



Trustee Report & Financial Accounts

1st April 2022 - March 31st 2023

Charity Name: Give. Help. Share.

Registered Charity No: 1193872

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

Board of Trustees

Ben Barbanel (Chair)

Adam Daniels

Simon Harris

Sophie Macadar

Management Structure

1. Co-Founders
2. Contract Educators
3. Volunteers

Constitution

The principal objects of the charity are to relieve financial hardship amongst people, in particular but not exclusively of vulnerable youth in London, Hertfordshire and the surrounding areas:

- by providing emergency food, essential toiletries, and household items to individuals and families in need
- by providing support or signposting to relevant information and other advisory services

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 food knowledge with children

Essentially, all of our charitable activity is for the benefit of disadvantaged children and families' wellbeing. These activities benefit our recipient children and families by: giving them access to free, healthy food parcels; allowing them to develop a base of food and nutrition knowledge that is not otherwise taught in school or at home. We are aware that food is 'fuel for learning': we aim for our beneficiary children (ages 9-11) to attend school having been fed nutritiously through the receipt of healthy foods and know how to make independent, healthier food choices.

Governance

The charity is controlled by its governing document and is constituted as a CIO. The co-founders perform the day-to-day management of the charity and the trustees oversee this on a quarterly basis in meetings. Feedback is sought from the charity's beneficiaries - disadvantaged children and families, together with stakeholder schools - in determining how Give. Help. Share's projects are executed.

Charity Activity over the Past Year

GIVE

2022/23 is the second year of operation for Give. Help. Share. In this financial year we have distributed 17,500 wholesome food bags to disadvantaged children and families via a weekly school distribution network. It is the discretion of the schools' leadership teams to disseminate the food parcels to their most 'in-need' families within their school communities. Our food bags comprise: ambient items (pasta, tinned food, cereal and oats); fruit/vegetables; healthy snacks; and bread or crackers.

Our food parcels now contain more food items than they did previously at a greater cost to the charity, accounting for the reduction in total food bag distribution numbers from 20,000 to 17,500. This reduction was also in response to an increase in numbers of our food education workshops. Give. Help. Share's food bags are now more tailored towards our beneficiaries resulting in a range of packed bags: family grocery bags; family meal parcels; youth group bags; child-friendly snack bags; parcels for families without kitchen appliances; and healthy breakfast bundles. We include a recipe card or nutritional information leaflet in each bag to guide the recipients on usage.

Give. Help. Share's volunteer base has altered from local secondary school teenagers to early retired couples. The decision to recruit a different age range of volunteers stemmed from the need for more regular delivery drivers allowing the co-founders to relinquish some delivering responsibilities. Accordingly, Give. Help. Share. was also able to focus on working with the London Boroughs of Barnet and Camden during school holidays. We provided child-friendly snack bags for their holidays and activities food programme during the Easter, Summer and Winter breaks - the pinnacle being 1000 festive hampers delivered across three days to 30 locations.

HELP

High inflation rates and increasing food prices resulted in a surge in the number of households being food-insecure. With healthy food often three times the price of its healthier counterparts (calorie for calorie), the Food Foundation highlighted that 48% of food-insecure households reported purchasing less vegetables, and 58% less fruit. Consequently, families have been forced to choose processed, nutrient-deficient, yet energy-dense foods. Give. Help. Share. has helped families, by providing nutritious and wholesome ingredients - from fresh produce to lower-sugar snacks and cereals - in order to support those affected most by the cost-of-living crisis.

In addition, with energy prices heightened, millions of households have struggled to heat their homes and use required electrical appliances for healthier home-cooked meals. Give. Help. Share. embarked on a new project to support this, working with groups of parents at school coffee mornings. This involved us providing a weekly warm space for parents to have breakfast, and converse with like-minded people whilst learning about how to feed their families nutritiously and cost-effectively. Parents were engaged in sessions on: the effects of sugar on their children and how to 'sugarproof' snacks; shopping healthily on a budget; and ideas for healthy school packed lunches. Attendees left all weekly sessions with food items to share with their children, meal items that had been chopped and prepared, as well as a thermos flask for future packed lunches. With beneficiaries concerned about their energy usage, Give. Help. Share. facilitators discussed the most energy-efficient appliances and how to use these, allowing each parent to select an appliance of their choice, which would improve their home life. Purchases included 103 air fryers, 50 vacuum cleaners, 15 slow cookers, 10 grills and 6 electric radiators.

SHARE

Give. Help. Share's team of educators expanded in 22/23, with two qualified teachers joining the team on a contract-basis. This enabled us to deliver over 150 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.

With the cost-of-living crisis at the forefront of the agenda, the lesson objectives were altered to tackle this priority. There was greater focus on chopping and preparing fruit and vegetables in the workshops, so that these could be consumed at home. More budget recipe cards and ideas were shared - all of which were child-friendly, low-cost and could be easily prepared by both children and adults. Furthermore, in light of environmental concerns, a lesson was added to encourage children to reduce food waste at home, encouraging them to think creatively about using ingredients.

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, 1 in 5 children are leaving primary school overweight or obese - this is three times more likely for those young people living in the most deprived areas. 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 to 'fuel' their learning, improve lifelong health behaviours and act as a combatant for obesity-related disease.

Not only have we shared knowledge with children and parents, but this year, we have embarked on delivering volunteering days to corporate employees as a means of educating them about food insecurity and disadvantage in the UK, as well as offering them the opportunity to be 'hands-on' by packing food parcels for more deprived families in various school communities.

Volunteers

We are grateful for the many hours volunteers have spent packing and delivering food bags to recipient school communities. Without this valuable contribution of time, energy and commitment we would not have been able to achieve so much.

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.

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.

Payments & Receipts (see Appendix A for full breakdown of costs)

Our main source of funds has been via grants, donations and corporate sponsorship. Most applied-for grants have been via local boroughs and restricted to project costs - namely food provision and food education - with an additional one-off unrestricted grant of £25,000 from The Wolfson Foundation being awarded to support families through the cost-of-living crisis. An additional £30,000 was secured via our annual fundraiser in June 2022 through a targeted campaign which engaged donors in 'Fuelling Children's Futures'.

Our main costs incurred are food costs and staff costs. A weekly wholesale order is undertaken with additional purchases sourced from low cost items at local supermarkets in order to provide complete food bags containing a range of ambient items, fruit/veg and snacks. This is also dependent on food donations which are received, so weekly buying varies. We have one full-time employee and two contract educators comprising our salary payments.

Achievements

- 17,500 food bags delivered
- 156 educational workshops delivered
- British Nutrition Foundation Community Award won
- £30,000 received from annual fundraising event
- 7195 beneficiaries

Future Plans

- To continue to provide food support and education, specifically targeting those areas with the lowest index of multiple deprivation
- To conduct academic research on the charity's provision, analysing beneficiary feedback and forming conclusions which shape the charity's activity in 23/24 academic year
- To increase productivity by relocating to larger premises - a shared charity hub (in liaison with Head of the Council)
- To form partnerships with corporates, who engage via volunteering days, and support the charity on a longer-term basis
- To engage with local councillors re statutory inclusion in the curriculum and funding for food education

Receipts & Payments

<u>Income</u>	<u>Restricted</u>	<u>Unrestricted</u>	<u>Total</u>
Donation	0.00	59,279.45	59,279.45
Grant	44,051.00	30,750.00	74,801.00
Food Donations	0.00	£75,050.40	£75,050.40
Total Income	44,051.00	165,079.85	209,130.85
<u>Expenditure</u>			
Food	(27,608.97)	(12,098.36)	(39,707.33)
Food Donations	0.00	(75,050.40)	(75,050.40)
Packaging	(1,537.43)	(576.30)	(2,113.73)
Petrol	(218.49)	0.00	(218.49)
Admin	(320.30)	(664.25)	(984.55)
Salaries	(15,810.03)	(15,473.61)	(31,283.64)
Training	0.00	(6,123.00)	(6,123.00)
Professional Fees	(107.63)	(4,875.68)	(4,983.31)
Resources	(7,005.56)	(1,337.86)	(8,343.42)
Contractor	(5,760.00)	(940.00)	(6,700.00)
Total Expenditure	(58,368.41)	(117,139.46)	(175,507.87)
Profit/(Loss)	- 14,317.41	47,940.39	33,622.98
Reserve b/fwd	19,745.49	17,864.96	37,610.45
Bank	5,428.08	65,805.35	71,233.43

Statement of Assets & Liabilities

All reserves are cash, and therefore cash b/fwd: £37,610.45

Cash c/fwd to 23/24: £71,233.43

Declarations

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Benjamin Barbanel	Sophie Macadar
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Position

Chair of Trustee	Trustee
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Date

20.09.23	20.09.23
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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. Board (the Board) for the period ended 31 March 2023, 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 Trust 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 Trustee's 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 Trust 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

London

NW3 5JS

Dated: 20 September 2023