

CHEF – The Community Health Education Food Project

A CHARITABLE INCORPORATED
ORGANISATION

CHARITY REGISTRATION NO. **1196599**

ANNUAL REPORT AND ACCOUNTS
January 2025



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

A handwritten signature in black ink, appearing to read 'Ian Karet'.

Ian Karet
Chair

A handwritten signature in black ink, appearing to read 'Dr Helen Stephenson'.

Dr Helen Stephenson CBE
Chief Executive Officer

A CHARITABLE INCORPORATED ORGANISATION

(CHARITY NO. **1196599**)

ANNUAL REPORT

January 2025

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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	<p>The trustees are;</p> <p>Sarah Gardner (Chair & treasurer) Naomi Youngs David Youngs</p>
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 BY PROVIDING HEALTHY EATING AND BUDGETING ADVICE.
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 and to be put on their website.

In 2023 CHEF received highly commended in the West London Chamber of Commerce Business Awards, CHEF was also shortlisted for the West London Business Award in 2024.



In 2024 we updated our charity governing documents to update our purpose so that we could serve a wider customer base and help more people in need.

We also continued to publish recipes and tips on our Facebook page.

CHEF published a healthy budgeting cookbook to help people during the cost-of-living crisis. Alongside with the cookbook, we donated 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.

On 1st October 2024 we officially launched the CHEF cookbook at the offices of Emlea Support Services, Hillingdon House.

Young care leavers who are part of the Staying Close project that Emlea Support Service is providing in partnership with the London Borough of Hillingdon - providing support and preparation for independence for Care experienced young people will be the first to get these cookbooks donated to them.

They received a cookbook which has tips on budgeting, healthy eating and cooking tips as well as easy quick recipes along with the books received packs with various spices & herbs, to help them cook.





news

CHEF Cookbook Launch: Supporting young care leavers in Hillingdon, UK.

On October 1st, CHEF (Community Health Education Food Project) proudly launched the CHEF cookbook at the Emlea Support Service offices in Hillingdon House.

The cookbook is one of CHEF's latest projects. Through this cookbook, CHEF aims to equip individuals and families with the skills necessary to prepare nutritious meals on a budget, fostering self-sufficiency and healthier lifestyles.

CHEF is giving out the cookbook with spice packs, giving the recipient an opportunity to make affordable tasty meals.

The cost-of-living crisis is leaving many people struggling to afford necessities like food, housing, and utilities, causing financial strain and increased stress. As prices rise, unhealthy eating habits have become more common, with many opting for cheaper, processed foods that are high in sugar and fat. This has worsened health issues like diabetes, which is on the rise due to poor diet and lifestyle choices. The growing burden on both physical and mental health highlights the urgent need for food charities to provide nutritious meals and support communities in accessing healthy, affordable food.

The first recipients of the cookbook will be care-experienced young people who will receive practical tools for successful living, including budgeting tips, healthy eating advice, and quick, easy recipes. Each cookbook will be accompanied by packs of various spices and herbs to enhance their cooking experience.

The cookbooks for the care leavers are a collaboration with CHEF and Emlea Support Services.

This initiative supports young care leavers involved in the Staying Close project, a partnership with the London Borough of Hillingdon, aimed at preparing these individuals for independent living.

CHEF, founded by Sarah Gardner, who also chairs the charity, is dedicated to promoting healthy eating and combating food poverty within the community.

Sarah is the founder and chair of Serving Our Superheroes and Well-being for All, vice chair of the charity project 90/10, a trustee for Hillingdon Rotary Club, the 7th Hillingdon Scouts, and a committee member of Click Rukiga and is also the founder of the network Helping West London. Sarah's previous roles also include Trustee of the Hounslow Community Food Box (a role she did for 5

years), Vice-Chair of Thamesbank Credit Union and a school governor. Sarah is therefore aware of the needs of the community and the impact of the cost-of-living crisis, motivating her to help those sectors of the community most in need.

Sarah runs CHEF alongside trustees Naomi Youngs and David Youngs, who manage Emlea Support Services All trustees are also Hillingdon Community Champions, a programme set up by Hillingdon for All have been supportive of the CHEF charity and have been supporting the charity since 2021.

Highlights of CHEF's Community Impact:

- **Cookery Classes:** Partnered with Bell Farm Christian Centre and Hillingdon for All to run free cookery classes for Afghan refugees, teaching budgeting and cooking skills while fostering community connections.
- **Child Obesity Program:** Collaborated with the NHS on a child obesity reduction initiative, providing healthy recipes and budgeting advice for after-school cookery sessions. Contributing towards a cookbook published by the NHS.
- **Ongoing Resources:** Regularly shares recipes, healthy eating tips, and budgeting advice through our Facebook page, including support for local food banks.
- **Cost-of-Living Support:** Launched a campaign focused on microwave cooking to save energy, providing affordable, healthy meal solutions, in collaboration with Jennifer Marshall-Jenkinson, chair of the UK's Microwave Technologies Association (MTA).
- **Community Collaborations:** Worked with food rescue charities and food banks to redistribute free food and offer recipes tailored to typical food parcels.



Image caption here

In 2023, CHEF was highly commended at the West London Chamber of Commerce Business Awards and has been shortlisted for several categories at the upcoming West London Business Awards, including Best Business for Health and Wellbeing and Best Charity/Social Enterprise.


Through these efforts, CHEF aims to help young care leavers thrive and cultivate a healthier community.

About Emlea Support Service

Emlea Support Service provides comprehensive support for care-experienced young people, ensuring they have the necessary tools for a successful transition into adulthood.



CHEF ACCOUNTS

 CHARITY COMMISSION FOR ENGLAND AND WALES	CHEF - The Community Health Education Food Project		1196599		CC16a
	Receipts and payments accounts				
	For the period from	Period start date 1st April 2023	To	Period end date 31st March 2024	
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).					
	0.00	0.00	0.00	0.00	
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)					
	0.00	0.00	0.00	0.00	
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
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets		0.00	0.00	0.00
		0.00	0.00	0.00
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets		0	-	-
		Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use		0	0.00	0.00
		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	
	S J Gardner	Sarah Jane Gardner	01.01.2025	

NOTES TO THE ACCOUNTS

January 2025

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).