



Trustee Report & Financial Accounts

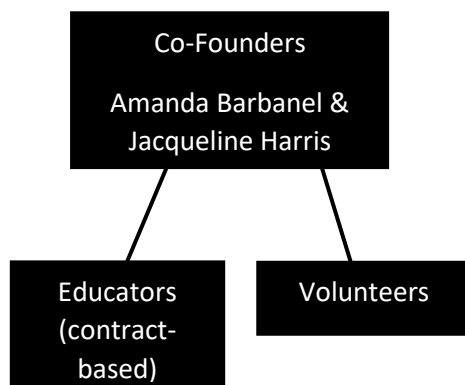
19th March 2021 - March 31st 2022

Charity Name: Give. Help. Share.

Registered Charity No: 1193872

Charity Address: 35 Links Drive, Elstree, Herts WD6 3PP

Management Structure



Board of Trustees

Ben Barbanel (Chair)

Sophie Clark

Adam Daniels

Simon Harris

Governance & Structure

The charity is controlled by its governing document and was constituted as a CIO.

Constitution

The principal objects of the charity are to:

- relieve financial hardship amongst people by providing emergency food, essential toiletries, and household items to individuals and families in need
- provide support by means of education

Charity Aims

In setting our aims and planning our activities, our Trustees have given careful consideration to the Charity Commission's public benefit guidance. Hence, our three aims are:

- To GIVE children nutritious food
- To HELP families in crisis
- To SHARE health knowledge with children

Essentially, all of our charitable activity is for the benefit of children's wellbeing.

Charity Activity over the Past Year

GIVE

Give. Help. Share. was established at the start of 2021 at the height of the pandemic to provide children and families in need with free healthy food bags via a school distribution network. We distributed wholesome food bags to vulnerable children via schools, leaving it to the discretion of the senior leadership team to disseminate further to their families most in need. Not only do we provide food, but it is equally important to us that we offer nutritious, plant-based food with an additional aim of re-educating families on healthy food choice.

Since launching, we've distributed over 20,000 wholesome food parcels to schools. Initially, there was a huge increase in demand for food support as the devastating financial effects of the pandemic drove many families into a state of food poverty. Consequently, we began delivering 500 nutritious food bags weekly comprised of: ambient items (pasta, tinned food, cereal and oats); fruit/vegetables; healthy snacks and bread to schools in Herts and neighbouring London boroughs. To complement these, recipe cards and nutritional information leaflets were included with the aim of encouraging families to eat healthily on a budget.

The pressures of lockdown eased, but times remained just as tough for many families as they were faced with challenging decisions over household expenditure. Families have now been forced to choose between 'eating and heating' due to the energy crisis and rising cost of living, hence demand for food support remains heightened.

Giving children food has not been restricted to term time. Working with London Borough of Barnet, Give. Help. Share has provided healthy meal and snack bags for BACE (Barnet's Active, Creative & Engaging) Holiday Camps as well as cook-a-long videos and activity resource packs for Easter, Summer and Winter breaks.

HELP

As well as helping local families who require food support, Give. Help. Share. has also helped families in crisis, such as refugees who fled from Afghanistan and Ukraine. Initially, we supplied the Afghan

refugees who were residing in local hotels with healthy snack bags for their children, and continue to help many of them through schools now that they've been enrolled.

The 2022 war in Ukraine prompted Give. Help. Share. to mobilise community support, collecting 2,500 bags of essential items (clothes, bedding, toiletries and toys) in March and transporting them to Poland for redistribution to Ukrainian refugees in both Warsaw and Kharkiv. An additional lorry was sent in April filled with vital food supplies requested by the recipient charity in Poland. Give. Help. Share. has maintained an ongoing relationship with the Polish charity and will continue to support them as necessary.

SHARE

Give. Help. Share. has delivered over 100 workshops to Key Stage 2 pupils on nutrition and healthy eating, sharing food knowledge at a crucial stage of growth when children embark on making independent choices and determining behaviours that impact their existing and future health. Each workshop was accompanied with a take-home food bag which allowed us to engage the children in a hands-on session, whilst supporting families with food insecurity. Working with the children over time developed a relationship, enabling us to convey our message of health promotion whilst empowering them to become 'Food Change Champions'. The beginning of each session focused on how they're developing this message at home and examples of behaviour change.

Whilst there is some reference to food education in primary schools taught through the statutory curricula of: Science, Design and Technology and PSHE (personal, social, health and economic education), it is an inferior part of several subjects with little time and attention devoted to it – the co-founders know this first-hand as teachers by profession. Children require this educational input as without it, as evidenced by the UK's National Food Strategy report (2021), children consumed significantly less fruit and vegetables during lockdown together with an increased intake of convenience food and unhealthy snacks – this was more predominant amongst children from disadvantaged families. These findings are commensurate with food insecurity and with diets that are lower in essential vitamins and minerals – all contributory factors to children developing nutrient deficiency, especially those from low-income families. Therefore, Give. Help. Share. have embarked on this campaign to equip disadvantaged children with food and nutrition knowledge, enabling them to make better, healthier and more informed food choices for the chance of improved lifelong health behaviours.

Receipts

Unrestricted grants = £3,350 (supported restricted grant projects)

Restricted grants = £43,097 (see table for breakdown)

Grant	Amount Awarded	Project	Time Period	Number of Beneficiaries
Hertfordshire Community Foundation	£5,000	Food relief and education	June-Sept 21	570
Summer BACE	£2,420	22 food workshops	August 21	660
Hertsmere Community Lottery	£3,000	75 weekly food parcels	Sept-Dec 21	300
Postcode Lottery	£12,000	Salary for 1 employee	Oct 21-Sept 22 6 months remaining	
Winter BACE	£1,050	Educational videos and snack bags	Dec 21	500
Hampstead Wells & Campden Trust	£2,000	60 weekly food parcels	Feb 22-July 22 3 months remaining	250
Barnet Community Innovation Fund	£14,000 £12,627 received	Food education 6 sessions x 16 classes	Jan 22-July 22 4 months remaining	480
Hertfordshire Community Foundation	£5,000 Received 31/3/22	60 weekly food parcels	April-Oct 6 months remaining	250
Total	£43,097			3,010

Monetary donations = £44,400

Type of Donor	Amount	Project	Number of Beneficiaries
Corporate	£21,321	Food relief	2000
Corporate	£4,910	Ukraine essential items and transport	
Personal	£14,339	Food relief	1500
Personal	£3,830	Ukraine food supplies	
Total	£44,400		3500

Food donations = £109,258 (supplemented all food parcels)

Payments (see Appendix A for full breakdown of accounts)

Food Costs

Weekly wholesale order plus staple items from the supermarket to complete food bags e.g. fresh fruit/veg, ambient items, snacks. This is dependent on the donated food items available so purchases varied.

Staff Costs

Wages	£20,000
Pension costs	£303
Contract staff	£600
Total	£20,903

Reserves Policy

Our reserves policy stipulates that:

- Reserves are maintained at a level which ensures that six months of Give. Help. Share's core activity could continue during a period of unforeseen difficulty
- A proportion of reserves are maintained in a readily realisable form
- This policy and the level of reserves shall be reviewed annually

Fundraising

Donors to Give. Help. Share. can be assured that we comply with the Regulatory Standards for Fundraising.

Trustee Selection Methods

The management of the charity is the responsibility of the Trustees who are elected under the terms of the charity's Governing Document. A fourth trustee was appointed in June 21.

Risk Management

As trustees, we regularly review and assess the risks to which the charity is exposed, in all areas of its work and plan for the management of those risks.

Achievements

- 20,000 food bags delivered
- 7 boroughs serviced
- 60 school recipients
- 102 educational workshops delivered
- 12 successful grants
- 75 volunteers
- 65 food donors
- 10 corporate donors
- 1 full-time employee
- 1 contract employee
- 6510 beneficiaries

Partner organisations

Organisation		Type of Partnership
Eat Real Zest Wenzels Snackzilla Boundless Olly's Plenish Flawsome Hippeas	Plant Power Goal Power Inside the Pantry Sweet Pea Pantry Love Raw King Soba Mister Free'd Mia & Ben Kooky	Regular food donations
Gratitude WD6 Sebby's Corner Shishukunj London		Charity food swap partners
Neighbourly Fareshare		Weekly surplus food collection slot
OakNorth Bank		Monthly corporate sponsor

Future Plans

- To continue to provide food support and education, endeavouring to target pockets of areas which are most in need
- To respond to the rising cost of living, reaching more families in crisis
- To increase productivity through relocation to larger premises (grant-dependent)
- To expand our educational team of contract teachers
- To raise funds through annual fundraiser scheduled for Summer 2022
- To employ a logistics/warehouse manager (grant-dependent)
- To engage with local councillors re statutory inclusion in the curriculum and funding for food education

Appendix A – Receipts & Payments

<u>Receipts</u>	<u>Restricted</u>	<u>Unrestricted</u>	<u>Total</u>
Donation	0.00	44,399.92	44,399.92
Food Donations	0.00	£109,257.95	£109,257.95
Grant	43,096.60	3,350.00	46,446.60
Total Income	43,096.60	157,007.87	200,104.47
<u>Payments</u>			
Admin	(250.00)	(5,194.96)	(5,444.96)
Food	(8,008.17)	(8,666.66)	(16,674.83)
Food Donations	0.00	(109,257.95)	(109,257.95)
Packaging	(509.75)	(1,200.08)	(1,709.83)
Petrol	0.00	(932.50)	(932.50)
Professional Fees	0.00	(2,064.65)	(2,064.65)
Resources	(1,619.32)	0.00	(1,619.32)
Salaries	(12,874.68)	(8,028.66)	(20,903.34)
Training	0.00	(3,891.63)	(3,891.63)
Total Expenditure	(23,261.92)	(139,237.09)	(162,499.01)
Profit/(Loss)	19,834.68	17,770.78	37,605.46

Cash carried forward to 22/23: £37,605.46

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	B. Barbanel	S. Clark
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Full name(s)	Benjamin Barbanel	Sophie Clark
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Position (eg Secretary, Chair)	Chair of Trustees	Trustee
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Date	17.05.22
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Independent Examiner's report to the Trustees of GIVE. HELP. SHARE.

I report to the Board on my examination of the accounts of GIVE. HELP. SHARE. for the period ended 31 March 2022, which are set out on the attached pages.

This report is made solely to the Board, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. My work has been undertaken so that I might state to the Board those matters that I have agreed to state to it and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Board as a body, for our work, for this report nor for the conclusions I have formed.

Responsibilities and Basis of Report

As the charity 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').

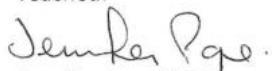
I report in respect of our examination of the Trustees' accounts carried out under section 145 of the 2011 Act and in carrying out our examination we have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

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 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 accounts 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 accounts to be reached.



Jennifer Pope (ACA)
Nyman Libson Paul LLP
Chartered Accountants
124 Finchley Road
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NW3 5JS

22 September 2022