

Charity registration number 1193549

**FOOD4HEROES C.I.O.**  
**ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

# **FOOD4HEROES C.I.O.**

## **LEGAL AND ADMINISTRATIVE INFORMATION**

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**Trustees**                      Mr J E C Brownhill  
   Ms A J Guest  
   Mr F T Ingham Clark  
   Mr R Haslam

**Charity number**              1193549

**Independent examiner** Simpson Wood Limited

Bank Chambers  
Market Street  
Huddersfield  
HD1 2EW

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# **FOOD4HEROES C.I.O.**

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# **FOOD4HEROES C.I.O.**

## **TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2023**

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The trustees present their annual report and financial statements for the year ended 31 March 2023.

The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the Charitable Incorporated Organisation (CIO) comply with the current statutory requirements, the requirements of the governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019).

Since the Charity qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report Regulations 2013) has been omitted.

### **Objectives and activities**

The objects for which the Society is established are:

- (1) The relief of poverty by providing, or supporting the provision of, food to individuals in need and/or to charities or other organisations working to help those in need;
- (2) The advancement of health for the public benefit by the distribution of food as sustenance to individuals working for the public benefit in time of national crisis, including but not limited to NHS front-line staff, health and social care workers and other key workers; and
- (3) The advancement of health for the public benefit by the provision of information about healthy eating and nutrition.

In setting objectives and planning for activities, the Trustees have been given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit running a charity (PB2)'

### **Achievements and performance**

Food4heroes continues to make significant impact in supporting those in need, in line with our charitable objectives.

This is the second annual return we have provided since our charity status was awarded. During this financial year, Food4Heroes has primarily focused our efforts on the Northamptonshire region, to provide freshly prepared meals during the Christmas period to front line NHS workers, individuals registered on our website or referred via our charitable partners, especially those on low incomes or the elderly. We have delivered a total of 1,500 meals during the year.

In April 2022 the Trustees met to discuss the situation in Ukraine and whether Food4Heroes could support the Ukrainian families suffering from the conflict. The trustees decided to work in partnership with World Central Kitchen (WCK), an organisation already known to Food4Heroes during the pandemic. Due diligence was completed and a donation of £7,000 was made in June 2022. WCK supported refugees fleeing from Ukraine by providing fresh meals at seven border crossings with Poland and by July 2022 WCK delivered its 100 millionth meal through a network of restaurant partners across Ukraine.

On the 18<sup>th</sup> June we were asked to support an afternoon tea for the Towcester veterans and their families. In partnership with All Seasons Catering, the veterans received sandwiches, scones and cakes.

Sadly, during the year, the food network we had established during the pandemic decided that it was unable to continue providing meals. Our focus for the remainder of the year was providing the Christmas meals in December 2022. Thanks to the support of Marston's Brewing Company, a large employer in Northampton with its Carlsberg brewery facility, we were able to fund the delivery of 1,500 Christmas meals. The meals were produced by Whittlebury Park, a large hotel located near Silverstone. Our thanks to Charles Sargeant and his amazing team who stepped in at the last minute to produce delicious meals alongside our logistics partner Route One who continue to support us for free each year. Approximately 50 meals were delivered to the Intensive Care Unit at Northampton General Hospital for the staff working over the Christmas period. This year we decided to move away from a recyclable plastic container for our food to a fully biodegradable container. After testing, we established this would be a suitable alternative for all future meal production.

# FOOD4HEROES C.I.O.

## TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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We are very grateful to all the Northamptonshire organisations who serve our community so well and to whom we are able to work with in delivering the Christmas meal service.

We continue to run very tight financial controls to maximise the revenue raised being spent on our charitable purpose. All activities are carried out on a voluntary basis with no salaries. The majority of our costs fund the catering activities including packaging and labelling with very low operating costs for insurance, audit, advisory and marketing activity primarily supporting our website.

Our funds are generated through partnerships with local large employers, online fundraising via the Northamptonshire Community Foundation's Just Giving page and our own Donate platform via the National Funding Scheme.

We continue to achieve excellent media profile especially during the Christmas meal service with coverage in local newspapers, radio and television. This coverage is useful for raising the profile of Food4Heroes especially in relation to raising funds and working with commercial enterprises such as Weetabix, Barclays and Marston's Brewing.

### Financial review

The result for the period is a deficit of £8,997 (2022 - surplus of £34,583).

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between three and six month's expenditure. The trustees consider that reserves at this level will ensure that, in the event of a significant drop in funding, they will be able to continue the charity's current activities while consideration is given to ways in which additional funds may be raised. This level of reserves has been maintained throughout the year.

During the Pandemic in 2020, our partnership with Northamptonshire Community Foundation enabled us to receive match funding for all donations received through the Foundation. This was from the Constance Travis Charitable Trust. As at the 31 March 2023 a sum of £257,418 is being invested in the Constance Travis Match endowment fund where we are able to receive investment income and apply to use these funds for special projects.

### Plans for future periods

Our aim for 2023/24 is to repeat the Christmas meal service and put more focus on food education. We are considering a food research project which considers the impact of unhealthy eating within low-income households and includes looking at barriers and challenges faced.

### Structure, governance and management

Food4Heroes is a registered charity and was incorporated on 30 March 2020 as a community interest company (C.I.C.) and having no share capital. It then converted to a charitable incorporated organisation (C.I.O.) on 27 November 2020.

The trustees, who are also the directors for the purpose of company law, and who served during the Period and up to the date of signature of the financial statements were:

Mr J E C Brownhill

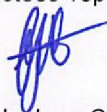
Ms A J Guest

Mr F T Ingham Clark

Mr R Haslam

The management of the Charity is the responsibility of the Trustees who are elected and co-opted under the terms of the Trust deed.

The trustees' report was approved by the Board of Trustees.



Mr F T Ingham Clark

Trustee

22 January 2024

# FOOD4HEROES C.I.O.

## INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF FOOD4HEROES C.I.O.

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I report to the trustees on my examination of the financial statements of Food4Heroes C.I.O. (the charity) for the year ended 31 March 2023.

### Responsibilities and basis of report

As the trustees of the charity 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.

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

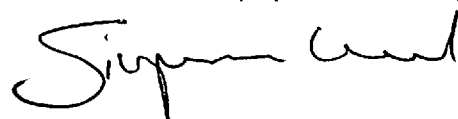
### Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- 2 the financial statements do not accord with those records; or
- 3 the accounts do 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 financial statements to be reached.

**Simpson Wood Limited**



Bank Chambers  
Market Street  
Huddersfield  
HD1 2EW

Dated: 22 January 2024

# FOOD4HEROES C.I.O.

## STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds	Unrestricted funds
	Notes	2023 £	2022 £
<b><u>Income from:</u></b>			
Donations and legacies	3	13,904	109,843
Other trading activities	4	100	100
Investments	5	162	1
<b>Total income</b>		<b>14,166</b>	<b>109,944</b>
<b><u>Expenditure on:</u></b>			
Raising funds	6	11,791	64,366
Charitable activities	7	11,372	10,995
<b>Total expenditure</b>		<b>23,163</b>	<b>75,361</b>
<b>Net (expenditure)/income for the year/ Net movement in funds</b>		<b>(8,997)</b>	<b>34,583</b>
Fund balances at 1 April 2022		47,361	12,778
<b>Fund balances at 31 March 2023</b>		<b>38,364</b>	<b>47,361</b>

The statement of financial activities includes all gains and losses recognised in the year.

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.


# FOOD4HEROES C.I.O.

## BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
<b>Current assets</b>					
Debtors	12	195		221	
Cash at bank and in hand		39,553		48,788	
		<u>39,748</u>		<u>49,009</u>	
<b>Creditors: amounts falling due within one year</b>	13	(1,384)		(1,648)	
Net current assets			38,364		47,361
<b>Income funds</b>					
Unrestricted funds			38,364		47,361
			<u>38,364</u>		<u>47,361</u>

The financial statements were approved by the Trustees on 22 January 2024

  
Mr F Tungham Clark  
Trustee



# **FOOD4HEROES C.I.O.**

## **NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023**

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### **1 Accounting policies**

#### **Charity information**

Food4Heroes is a registered charity and was incorporated on 30 March 2020 as a community interest company (C.I.C.) and having no share capital. It then converted to a charitable incorporated organisation (C.I.O.) on 27 November 2020.

#### **1.1 Accounting convention**

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### **1.2 Going concern**

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

#### **1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the charity.

#### **1.4 Income**

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

# FOOD4HEROES C.I.O.

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

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### 1 Accounting policies

(Continued)

#### 1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

#### 1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

#### 1.7 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

##### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

##### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

##### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

# FOOD4HEROES C.I.O.

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 1 Accounting policies (Continued)

#### 1.8 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

### 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

### 3 Income from donations and legacies

	Unrestricted	Unrestricted
	funds	funds
	2023	2022
	£	£
Donations and gifts	13,904	109,843

### 4 Income from other trading activities

	Unrestricted	Unrestricted
	funds	funds
	2023	2022
	£	£
Trading activity income: other	100	100

### 5 Income from investments

	Unrestricted	Unrestricted
	funds	funds
	2023	2022
	£	£
Interest receivable	162	1

# FOOD4HEROES C.I.O.

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 6 Expenditure on raising funds

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
<b>Trading costs</b>		
Cost of Meals	10,308	58,928
Support costs	1,483	5,438
	<u>11,791</u>	<u>64,366</u>

### 7 Expenditure on charitable activities

	Charitable expenditure 2023 £	Charitable expenditure 2022 £
<b>Direct costs</b>		
Computer running costs	1,349	8,171
Postage, courier and delivery charges	1,207	1,784
Advertising	816	40
Donations to other charities	8,000	1,000
	<u>11,372</u>	<u>10,995</u>
<b>Analysis by fund</b>		
Unrestricted funds	<u>11,372</u>	<u>10,995</u>

### 8 Support costs allocated to activities

	2023 £	2022 £
Governance costs	<u>1,483</u>	<u>5,438</u>
<b>Analysed between:</b>		
Fundraising	<u>1,483</u>	<u>5,438</u>

### 9 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

### 10 Employees

There were no employees in the charity in either this period or the previous period.

# FOOD4HEROES C.I.O.

## NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

### 11 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

### 12 Debtors

	2023 £	2022 £
Amounts falling due within one year:		
Prepayments and accrued income	195	221

### 13 Creditors: amounts falling due within one year

	2023 £	2022 £
Trade creditors	195	228
Other creditors	-	100
Accruals and deferred income	1,189	1,320
	1,384	1,648

### 14 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2022 £	Incoming resources £	Resources expended £	At 31 March 2023 £
General funds	47,361	14,166	(23,163)	38,364

Previous Period:	At 1 April 2021 £	Incoming resources £	Resources expended £	At 31 March 2022 £
General funds	12,778	109,944	(75,361)	47,361

### 15 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).