

CHEF – The Community Health Education Food Project

A CHARITABLE INCORPORATED
ORGANISATION

CHARITY REGISTRATION NO. **1196599**

ANNUAL REPORT AND ACCOUNTS
23rd February 2024



CHEF

THE **C**OMMUNITY **H**EALTH **E**DUICATION
FOOD PROJECT



CHARITY COMMISSION
FOR ENGLAND AND WALES

THIS CERTIFIES THAT

CHEF-THE COMMUNITY HEALTH EDUCATION FOOD PROJECT

REGISTERED CHARITY NUMBER

1196599

HAS BEEN REGISTERED BY THE

Charity Commission for England and Wales

ON THE DATE OF

16 November 2021

CERTIFIED BY

Ian Karet
Chair

Dr Helen Stephenson CBE
Chief Executive Officer

A CHARITABLE INCORPORATED ORGANISATION

(CHARITY NO. **1196599**)

ANNUAL REPORT

23rd February 2024

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TRUSTEES' REPORT

22nd February 2024

Status	CHEF has charitable status and is a Charitable Incorporated Organisation ("CIO").
Charity registration number	1196599
Trustees	The trustees are; Sarah Gardner (Chair & treasurer) Naomi Youngs David Youngs
Patron	The charity currently does not currently have a patron.
Governing document	As a Charitable Incorporated Organisation whose only voting members are its charity trustees CHEF has adopted the "Foundation" model constitution when entered on the Register of Charities on 16th November 2021.

TRUSTEES' REPORT

23rd February 2024

Objects: TO IMPROVE AND PROTECT THE HEALTH OF THE PUBLIC IN HILLINGDON AND THE NEIGHBOURHOOD THEREOF BY PROVIDING EDUCATIONAL COOKING WORKSHOPS ON COOKING SKILLS, FOOD PREPARATION AND HEALTHY EATING.

Facebook <https://www.facebook.com/profile.php?id=100080030356001>

"I was inspired to set up the charity CHEF, whilst volunteering as a Community Champion for Hillingdon for All. I learnt through H4ALL that West London has a health problem with diabetes and obesity (caused by bad eating habits). There is also a cost-of-living crisis, with many people struggling to afford food. I remembered when travelling with my uncle in the Australian outback, we made the food last with basic cookery skills (after the meat had spoilt, we made curries with a few vegetables and lots of spices). By teaching people how to cook, they can make their food go further and they will be healthier. Whilst carrying out charity work with the London Community Kitchen. I witnessed the amazing things that they achieved and was impressed with their 'Plant to Plate philosophy'. Volunteering with both the Rotary club, supporting local foodbanks and as a Trustee of Hounslow Community Food Box I saw the need for Food banks had increased substantially since 2020. From my time as a school governor, I also knew that cooker skills were no longer standard on the school curriculum. I felt that we needed something like this in Hillingdon, and subsequently CHEF was born.

I would like to thank Hillingdon for All, in particular Naomi, Bell Farm Christian Centre our cookery teacher Purnima and her cookery assistant Poonam (both H4ALL community Champions), Jacqui for her expertise and Jennipher for her microwave recipes, and everyone else who has made the concept of CHEF become a reality"

– Sarah Gardner Chair and Founder of CHEF, Well-being for All and Serving Our Superheroes.

TRUSTEES' REPORT

22nd February 2024

MAIN ACTIVITIES UNDERTAKEN FOR THE PUBLIC BENEFIT

To improve and protect the health of the public by providing education on cookery skills and healthy eating, whilst focusing on cooking on a budget, to help end food poverty.

Activities and achievements to date

- Partnering with Bell Farm Christian Centre, in West Drayton and Hillingdon for All, we ran free cookery classes for Afghan refugees. Many of them didn't know about the vegetable we have in the UK and how to cook them, so it helped them to learn to cook on a budget and brought the community together. The food was cooked in bulk during the sessions and the refugees were given microwave containers filled with food to take away with them, as well as recipe sheets. Bell Farm Christian Centre are in the heart of the community and near the refugee hostels (they are also a multi faith centre with good links to the community). Hillingdon for All sponsored the project and provided ingredients for the cookery classes.
- CHEF worked on a child obesity reduction programme with the NHS and have put together healthy recipes on a budget and budgeting advice, for an after-school cookery sessions with children and parents, which was run by the NHS as part of a pilot programme to reduce child obesity in the borough.
- On a regular basis CHEF posts recipes, healthy eating tips and money saving tips on our Facebook page. We worked with food banks to see what ingredients are in a typical food parcel and based many recipes around these. We also regularly post on Facebook about local food banks and places offering free food & top money saving tips for cooking on a budget. As well as sharing recipes and hints and tips throughout the year, we run campaigns at Christmas around how to cook healthy meals on a budget and particularly in school holidays, highlighting where children can eat for free.
- To combat the cost-of-living crisis we teamed up with Jennipher Marshall-Jenkinson, Chair of the UK's Microwave Technologies Association (MTA). And ran a campaign around using the microwave cooking to save energy. We shared tips on microwave cooking many healthy microwave recipes.
- We have also been working with other charities include food rescue charities to re-distribute free food.

- We have also worked with food banks to provide recipes, to be distributed with Food parcels.

In 2023 CHEF received highly commended in the West London Chamber of Commerce Business Awards.




Future plans

CHEF is planning to publish a healthy budgeting cookbook to help people during the cost-of-living crisis. Alongside the cookbook, we are planning to give packs of spices (so that people can make better meals with their food banks parcels). Many recipes in the book are based on the content of the food parcels.

CHEF ACCOUNTS

23rd February 2024



CHARITY COMMISSION

FOR ENGLAND AND WALES

CHEF - The Community Health Education Food Project

1196599

Receipts and payments accounts

For the period from

Period start date

To

Period end date

16th November 2021

31st March 2023

CC16a

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts	0.00	0.00	0.00	0.00	0.00
Sub total (Gross income for AR)	0.00	0.00	0.00	0.00	0.00
A2 Asset and investment sales, (see table).					
Sub total	0.00	0.00	0.00	0.00	0.00
Total receipts	0.00	0.00	0.00	0.00	0.00
A3 Payments	0.00	0.00	0.00	0.00	0.00
Sub total	0.00	0.00	0.00	0.00	0.00
A4 Asset and investment purchases, (see table)					
Sub total	0.00	0.00	0.00	0.00	0.00
Total payments	0.00	0.00	0.00	0.00	0.00
Net of receipts/(payments)	0.00	0.00	0.00	0.00	0.00
A5 Transfers between funds	0.00	0.00	0.00	0.00	0.00
A6 Cash funds last year end	0.00	0.00	0.00	0.00	0.00
Cash funds this year end	0.00	0.00	0.00	0.00	0.00

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds		0.00	0.00	0.00
		0.00	0.00	0.00
	Total cash funds	0.00	0.00	0.00
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
	Details	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		0.00	0.00	0.00
		0.00	0.00	0.00
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		0	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		0	0.00	0.00
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities		0.00	0.00	0.00
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	#VALUE!	Sarah Jane Gardner	23.02.2024	

NOTES TO THE ACCOUNTS

22nd February 2024

a) Taxation

CHEF exempt from the payment of any taxes to the extent it is a registered charity and therefore is not liable for Income Tax or Corporation Tax on income derived from charitable activities. CHEF does not have an obligation to register for VAT.

b) Gift aid

CHEF is not registered for gift aid.

C) Currently CHEF has no money in or out.

End

Report prepared by Sarah Gardner (Chair & Founder).