

FOOD4HEROES C.I.O.
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

FOOD4HEROES C.I.O.

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr J E C Brownhill Ms A J Guest Mr F T Ingham Clark Mr R Haslam Mrs M Wixon	(Appointed 28 March 2024)
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Charity number	1193549
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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 2024

The trustees present their annual report and financial statements for the year ended 31 March 2024.

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 Charity 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 impact those in need, in line with our charitable objectives.

This is the third annual return we have provided since our charity status was awarded. During the year ended 31 March 2024, Food4Heroes has focused its efforts on the Northamptonshire region.

For those going through difficult times, whether struggling with their mental health, chronic health conditions, financial hardship, social isolation or other challenges, unfortunately not everyone can access a Christmas dinner. Food4Heroes has once again funded and managed the delivery of over 1500 meals via a wide network of partners. In addition to the meals delivered through our partners we also delivered 75 meals to the amazing staff working tirelessly over Christmas in the Intensive Care Unit of Northamptonshire General Hospital. We continue to receive the appreciation from the staff, especially when they are not able to be with their own families on Christmas day. Our thanks to Portfolio Events, based in Kettering, who were our main sponsor this year and to West Northamptonshire Council with a small grant for this project. We are indebted to the team at Whittlebury Park who once again produced the delicious meals. Our thanks to Charles Sargeant, Whittlebury Parks Managing Director, for his continued support for this project. We are also fortunate to work with Route One, a Northampton based courier business, who kindly donated the refrigerated van with their driver to distribute the meals around the county.

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, independent examination, advisory and marketing activity primarily supporting our website.

Last year we reported that we were considering starting a food research project. During the last quarter of the year, we have been working closely with Northampton Community Foundation to define the project. In December we were chosen to be the charity of choice for the St Thomas' appeal for the Clothworkers Livery Company. A brief outline of the food project was presented at the Christmas lunch which was attended by over 300 members and thanks to the generosity of the members, £9,755 was raised.

FOOD4HEROES C.I.O.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

The project is being established as a pilot project to tackle diet-related inequality and promote healthier lifestyles among low-income families. The aim is to create a toolkit which can be used after the initial research has been completed, to help other families around the UK.

We have identified the following key requirements for the project.

1. To understand the barriers and challenges of healthy eating with low-income families.
2. To identify a representative group of families across a diverse range of backgrounds and needs
3. To work collaboratively with other third sector organisations who operate in a community setting with existing relationships with these families.
4. A formal approach to review, feedback and document the impact of the interventions used during the pilot.

The Key principles have also been defined.

- Affordability by maximising the use of volunteers and not funding activities which would otherwise have been funded from existing means.
- Involvement from 50 families is seen to be a good sample for the project.
- A diverse range of families from different ethnic backgrounds
- The 50 families will be invited to join the programme on the understanding they are helping to contribute to a much larger project to address diet related inequality across the UK.
- A collaborative approach will be adopted with the third sector organisations supporting each other and sharing resources.
- The primary interventions should be supporting families with food education, equipment if required, support with food sourcing, alongside coaching and on-going support. Other interventions such as mental support and physical activity should primarily be addressed outside this project.
- The interventions need to allow the families to be self-sufficient with the families continuing their healthy diet journey long after the project has finished.

A selection of partners has been identified and invited to participate and provide proposals. The trustees met in April 2024 to review these proposals and further details will be provided in the next report.

Financial review

The result for the period is a surplus of £5,440 (2023 - deficit of £8,997).

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 2024, a sum of £279,746 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 2024-2025 is to repeat the Christmas meal service and to launch the food project.

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.

FOOD4HEROES C.I.O.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 MARCH 2024*

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

Mrs M Wixon

(Appointed 28 March 2024)

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

15 January 2025

FOOD4HEROES C.I.O.

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

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 2024.

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

Simpson Wood Limited

Bank Chambers
Market Street
Huddersfield
HD1 2EW

Dated: 15 January 2025

FOOD4HEROES C.I.O.

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds 2024 £	Unrestricted funds 2023 £
	Notes		
<u>Income from:</u>			
Donations and legacies	3	14,413	13,904
Other trading activities	4	-	100
Investments	5	591	162
Total income		15,004	14,166
<u>Expenditure on:</u>			
Raising funds	6	7,885	11,791
Charitable activities	7	1,679	11,372
Total expenditure		9,564	23,163
Net income/(expenditure) for the year/ Net movement in funds		5,440	(8,997)
Fund balances at 1 April 2023		38,364	47,361
Fund balances at 31 March 2024		43,804	38,364

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 2024

	Notes	2024 £	£	2023 £	£
Current assets					
Debtors	13	212		195	
Cash at bank and in hand		44,726		39,553	
		<u>44,938</u>		<u>39,748</u>	
Creditors: amounts falling due within one year	14	(1,134)		(1,384)	
Net current assets			43,804		38,364
Income funds					
Unrestricted funds			43,804		38,364
			<u>43,804</u>		<u>38,364</u>

The financial statements were approved by the Trustees on 15 January 2025



Mr F T Ingham Clark
Trustee

FOOD4HEROES C.I.O.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

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 2024

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 2024

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 funds 2024 £	Unrestricted funds 2023 £
Donations and gifts	14,413	13,904

4 Income from other trading activities

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Other income	-	100

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	591	162

FOOD4HEROES C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Trading costs		
Cost of Meals	6,599	10,308
Support costs	1,286	1,483
	<u>7,885</u>	<u>11,791</u>

7 Expenditure on charitable activities

	Charitable expenditure 2024 £	Charitable expenditure 2023 £
Direct costs		
Computer running costs	1,079	1,349
Postage, courier and delivery charge	-	1,207
Advertising	600	816
Donations to other charities	-	8,000
	<u>1,679</u>	<u>11,372</u>
Analysis by fund		
Unrestricted funds	<u>1,679</u>	<u>11,372</u>

8 Support costs allocated to activities

	2024 £	2023 £
Governance costs	<u>1,286</u>	<u>1,483</u>
Analysed between:		
Fundraising	<u>1,286</u>	<u>1,483</u>

9 Net movement in funds

	2024 £	2023 £
The net movement in funds is stated after charging/(crediting):		
Fees payable for the independent examination of the charity's financial statements	<u>1,026</u>	<u>948</u>

FOOD4HEROES C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

10 Trustees

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

11 Employees

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

12 Taxation

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

13 Debtors

	2024 £	2023 £
Amounts falling due within one year:		
Prepayments and accrued income	212	195

14 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	-	195
Accruals and deferred income	1,134	1,189
	1,134	1,384

15 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 2023 £	Incoming resources £	Resources expended £	At 31 March 2024 £
General funds	38,364	15,004	(9,564)	43,804
Previous year:	At 1 April 2022 £	Incoming resources £	Resources expended £	At 31 March 2023 £
General funds	47,361	14,166	(23,163)	38,364

FOOD4HEROES C.I.O.

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) ***FOR THE YEAR ENDED 31 MARCH 2024***

16 Related party transactions

There were no disclosable related party transactions during the year (2023 - none).



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Parties involved with this document

Document processed	Party + Fingerprint
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