

3Food4U
Registered Charitable Incorporated Charity (CIO)
Annual Report and
Financial Statements
For The Year Ended
6 April 2025

Charity Number
1192310

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

Financial Statements
Year Ended 6 April 2025

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Charity Information

Board of Trustees

Pesh Kapasiawala Chairman

Carol Byatt

Bob Jandoo

Ed O'Shea

Registered Address

13 Sun Street, Waltham Abbey EN9 1ER

Charity Number

1192310

Independent Examiner

Stephen Tovey

Tax Services

20 The Meadows

Fareham PO16 6UN

Bankers

CAF BANK

25 Kings Hill Ave

West Mallong

ME19 4JQ

Structure, governance and management

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'.

Report of the Trustees

The trustees have pleasure in presenting their report and the financial statements of the charity for the year ended 6 April 2025.

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 12 months.

Currently this is £225k.

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)

Activities

3FOOD4U is very aware that it can be embarrassing and awkward to ask for support for the most essentials, food and clothing. That is why the charity doesn't ask for an assessment or referral and is non-judgemental.

The Charity works with vulnerable families and individuals who have in many instances have had difficulty obtaining support elsewhere. We open every day including bank holidays and Christmas Day operating 7 days a week, across Epping Forest District, Essex and North London with hubs at;

13 Sun Street, Waltham Abbey EN9 1ER Monday & Fridays 11.00-1pm

8 Station Road, Loughton Club, IG10 4NX Tuesdays 11.00-1pm

All Saints Church Hall ,Chigwell Row IG7 4QD Wednesdays 4.45-6.00pm

High Ongar Village Hall, High Ongar CM5 9RN Thursdays 1-2.30pm

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

Tottenham partnering RCCG Church Sundays 12-2pm

Social & Warm Places (Memory Cafes)

Open to everyone, these dementia-friendly sessions provide a welcoming space for social interaction, light refreshments, and activities such as chair yoga, singing, and games. Sessions are held monthly at multiple locations across Epping Forest District Council:

1st Monday of the Month: 3:30 - 5:30pm All Saints Church Hall, Chigwell Row IG7 4QD

3rd Wednesday of the Month: 10:00 - 12:00pm St James' Church Hall, Ongar CM5 9EL

2nd Thursday of the Month: 2:00 - 4:00pm Loughton Club, 8 Station Road IG10 4NX

Last Friday of the Month: 2:30 - 4:30pm Waltham Abbey Baptist Church Hall, EN9 1RL

Working alongside frontline agencies our holistic approach to the needs of the community has seen us expand our offering and establish other integral free services. They include;

NHS health checks (partnering with Provide CIC) counselling & coaching (partnering with Essex Wellbeing Services).

Job Club.

Food Education Classes.

Essex Multiply Programme funded by Essex County Council.

Central Government initiative continues into 2024/25. The programme aims to enhance adult numeracy skills (19+) by going beyond traditional mathematics and incorporating practical numeracy skills applicable to household budgeting, debt management, bargain hunting and assisting with children's homework.

Holiday Clubs funded by Essex County Council.

During the year, 3Food4U successfully launched and delivered its Holiday Activities and Food (HAF) programme in partnership with Essex County Council and Active Essex. The programme provides free, high-quality holiday provision for children and young people who are eligible for free school meals, ensuring they have access to nutritious food, physical activity, and enriching learning opportunities during school holidays. Through a wide range of activities including sports, creative arts, cooking, wellbeing sessions, and educational workshops, the HAF programme has helped reduce holiday hunger, tackle social isolation, and support children's physical and mental wellbeing. The strong attendance, positive feedback from families, and continued funding reflect the programme's success and its growing importance within our wider community support offer.

Report of the Trustees (continued)

Achievements and performance

We support the community with additional help including;
Christmas presents.

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

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

Free School Supplies in August.

3Food4U continued our partnership Woodcroft SEN School. Students volunteer with us, and 3Food4U are proud to organise a visit and lunch at Hertfordshire Zoo. Headmaster Brian Sainsbury said “were are grateful for the time and funds for the day, it makes a massive difference to the health and wellbeing of the pupils.”

In 2024-25, 3Food4U achieved significant milestones, enhancing its community impact and reach:

Demand for our services has seen a significant increase on the previous year, but thanks to the tireless work of our volunteers we are collecting more food from our community partners and receiving more support from the local churches, schools, businesses, community groups and individuals. In particular huge thanks to The Felix Project, City Harvest, Brakes and Warburtons. As a result of this collective effort 3Food4U is the largest emergency food agency in Essex and London, supporting in excess of 2000 families a week

349,000 meals provided in 2024

23,600 people fed in 2024

2,940 tonnes of surplus food saved in 2024

31% increase on the previous year

We have over 400 active volunteers supporting the charity.

These figures demonstrate both the scale of need within our communities and the strength of our volunteer-led response.

Community Centre: Our Community Centre at 47 Highbridge Street, Waltham Abbey, continues to serve as a central hub for free health, wellbeing, and educational services. The facility is made available at no cost to partner organisations, charities, and individuals, enabling a wide range of frontline activities and maximising community benefit.

Charity Shop: Our charity shop continues to thrive, supported by the tireless efforts of our volunteers and the generosity of public donations. The shop has been instrumental in preventing household goods from going to landfill, contributing to environmental sustainability while raising vital funds.

Report of the Trustees (continued)

Awards and Recognition

Our distinctive, dignified, and compassionate approach to community support has received growing recognition at both local and national levels.

High Sheriff of Essex Award. Further recognises the sustained leadership and community impact of the charity.

King's Award for Voluntary Service (KAVS). We were overjoyed and humbled to share that on King Charles' birthday, 3Food4U was honoured with the King's Award for Voluntary Service (KAVS) - the highest national award for volunteer groups in the UK. Often regarded as the MBE for voluntary organisations, the KAVS celebrates exceptional community service and is awarded for life. As recipients of this award, 3Food4U will be presented with the KAVS Crystal Award and a KAVS Certificate, signed by the King, featuring a handwritten citation of our work. The award will be presented by the Lord Lieutenant of Essex, Mrs Jennifer Tolhurst, and the charity has been invited to a garden party at Buckingham Palace. Pesh Kapasiawala BCA, chair of Trustees at 3Food4U, said: "Winning the prestigious King's Award for Voluntary Services is an immense honour for 3Food4U, recognising the dedication and hard work of our volunteers and supporters who tirelessly work to combat food insecurity and support vulnerable communities."

Epping Forest District Team of the Year (Highly Commended).

Ongar Town Council Community Group Award.

Third Sector Awards - celebrate the outstanding achievements of individuals and organisations operating in the third sector, recognising their tireless efforts and transformative impact. At the heart of the awards lies a profound belief in the power of collective action and the immense value that the third sector brings to our communities, 3Food4U were highly Commended for the Volunteer Team of the Year and Pesh Kapasiawala for Volunteer of the Year.

These awards have strengthened partnerships, increased public confidence, and supported further funding and development opportunities.

Community Engagement and Partnerships

We continue to honour and support our local communities, including participation in Remembrance Day commemorations across Waltham Abbey, Ongar, Loughton, Epping, Chigwell, and North Weald. We have also established new partnerships, including with Epping Youth Football Club, where 3Food4U serves as shirt sponsor through the generosity of an anonymous supporter.

We were again proud to remember our fallen soldiers on Remembrance Day and volunteers laid wreaths at memorials in Waltham Abbey, Ongar, Loughton, Epping, Chigwell and North Weald.

Report of the Trustees (continued)

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 Satyan Pala, Joseph & Lillian Sully Foundation, Loughton Town Council, Ongar Town Council, Essex County Council, Essex Association of Local Councils, Essex Com-munity Foundation, High Sheriff of Essex, Active Essex, Arnold Clark Foundation, Beckmead Trust, Thomas Family Foundation, Anglo American Foundation, CO-OP, Morrisons Loughton, Haslers Foundation, Green Hall Foundation, Norton Rose Foundation, Epping Rock Choir, Essex Masons, Screen Pop, Frederick Bremer School and Provide Community.

Our sincere thanks also to: Churches: Parish of High Ongar, Parish of Chigwell, Parish of Waltham Abbey, Loughton, Gants Hill and Wanstead Synagogues, Loughton RCCG Church, Waltham Abbey Baptist Church. Schools: King Harold Academy, Hillhouse CoE, Roding Valley HS, West Hatch HS, Debden Park HS, Chigwell School, Davenant FS, Epping Forest Schools Partnership Trust, Wells Park School, Kids Treats.

The Charity received total income of £221,216.16 and spent £243,847.37, leaving a deficit of £22,631.21 for the year. The Reserve Fund for the Charity stood at £52,886.97 at the end of the year. The report of the Trustees was approved by the Trustees on 25 Nov 2025 and signed on its behalf by:



Pesh Kapasiawala
Chair of Trustees

Independent Examiner's Report to the Trustees

I report to the trustees on my examination of the accounts of the above charity ("the Charity") for the year ended 6 April 2025.

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 ACA

Statement of Financial Activities

	Unrestricted Funds	Restricted Funds	Total	Total
	2025		2025	2024
	£	£	£	£
Income				
Donations	£56,003.96		£56,003.96	£105,574.87
Charity Shop	£26,924.18		£26,924.18	£25,802.64
Grants	£72,875.44	£60,000.00	£132,875.44	£86,650.00
Sponsorship	£5,365.00		£5,365.00	£5,130.00
Interest	£47.58		£47.58	£255.46
Total Receipts	<u>£161,216.16</u>	<u>£60,000.00</u>	<u>£221,216.16</u>	<u>223,412.97</u>
Expenditure				
Premises			-£62,795.13	-£47,753.74
Motoring & Vehicle			-£22,878.73	-£26,027.92
Volunteer Expenses			-£44,030.71	-£33,498.72
Printing			-£6,735.00	-£2,956.28
Goods Purchased			-£12,252.94	-13,567.52
Memory Café			-£813.12	-£1,140.00
Cookery Class			-£254.00	-£4,993.8
First Aid			-£61.78	-£793.77
Equipment			-£2,347.53	-996
SEND School			-£625.00	-£675.00
Insurance				-£344.47
Legal & Bank Charges			-£55.00	
Fund Raising Expenses			-£29,172.00	
Holiday Club			-£1,200.00	
Internet			-£312.00	
Conference / photos			-£314.43	
Transfer to Savings Account				
restricted funds			<u>-£60,000.00</u>	<u>-£70,000.00</u>
Total Expenditure			<u>£243,847.37</u>	<u>-£202,854.89</u>
Surplus/(deficit)			-£22,631.21	£20,558.08
Total funds carried forward				£75,518.18
Unrestricted funds			52,886.97	

3Food4U Statement of Assets & Liabilities as at 6th April 2025

	Unrestricted Funds	Restricted Funds	Total	Total
	2025		2025	2024
	£	£	£	£
Assets				
Tangible Assets ¹	£86,000		£86,000	£56,000
Restricted funds		£229,000	£229,000	£169,000
Cash in bank	£51,411.22		£51,411.22	£75,518.18
Total	£137,411.22	£229,000	£366,411.22	£300,518.18
Liabilities ²			£88,500.00	£84,500.00
Total Assets Less Liabilities (unrestricted)			<u>£48,911.22</u>	£47,018.18
1	6 vans			
	Lease			
2	commitments			