



CHARITY COMMISSION
FOR ENGLAND AND WALES

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	<p>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.</p>

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		<p>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.</p>

Achievements and Performance

	SORP reference	
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<p>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.</p>	<p>Para 1.20</p>	<p>Since our creation in 2018 and becoming a charity in 2020 Emmies Kitchen has remained committed its purpose and core values.</p> <p>The support to parents and carers staying with a poorly child in the RMCH has been consistent.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>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'.</p> <p>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.</p> <p>Parents who must a 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>
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		<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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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

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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

Receipts and payments accounts

CC16a

For the period
from

Period start date
01-Apr-24

To

Period end date
31-Mar-25

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	
	evenaraynsingh	EVE NARAYNSINGH	03/12/2025	



CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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.