

3Food4U

Registered Charitable Incorporated Charity (CIO)

**Annual Report and
Financial Statements**

**For The Year Ended
6 April 2022**

Charity Number
1192310

13 Sun Street
Waltham Abbey EN9 1ER
Email info.3food4u@gmail.com

Financial Statements
Year Ended 6 April 2022

Contents

	<u>Page</u>
Charity Information	2
Report of The Trustees	3 - 4
Independent Examiner's Report	5
Statement of Financial Activities	6

Financial Statements
Year Ended 6 April 2022

Charity Information

Board of Trustees

Pesh Kapasiawala Chairman
Carol Byatt
Bob Jandoo
Howard Green

Administration Address

53 Lee Grove
Chigwell IG7 6AD

Charity Number

1192310

Treasurer

Peter Bennett

Independent Examiner

Stephen Tovey
Tax Services
20 The Meadows
Fareham PO16 6UN

Bankers

CAF BANK
25 Kings Hill Ave
West Malling
ME19 4JQ

Patron

Teresa Watts, Pearly Queen of Clapton

Structure, governance and management

3Food4U is an incorporated charity constituted by a constitution executed on 12 Nov 2020
Charity Commission number 1192310.

The Charity is run by the trustees who all act in an honorary capacity. A new trustee would receive copies of the previous years' Annual Report and Accounts and a copy of the Charity Commission leaflet 'The Essential Trustee : What you need to know'.

Financial Statements
Year Ended 6 April 2022

Report of the Trustees

The trustees have pleasure in presenting their report and the financial statements of the charity for the year ended 31 March 2022. Note these are the first set of accounts and cover an extended period of 18 months from 12 Nov 2020 to 6 April 2022.

Status and Administration

The Charity is governed by its constitution dated 12th Nov 2020, which has not been amended and is a Charitable Incorporated Organisation (CIO).

Mission Statement

To support and treat people humanely, with dignity and respect.

Charitable Objects

The objects of the charity are:

The relief of financial hardship amongst people in living in South East England in such ways as the trustees from time-to-time think fit, in particular but not exclusively by:

- a) Providing emergency food, essential toiletries, and household items to individuals and families in need and/or for distribution by other charities or other organisations working to prevent or relieve poverty.
- b) Such other means, including (but not limited to) the provision of support or signposting to relevant information and other advisory services.

The trustees are pleased that the charity has performed in accordance to its objects during the year. It is envisaged that similar progress will ensue in the following year.

Trustees

The Trustees in office throughout the year were as in the Charity information page.

All trustees give of their time freely and no trustee nor any person connected with them received any remuneration during the year.

Reserves Policy

The trustees retain reserves as necessary and where appropriate, consolidate funds in order to render more services to the targeted group of the Charity and to be able to operate without public funding for 18 months. Currently this is £100k.

Investment policy and returns

Under its constitution, the charity has the power to make any investment which the Trustees see fit.

Risk Management

The trustees have identified and reviewed the major risks to which the charity is exposed. Both manual and automated checks are regularly invoked, particularly those relating to the operations and finance of the charity. The trustees are satisfied that these systems and procedures mitigate any perceived risks.

Public Benefit Policy

We have referred to the guidance in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

Report of the Trustees (continued)

Achievements and performance

The Charity works with vulnerable families and individuals who have in most instances had difficulty obtaining support elsewhere.

We launched our first hub in Waltham Abbey 29th June 2020, and registered as a charity on 12th Nov 2020. We are very proud to have been open throughout the Covid 19 pandemic to support the community. Opening every day including bank holidays and Christmas Day. Since then:

3Food4U now operate 7 days a week, across Epping Forest District, Essex and North London with hubs in Waltham Abbey Monday & Fridays 11.30-1pm

Loughton Tuesdays 11.30-1pm

Chigwell Row Wednesdays 5-6.30pm

Ongar Thursdays 1-2.30pm

Tottenham partnering Lighthouse SDA Church Saturdays & Tuesdays 3.30-5pm

Tottenham partnering RCCG Church Sundays 12-2pm

We are now the largest emergency food agency in Essex and London, supporting in excess of 900 families a week working alongside all the frontline agencies across EFD & Essex. We have over 220 volunteers supporting the charity.

Our holistic approach to the needs of the community has seen us expand our offering and establish other integral free services during this period. They include;

Job Club

NHS health checks (partnering with Provide CIC)

Memory Cafes for those with dementia and mental health concerns.

We regularly support the community with additional help including;

Christmas presents (we are sincerely thankful to our Patron, Teresa Watts, for organising the donations).

Chocolate Advent Calendars & Easter Eggs (thanks go to Treats For Kids for the donations).

School Supplies (organised by volunteer Isabel Kearin)

Free sim cards with 6 months paid data, calls, text (over 1000 distributed - donated by Vodafone)

Financial review

The Charity expresses its gratitude to all its donors and supporters over the past year. Particular mention is made of the donations & grants from Lions Club Seven Kings, National Lottery, Diamond Treats (Satyan Pala), Joseph & Lillian Sully Foundation, Loughton Town Council, West Essex Mind, Essex County Council, Essex Association Local Councils, Arnold Clark, Waltham Abbey Town Council, Ongar Town Council, Jonty Clark (Beckmead Trust), BNI Chigwell, Loughton Talking Newspapers, Sainsbury Debden & Ongar, Tesco and Morrisons Loughton.

The Charity received total donations of £226,578.45 and spent £203,733.80, leaving a surplus of £22,844.65 for the year. The Reserve Fund for the Charity stood at £61,000 at the end of the year.



Pesh Kapasiawala
Chair of Trustees

**Independent Examiner's Report to the
Trustees**

Independent examiner's report to the trustees of 3Food4U on Financial statements for the year to 6 April 2022

I report to the trustees on my examination of the accounts of the above charity ("the Charity") for the year ended 6 April 2022.

Responsibilities and basis of report

As the charity's trustees, 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 Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- a) the accounting records were not kept in accordance with section 130 of the Charities Act; or
- b) the accounts did not accord with the accounting records; or
- c) the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Stephen Tovey
Tax Services
20 The Meadows Fareham PO16 6UN

Statement of Financial Activities

3Food4U Income & Expenditure to 12th Nov 2020 to 6th April 2022

INCOME

General Donations	£36,879.91
Tesco	£41,000.00
Rotary Club LBC	£25,734.29
Stewardship Fundraising	£25,080.70
Lions Club Seven Kings	£10,500.00
National Lottery	£9,000.00
Diamond Treats (Satyan Pala)	£6,340.00
Joseph & Lillian Foundation	£10,000.00
Loughton Town Council	£7,500.00
West Essex Mind	£5,000.00
Essex County Council	£4,000.00
Essex Association Local Councils	£25,250.00
Arnold Clark	£2,500.00
Waltham Abbey Town Council	£2,500.00
Jonty Clark Fundraising	£11,043.55
BNI Chigwell (Ian Larke)	£1,250.00
Do it Trust	£1,000.00
Loughton Talking Newspapers	£1,000.00
Sainsbury	£1,000.00
Total Income	£226,578.45

EXPENDITURE

Premises	-£70,061.73
Motoring & Vehicles	-£19,465.43
Equipment	-£6,211.88
Volunteer Expenses	-£21,625.00
Goods Purchases	-£15,227.76
Printing	-£8,763.00
Legal Costs & Bank Charges	-£1,379.00
Transfer to Reserve Fund	-£61,000.00
Total Expenditure	-£203,733.80

Income Less Expenditure	£22,844.65
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Peter Bennett
(Treasurer)
148 Chester Road Ilford
Essex IG3 8PY