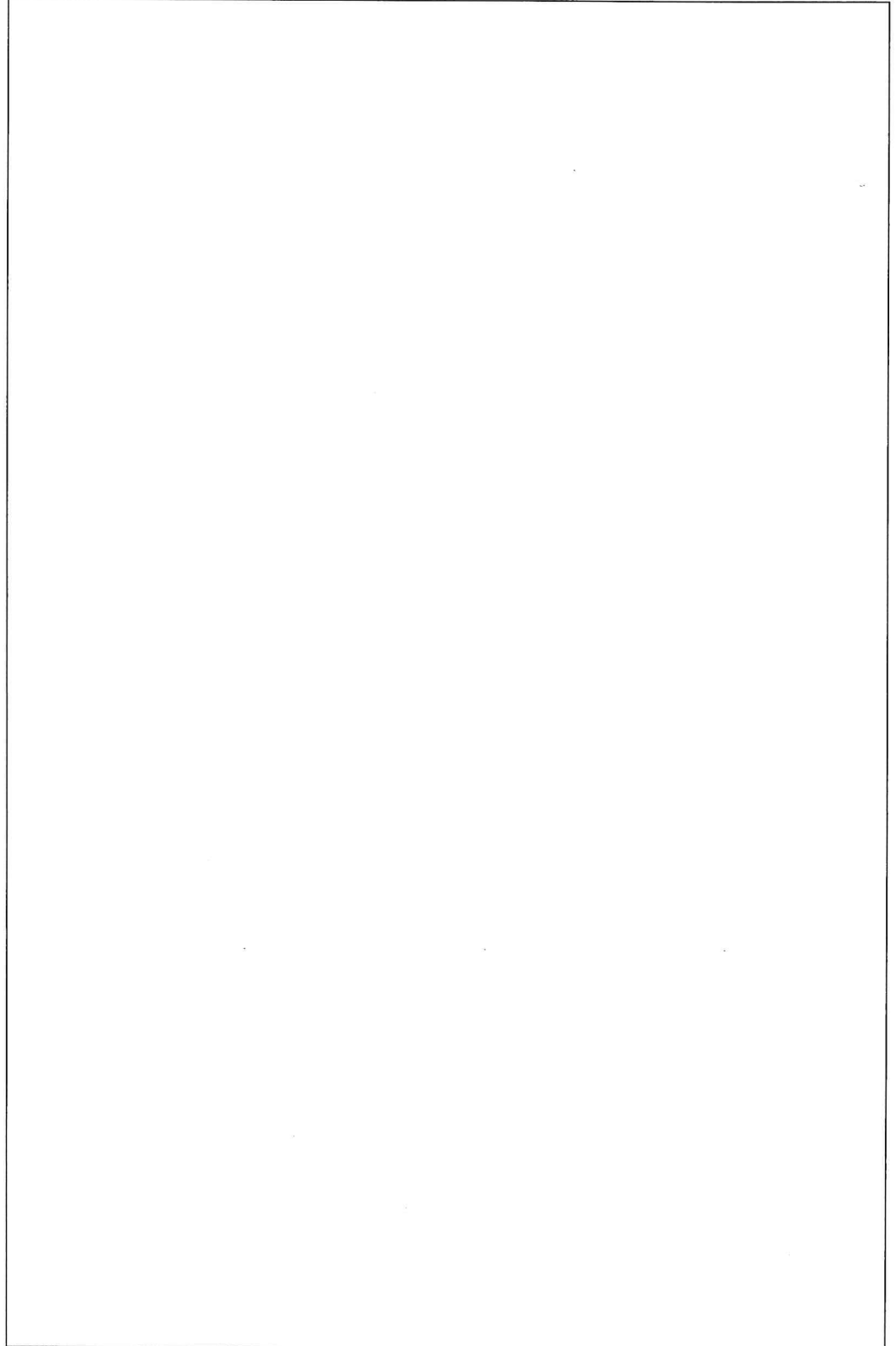
322 Slade Lane

Manchester

M19 2BY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.



EMMIES KITCHEN

England & Wales - Charity number 1191029

Accounts



Trustees' Annual Report for the period

From 1st April 2023 Period start date To 31st March 2024
Period end date

Charity name: Emmies Kitchen

Charity registration number: 1191029

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 sickness among hospitalised children in the North West of England by the provision of support and facilities to their parents and carers, in particular but not exclusively the provision of hot meals and respite, to enable families and carers to have extended visits.
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	<p>Over this reporting period the charity has continued to provide hot meals and snack bags on a weekly basis to parents who are staying long term with their children in the Royal Manchester Children's Hospital. The charity has continued to develop its relationship with local food outlets who can offer hot food.</p> <p>In this year we have continued to have excellent access to parents which has enable us to have more time to talk with parents to offer them support and relief from isolation during the time of their child's treatment. Towards the end of the year, we were able to re-introduce our parents well being sessions. These sessions were held at Macdonald House and have been well attended. Each session provides a respite for parents to take time to talk with other parents and Emmies Kitchen Volunteers some of whom have had similar experiences with a child in hospital themselves.</p> <p>Our volunteer cohort has remained active over this reporting period and continues to provide regular input into the preparation, delivery and distribution of food and snack bags, as well as being involved with the Wellbeing sessions.</p> <p>Partnership building has continued over the year, especially with our most long-term partner Ronald Macdonald House, as well as with hospital staff and management, and</p>

		<p>other external bodies such as the University of Manchester, and local galleries and arts centres.</p> <p>This partnership approach has been guided by the charity's core values of care, kindness and compassion, and has enabled the sharing of facilities and expertise to support families at the hospital.</p>
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees understand that the charity exists to further an exclusively charitable purpose for the public benefit. We adhere to the charitable purpose for which we were established, and which is outlined in our objectives.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<p>Emmies Kitchen is staffed entirely by volunteers. There are no paid staff, and there have been non over the reporting period.</p> <p>Volunteers have been at the core of our service delivery from the inception of our organisation and continued to be the mainstay throughout the period of this report.</p> <p>The volunteer pool has remained consistent and volunteer input has ensured that food delivery, the preparation of snack bags and more recently the wellbeing sessions were never missed and were available as scheduled for the whole of the year.</p>
Other		<p>Emmies Kitchen has a robust written safeguarding policy which all volunteers are familiarised with at induction and are expected to be compliant with.</p> <p>We also have policies on food handling, food safety and food Hygiene.</p>

Achievements and Performance

	SORP reference	
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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

Since our creation in 2018 and becoming a charity in 2020 Emmies Kitchen has remained committed to its purpose, and core values.

The support to parents and carers staying with a poorly child in the RMCH has been consistent.

As we have reported over previous years, the charity has built on its foundations to develop our services whilst not losing sight of our core purpose.

We continue to enjoy good and productive relations with the hospital Management, and hospital services and this combined with the commitment of our Volunteers and our success in fundraising has meant that we have been able to support families especially with the provision of hot meals, ambient food snack bags, toiletries, and emotional and practical help.

During the course of the year the charity delivered over 5,000 hot meals and over 3,000 snack bags. Christmas saw us deliver 250 'goody' bags worth approximately £50 each. Our volunteer hours totalled over 3,000. It has been calculated that over the year we have redistributed over 3,500 kilos of food that would have gone into waste.

Our well-established relationship with the food charity Fareshare Greater Manchester, means that Emmies Kitchen has been able to continue to source the contents for the snack bags consistently and at a minimum cost.

As a charity we already know that parents are often not feeding themselves properly. Again, over this reporting period, similar to previous years, our Volunteers identified that parents at the hospital were often struggling to source a hot meal. The Emmies Kitchen Friday night Takeaway became a lifeline for many. Not only was the hot food itself welcome, but the feedback we continue to receive from the hospital is that the psychological impact of the anticipation and delivery of the food was significant to the point that the mood on the wards was visibly lifted.

Parents who must spend long periods of time looking after their child in hospital, become increasingly isolated. Over this time our Volunteers again noted a deterioration in people's mental health, and an increasing number who were losing their jobs.

By building good relationships with a range of partners and supporters, Emmies Kitchen was able to offer other support in addition to the food.

		<p>Our partnership with L'Oréal continues and means that we were able to provide regular supplies of cosmetics and toiletries. Things that are essential to parents staying in the hospital, but expensive and hard to access. In addition, with support from City in the Community, and other partners, we were once again able to provide essential items at Christmas, including pyjamas, gifts and toiletries.</p> <p>Over this reporting year as in previous years Emmies Kitchen has continued to build on our good relationships with Ronald Macdonald House, The Teenage Cancer Trust, Macmillan, Hospital staff and Management, and especially the Family Support Team.</p> <p>Our intention is to continue to develop our partnership work in order to facilitate more access to services for parents.</p> <p>We have maintained our core charitable purpose over the year, and we believe that we have been able to relieve a degree of financial hardship, and also to provide relief to those in need, both practically and psychologically.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Over the reporting period, Emmies Kitchen achieved our core objective of providing care, support and hot food to parents and carers of hospitalised children which enabled families in turn to care better for their child whilst they are staying with them in the hospital.
Performance of fundraising activities against objectives set	Para 1.41	The charity had not set specific fundraising objectives other than to be ongoing in our efforts to raise enough money to support the continuation of the provision of food, resources and the development of publicity, information and marketing materials. This was achieved through fundraising, donations, and grants.
Investment performance against objectives	Para 1.41	N/A
Other		

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Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of this reporting period, the charity finds itself in a good financial position. Our financial balance at year end is healthy. We are anticipating maintaining and hopefully increasing our income over the next financial year through, donations, grants, and fundraising. As has been stated in previous reports, the charity takes the management of its financial affairs extremely seriously and has a dedicated volunteer treasurer/administrator who monitors all income and expenditure. The charity is also supported by a qualified accountant who is responsible for verifying accounts, as required.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	Nil
Reasons for holding zero reserves	Para 1.22	The charity is not responsible for any liabilities over this time, or at this time. The charity had no ongoing financial commitments such as overheads, wages or material assets which would incur charges.
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	There are no uncertainties about the charity continuing as a going concern.

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	Individual fundraising (sponsored events activities etc.) Donations (individuals, business) Grant bids
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	None
Other		

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Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Model Constitution for a Charitable Incorporated Organisation whose only voting members are its charity trustees.
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	The Membership may appoint all charity Trustees. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustee must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

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 existing charity trustees make available to each new charity trustee, on his or her appointment: a copy of the current version of the constitution; and a copy of the CIO's latest Trustee Annual Report and statement of accounts.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The members of the CIO are its charity trustees. The only persons eligible to be members of the CIO are its charity trustees. The Volunteer Representative is automatically (ex officio) a charity trustee. Board meetings are scheduled to take place every two months. The AGM took place as scheduled during this financial year.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Emmies Kitchen
Other name the charity uses	
Registered charity number	1191029

Charity's principal address	14 Gloucester Ave. Levenshulme Manchester M19 3WT UK

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	Eve Naraynsingh	Chair	Whole year	The Membership
2	Claire Parkinson	Secretary	Whole Year	The Membership
3	Jacqueline Naraynsingh		Whole Year	The Membership
4	Rizwan Hussain		Whole Year	The Membership
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Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

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
	N/A	

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

None

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

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)

evenaraynsingh

Full name(s)

Eve Naraynsingh

Position (eg Secretary,
Chair, etc)

Chair

Date

12/01/2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name Emmies Kitchen	No (if any) 1191029
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CC16a

Receipts and payments accounts

For the period from	Period start date 1-Apr-23	a	Period end date 31-Mar-24
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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					
Balance c/f	38,640		-	38,640	47,343
Fundraising	19,273	-	-	19,273	14,583
Grants	17,650	-	-	17,650	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	75,563	-	-	75,563	61,926
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	75,563	-	-	75,563	61,926
A3 Payments					
Food	26,681	-	-	26,681	21,024
Other expenses	4,743	-	-	4,743	2,262
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	31,424	-	-	31,424	23,286
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	31,424	-	-	31,424	23,286
Net of receipts/(payments)	44,139	-	-	44,139	38,640
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	44,139	-	-	44,139	38,640

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		44,139	-	-
		-	-	-
		-	-	-
	Total cash funds	44,139	-	-
	(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
evenaraynsingh	EVE NARAYNSINGH	10.01.2025



Section A Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
EMMIES KITCHEN

**On accounts for the year
ended**

31st March 2024

**Charity no
(if any)**

1191029

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

R. Akhtar

Date:

10/01/2025

Name:

Rizwan Akhtar

**Relevant professional
qualification(s) or body
(if any):**

ACCA

Address:

322 Slade Lane
Manchester
M19 2BY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

EMMIES KITCHEN

England & Wales - Charity number 1191029

Accounts



Trustees' Annual Report for the period

From 1st April 2022
Period end date

Period start date To 31st March 2023

Charity name: Emmies Kitchen

Charity registration number: 1191029

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 sickness among hospitalised children in the North West of England by the provision of support and facilities to their parents and carers, in particular but not exclusively the provision of hot meals and respite, to enable families and carers to have extended visits.
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	<p>During this reporting period the charity has continued to provide hot meals and snack bags on a weekly basis to parents who are staying long term with their children in the Royal Manchester Children's Hospital. The charity has continued to develop its relationship with local food outlets who can offer hot food.</p> <p>During this reporting year we have had excellent access to parents which has enable us to have more time to talk with parents to offer them support and relief from isolation during the time of their child's treatment.</p> <p>A cohort of volunteers has remained active over this reporting period and provided regular input into the preparation, delivery and distribution of food and snack bags. Partnership building has continued over the year, especially with our most long-term partner Ronald Macdonald House, as well as with hospital staff and management, and other external bodies such as the University of Manchester, and local galleries and arts centres.</p> <p>This partnership approach has been guided by the charity's core values of care, kindness and compassion, and has enabled the sharing of facilities and expertise to support families at the hospital.</p>
Statement confirming whether the trustees have had regard to the guidance	Para 1.18	The Trustees understand that the charity exists to further an exclusively charitable purpose for the public benefit. We adhere

issued by the Charity Commission on public benefit		to the charitable purpose for which we were established, and which is outlined in our objectives.
--	--	---

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	<p>Emmies Kitchen is staffed entirely by volunteers. There are no paid staff, and there have been non over the reporting period.</p> <p>Volunteers have been at the core of our service delivery from the inception of our organisation and continued to be the mainstay throughout the period of this report.</p> <p>The volunteer pool has remained consistent and volunteer input has ensured that food delivery, or the preparation of snack bags was never missed and was available as scheduled for the whole of the year.</p>
Other		Emmies Kitchen has a robust written safeguarding policy which all volunteers are familiarised with at induction and are expected to be compliant with.

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

Since its creation in 2018 and becoming a charity in 2020 Emmies Kitchen has remained committed to its purpose, and core values.

The support to parents and carers staying with a poorly child in the RMCH has been consistent.

As we have reported over the last two years, Covid brought with it particular challenges, but the foundations that had been built in the early days of the organisation, especially regarding relations with the hospital management, the commitment of volunteers and the success of fundraising, meant that by adjusting to a delivery/ takeaway rather than a face to face service, we could continue to support families.

During the course of the year the charity delivered over 6,000 hot meals and over 4,000 snack bags, each bag containing more than a dozen items. In total, over 10,000 snack bags and meals were prepared and delivered.

A well established relationship with the food charity Fareshare, means that Emmies Kitchen can continue to source the contents for the snack bags relatively smoothly and at a minimum cost.

As a charity we already knew that parents were often not feeding themselves properly.

Over this reporting period, similar to previous years, our volunteers identified that parents at the hospital were often struggling to source a hot meal. The Emmies Kitchen Friday night Takeaway became a lifeline for many. Not only was the hot food itself welcome, the feedback we received from the hospital was that the psychological impact of the anticipation and delivery of the food was significant to the point that the mood on the wards was visibly lifted.

Parents who have to spend long periods of time looking after their child in hospital, become increasingly isolated. Over this time our volunteers noted an increase in the deterioration of people's mental health, and an increasing number losing their jobs. By building good relationships with a range of partners and supporters, Emmies Kitchen was able to offer other support in addition to the food.

Our ongoing partnership with L'Oréal meant that we were able to provide regular supplies of cosmetics and toiletries. Things that are essential to parents staying in the hospital, but expensive and hard to access.

		<p>In addition, with support from City in the Community, and other partners, the charity was once again able to provide essential items at Christmas, including pyjamas, gifts and toiletries.</p> <p>Over this reporting year Emmies Kitchen has continued to build on our good relationships with Ronald Macdonald House, The Teenage Cancer Trust, Macmillan, Hospital staff and Management, and especially the Family Support Team. Our intention is to continue to develop our partnership work in order to facilitate more access to services for parents.</p> <p>We have maintained our core charitable purpose over the year, and we believe that we have been able to relieve a degree financial hardship, and also to provide relief to those in need, both practically and psychologically.</p>
--	--	--

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Over the reporting period, Emmies Kitchen achieved our core objective of providing care, support and hot food to parents and carers of hospitalised children which enabled families in turn to care better for their child whilst they are staying with them in the hospital.
Performance of fundraising activities against objectives set	Para 1.41	The charity had not set specific fundraising objectives other than to be ongoing in our efforts to raise enough money to support the continuation of the provision of food, resources and the development of publicity, information and marketing materials. This was achieved through fundraising, donations, and grants.
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of this reporting period, the charity finds itself in a good financial position. Our financial balance at year end is healthy. We are anticipating increasing our income over the next financial year through, donations, grants, and fundraising. As was stated in previous years, the charity takes the management of its financial affairs extremely seriously and has a dedicated volunteer treasurer/administrator who monitors all income and expenditure. The charity is also supported by a qualified accountant who is responsible for verifying accounts, as required.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	Nil
Reasons for holding zero reserves	Para 1.22	The charity is not responsible for any liabilities over/at this time. The charity had no ongoing financial commitments such as overheads, wages or material assets which would incur charges.
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	There are no uncertainties about the charity continuing as a going concern.

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	Individual fundraising (sponsored events activities etc.) Donations (individuals, business) Grant bids
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	None
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Model Constitution for a Charitable Incorporated Organisation whose only voting members are its charity trustees.
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	The Membership may appoint all charity Trustees. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustee must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

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 existing charity trustees make available to each new charity trustee, on his or her appointment: a copy of the current version of the constitution; and a copy of the CIO's latest Trustee Annual Report and statement of accounts.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The members of the CIO are its charity trustees. The only persons eligible to be members of the CIO are its charity trustees. The Volunteer Representative is automatically (ex officio) a charity trustee. Board meetings are scheduled to take place every two months. The AGM took place as scheduled during this financial year.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Emmies Kitchen
Other name the charity uses	
Registered charity number	1191029

Charity's principal address	14 Gloucester Ave. Levenshulme Manchester M19 3WT UK

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	Eve Naraynsingh	Chair	Whole year	The Membership
2	Elizabeth Grant		Whole Year	The Membership
3	Claire Parkinson		Whole Year	The Membership
4	Jacqueline Naraynsingh (ex officio)	Volunteer Representative	Whole Year	The Membership
5	Rizwan Hussain		Whole Year	The Membership
6				
7				
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		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

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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	N/A	

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

None

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

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)	<i>evenaraynsingh</i>	
Full name(s)	Eve Naraynsingh	
Position (eg Secretary, Chair, etc)	Chair	
Date	02/01/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Emmies Kitchen 1191029

Receipts and payments accounts

CC16a

For the period from	Period start date 1-Apr-22	To	Period end date 31-Mar-23
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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					
Balance c/f	47,343	-	-	47,343	-
Fundraising	14,583	-	-	14,583	20,266
Grants	-	-	-	-	21,500
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	61,926	-	-	61,926	41,766
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	61,926	-	-	61,926	41,766
A3 Payments					
Food	21,024	-	-	21,024	24,569
Other expenses	2,262	-	-	2,262	3,021
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	23,286	-	-	23,286	27,590
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	23,286	-	-	23,286	27,590
Net of receipts/(payments)	38,640	-	-	38,640	14,176
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	38,640	-	-	38,640	14,176

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	Bank Balance	38,640	-	-
		-	-	-
		-	-	-
	Total cash funds	38,640	-	-
	(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
	evenaraynsingh	EVE NARAYNSINGH	10-Jan-24



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
EMMIES KITCHEN

On accounts for the year ended

31st March 2023

Charity no (if any)

1191029

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

R. Akhtar

Date:

11/01/2024

Name:

Rizwan Akhtar

Relevant professional qualification(s) or body (if any):

ACCA

Address:

Qadeer & Co

322 Slade Lane, Manchester

M19 2BY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

EMMIES KITCHEN

England & Wales - Charity number 1191029

Accounts



Trustees' Annual Report for the period

From 1st April 2021
31st March 2022

Period start date To
Period end date

Charity name: Emmies Kitchen

Charity registration number: 1191029

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 sickness among hospitalised children in the North West of England by the provision of support and facilities to their parents and carers, in particular but not exclusively the provision of hot meals and respite, to enable families and carers to have extended visits.
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	<p>During this reporting period the charity has continued to provide hot meals and snack bags on a weekly basis to parents who are staying long term with their children in the Royal Manchester Children's Hospital. The charity has continued to develop its relationship with local food outlets who can offer hot food. The post Covid period allowed better access to parents and enabled more time to talk with parents to offer them support and relief from isolation during the time of their child's treatment.</p> <p>A cohort of volunteers has remained active over this reporting period and provided regular input into the preparation, delivery and distribution of food and snack bags. Partnership building continued over the year, especially with our most long-term partner Ronald Macdonald House, as well as with hospital staff and management, and other external bodies such as the University of Manchester, and local galleries and arts centres.</p> <p>This partnership approach has been guided by the charity's core values of care, kindness and compassion, and</p>

		has enabled the sharing of facilities and expertise to support families at the hospital.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees understand that the charity exists to further an exclusively charitable purpose for the public benefit. We adhere to the charitable purpose for which we were established, and which is outlined in our objectives.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	N/A
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	Emmies Kitchen is staffed entirely by volunteers. There are no paid staff, and there have been non over the reporting period. Volunteers have been at the core of our service delivery from the inception of our organisation and continued to be the mainstay throughout the period of this report. Although Covid restrictions limited the amount of direct involvement volunteers were able to have with parents and carers, this began to become more flexible towards the latter part of the year. Nevertheless, despite restrictions, the volunteer pool remained consistent and volunteer input ensured that food delivery, or the preparation of snack bags was never missed and was available as scheduled for the whole of the year.
Other		Emmies Kitchen has a robust written safeguarding policy which all volunteers are familiarised with at induction and are expected to be compliant with.

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

Since its creation in 2018 and becoming a charity in 2020 Emmies Kitchen has remained committed to its purpose, and core values. The support to parents and carers staying with a poorly child in the RMCH has been consistent. As we reported last year, Covid brought with it particular challenges, but the foundations that had been built in the early days of the organisation, especially regarding relations with the hospital management, the commitment of volunteers and the success of fundraising, meant that by adjusting to a takeaway rather than a face to face service, we could continue to support families. During the course of the year the charity delivered over 6,240 hot meals and 4,160 snack bags, each bag containing more than a dozen items. In total, over 10,000 snack bags and meals. A well established relationship with the food charity Fareshare, meant that Emmies Kitchen could source the contents for the snack bags relatively smoothly and at a minimum cost. As a charity we already knew that parents were often not feeding themselves properly. Covid exacerbated this situation considerably. Over the period of this report our volunteers identified that parents at the hospital were often struggling to source a hot meal. The Emmies Kitchen Friday night Takeaway became a lifeline for many. Not only was the hot food itself welcome, the feedback we received from the hospital was that the psychological impact of the anticipation and delivery of the food was significant to the point that the mood on the wards was visibly lifted. Parents who have to spend long periods of time looking after their child in hospital, become increasingly isolated. Over this time our volunteers noted an increase in the deterioration of people's mental health, and an increasing number losing their jobs. By building good relationships with a range of partners and supporters, Emmies Kitchen was able to offer other support in addition to the food.

		<p>Our ongoing partnership with L'Oréal meant that we were able to provide regular supplies of cosmetics and toiletries. Things that are essential to parents staying in the hospital, but expensive and hard to access.</p> <p>In addition, with support from City in the Community, the charity was able to provide essential items at Christmas, including pyjamas, gifts and toiletries.</p> <p>Over the year the charity continued to build on our good relations with Ronald Macdonald House, The Teenage Cancer Trust, Macmillan, Hospital staff and Management, the Family Support Team.</p> <p>Our intention is to develop even more partnership working, particularly in facilitating mental health support, and extending our peer support through the Emmies Kitchen volunteers.</p> <p>We have maintained our core charitable purpose over the year, and we believe that we have been able to relieve a degree financial hardship, and also to provide relief to those in need, both practically and psychologically.</p>
--	--	--

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Over the reporting period, Emmies Kitchen achieved our core objective of providing care, support and hot food to parents and carers of hospitalised children which enabled families in turn to care better for their child whilst they are staying with them in the hospital.
Performance of fundraising activities against objectives set	Para 1.41	The charity had not set specific fundraising objectives other than to be ongoing in our efforts to raise enough money to support the continuation of the provision of food, resources and the development of publicity, information and marketing materials. This was achieved through fundraising, donations, and grants.
Investment performance	Para 1.41	N/A

against objectives		
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	At the end of this reporting period, the charity finds itself in a good financial position. Income continued to exceed expenditure throughout the year, and the balance at year end is healthy. We are anticipating increasing our income over the next financial year through, donations, grants, and fundraising. As was stated last year, the charity takes the management of its financial affairs extremely seriously and has a dedicated volunteer treasurer/administrator who monitors all income and expenditure. The charity is also supported by a qualified accountant who is responsible for verifying accounts, as required.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	Nil
Reasons for holding zero reserves	Para 1.22	The charity is not responsible for any liabilities over/at this time. The charity had no ongoing financial commitments such as overheads, wages or material assets which would incur charges.
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	There are no uncertainties about the charity continuing as a going concern.

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	Individual fundraising (sponsored events activities etc.) Donations (individuals, business) Grant bids
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
	Para 1.46	None

A description of the principal risks facing the charity		
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Model Constitution for a Charitable Incorporated Organisation whose only voting members are its charity trustees.
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	The Membership may appoint all charity Trustees. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustee must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

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 existing charity trustees make available to each new charity trustee, on his or her appointment: a copy of the current version of the constitution; and a copy of the CIO's latest Trustee Annual Report and statement of accounts.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The members of the CIO are its charity trustees. The only persons eligible to be members of the CIO are its charity trustees. The Volunteer Representative is automatically (ex officio) a charity trustee. Board meetings are scheduled to take place every two months.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Emmies Kitchen
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Other name the charity uses	
Registered charity number	1191029
Charity's principal address	14 Gloucester Ave. Levenshulme Manchester M19 3WT UK

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	Eve Naraynsingh	Chair	Whole year	The Membership
2	Elizabeth Grant		Whole Year	The Membership
3	Claire Parkinson		Whole Year	The Membership
4	Jacqueline Naraynsingh (ex officio)	Volunteer Representative	Whole Year	The Membership
5	Rizwan Hussain		Whole Year	The Membership
6				
7				
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		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

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
	N/A	

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

None

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

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)

evenaraynsingh

Full name(s)

Eve Naraynsingh

**Position (eg
Secretary, Chair, etc)**

Chair

Date

14/11/2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Emmie's Kitchen

No (if any)
1191029

Receipts and payments accounts

For the period from	Period start date 1-Apr-21	To	Period end date 31-Mar-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 £
A1 Receipts				
Grants	21,500	-	-	21,500
Fundraising	20,266	-	-	20,266
GAYE	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	41,766	-	-	41,766
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	41,766	-	-	41,766
A3 Payments				
Food	24,569	-	-	24,569
Other expenses	3,021	-	-	3,021
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	27,590	-	-	27,590
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	27,590	-	-	27,590
Net of receipts/(payments)	14,176	-	-	14,176
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	14,176	-	-	14,176

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds	Petty cash	123	-
	Bank Balance	47,343	-
		-	-
	Total cash funds	47,466	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

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

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

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

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

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

Signature <hr style="border: 0; border-top: 1px solid black;"/> evenaraynsingh	Print Name <hr style="border: 0; border-top: 1px solid black;"/> EVE NARAYNSINGH
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CC16a



Last year

to the nearest £

10,400
5,940
7,813
-
-
-
-
-
24,153

-
-
-

24,153

11,553
1,349
-
-
-
-
-
-
-
12,902

-
-
-

12,902

11,251
-
-
11,251



Endowment funds

to nearest £

-

OK

Endowment funds

to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

18 Nov. 2022



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name
EMMIES KITCHEN

On accounts for the year ended

31st March 2022

Charity no (if any)

1191029

Set out on pages

(insert number to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

R. Akhtar

Date:

18/11/2022

Name:

RIZWAN ALI AKHTAR

Relevant professional qualification(s) or body (if any):

ACCA - 1434987

Address:

322 SLADE LANE
MANCHESTER
M19 2BY

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

EMMIES KITCHEN

England & Wales - Charity number 1191029

Accounts



Trustees' Annual Report for the period

From **26th August 2020**
Period end date

Period start date To **31st March 2021**

Charity name: Emmies Kitchen

Charity registration number: 1191029

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 sickness among hospitalised children in the North West of England by the provision of support and facilities to their parents and carers, in particular but not exclusively the provision of hot meals and respite, to enable families and carers to have extended visits.
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	During the reporting period the charity's main activities have focussed on: The provision of hot meals and snack bags for parents. The development of support from local food businesses and restaurants to offer hot food. Providing time to talk to parents who have become isolated and depressed particularly during the course of their child's treatment. Developing a pool of volunteers who can offer emotional, practical and psychological support to parents and carers. Building partnerships internal and external to the hospital, in order to share facilities and expertise to support parents. Maintaining the core values of care, kindness and compassion.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The Trustees understand that the charity exists to further an exclusively charitable purpose for the public benefit. We adhere to the charitable purpose for which we were established, and which is outlined in our objectives.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
		N/A

Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	N/A
Contribution made by volunteers	Para 1.38	Emmies kitchen is staffed entirely by volunteers. There are no paid staff. Volunteers are at the core of our service delivery and our interaction with parents, carers and hospital partners. Volunteers are involved with the collection, packing and delivery of food. Covid restrictions have limited the amount of direct involvement volunteers have been able to have with parents and carers. However, one to one and peer support has been provided online and via social media. All volunteers have been trained and are now qualified in level 2 food hygiene.
Other		Emmies Kitchen has a robust written safeguarding policy which all volunteers are familiarised with at induction and are expected to be compliant with.

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 charity was established on August 26th, 2020, therefore this report covers a relatively short period of time. However, the work being done prior to Emmies Kitchen becoming a registered charity meant that there was a strong foundation to build on when the project was affected by the impact of Covid. With the introduction of strict restrictions on access to the Royal Manchester Children's Hospital (RMCH) and to the parents staying at the hospital, it was necessary to adjust the service delivery model from one where parents eat together in a communal setting, to a 'take away' arrangement. The RMCH authorities were very keen for the work of the charity to continue and made special arrangement to allow Emmies Kitchen volunteers access to the hospital building to deliver food and snack bags. The need identified was that parents were struggling to source a hot meal, they were becoming increasingly isolated, their mental health was deteriorating and increasing numbers were losing their income through job losses. In response Emmies Kitchen increased the</p>

		<p>food provision to every week. This became know as the 'Friday Night Take Away'. Although the food in itself was seen as a necessity to ensure that parents were getting at least one hot meal. The feedback from the hospital was that the psychological impact of the anticipation and the delivery of the food was significant, and that the mood on the wards was visibly lifted.</p> <p>The financial impact was also commented on in that many parents were struggling to continue to buy food and snacks from local sandwich shops and take aways.</p> <p>The addition of the weekly 'snack bag' also helped with this. As the bag contained items that could be enjoyed over a period of time (pot noodles, drinks, crisps, cakes etc.)</p> <p>70 snack bags per week were being delivered at this time, as well as an average of 100 weekly meals.</p> <p>In total this equates to approximately 3,000 hot meals and 2,500 snack bags.</p> <p>Another major achievement over this time was the building of relationships with other partners and supporters.</p> <p>Local restaurants and take aways were happy to sign up to providing meals at discounted prices. L'Oréal commenced a regular donation of cosmetics and toiletries, something else that is essential to parents staying in the hospital, but expensive and hard to access at the time.</p> <p>Good relations were built with Ronald Macdonald House, The Teenage Cancer Trust, Macmillan, hospital nursing staff, the Family Support Team, and Hospital Senior Management including the RMCH Director of Nursing, and Chief Executive.</p> <p>Confidence from partners and the hospital authorities meant that the work of Emmies Kitchen was able to expand over a time when the needs of parents and carers became greater.</p> <p>In line with our charitable purpose Emmies Kitchen has been able to relieve financial hardship, and in some cases poverty for the public benefit, and also provide relief to those in need, both practically and psychologically.</p>
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Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Over this time period, the charity achieved
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		its core objective of providing care, support and hot food to parents and carers of hospitalised children which enabled families in turn to care better for their child whilst they are staying with them in the hospital.
Performance of fundraising activities against objectives set	Para 1.41	The charity had not set specific fundraising objectives other than to continue to raise enough funds to support the continuation of the provision of food and the development of publicity, information and marketing materials. This was achieved through, fundraising, donations and grants.
Investment performance against objectives	Para 1.41	N/A
Other		

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a sound financial position at the end of the reporting period. Income exceeded expenditure over the reporting period and the charity anticipates increasing income over the next financial year through grants, fundraising and donations. The charity takes the management of its financial affairs extremely seriously and has a dedicated volunteer treasurer/administrator who monitors all income and expenditure. The charity has also identified a qualified accountant who will be responsible for any future auditing or verifying of accounts, as and when required.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	N/A
Amount of reserves held	Para 1.22	Nil
Reasons for holding zero reserves	Para 1.22	The charity would not be responsible for any liabilities over this time. The charity has no ongoing financial commitments such as overheads, wages or material assets which incur charges.
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	There are no uncertainties about the charity continuing as a going concern.

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	Individual fundraising (sponsored events/activities etc.) Donations (Individuals, business) Grant bids
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	None
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Foundation Model Constitution for a Charitable Incorporated Organisation whose only voting members are its charity trustees.
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	The Membership may appoint all charity trustees. Apart from the first charity trustees, every trustee must be appointed for a term of three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

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 existing charity trustees make available to each new charity trustee, on his or her appointment: a copy of the current version of this constitution; and a copy of the CIO's latest Trustees' Annual Report and statement of accounts.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	The members of the CIO are its charity trustees. The only persons eligible to be members of the CIO are its charity trustees. The Volunteer representative is automatically (ex officio) a charity trustee. Board meetings are scheduled to take place every two months.
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Emmies Kitchen
Other name the charity uses	
Registered charity number	1191029

Charity's principal address	14 Gloucester Ave Levenshulme Manchester M19 3WT UK

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	Eve Naraynsingh	Chair	ongoing	The Membership
2	Elizabeth Grant		ongoing	The Membership
3	Claire Parkinson		ongoing	The Membership
4				
5				
6				
7				
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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		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
N/A		

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
	N/A	

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

None

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

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)

evenaraynsingh

Full name(s)

Eve Naraynsingh

Position (eg Secretary,
Chair, etc)

Chair

Date

12/01/2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Emmie's Kitchen

No (if any)
1191029

Receipts and payments accounts

CC16a

For the period from	Period start date 26-Aug-20	To	Period end date 31-Mar-21
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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					
Grants	10,400	-	-	10,400	
Fundraising	5,940	-	-	5,940	
GAYE	7,813	-	-	7,813	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	24,153	-	-	24,153	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,153	-	-	24,153	-
A3 Payments					
Food	11,553	-	-	11,553	
Other expenses	1,349	-	-	1,349	
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	12,902	-	-	12,902	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	12,902	-	-	12,902	-
Net of receipts/(payments)	11,251	-	-	11,251	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	22,234	-	-	22,234	-
Cash funds this year end	33,485	-	-	33,485	-

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	Petty cash	317	-	
	Bank Balance	33,168	-	
		-	-	-
	Total cash funds	33,485	-	
	(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
evenaraynsingh	EVE NARAYNSINGH	1/21/2022