

# GRANGE OVER SANDS COMMUNITY FOODSHARE

England & Wales · Charity number 1197066

## Details

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**Other names** Fed Up!

**Status** Registered

**Legal form** CIO

**Registered** 2021-12-13

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Main Street  
Grange-over-Sands  
Cumbria  
LA11 6DP

**Phone** 07985505415

**Email** [twbs2020@gmail.com](mailto:twbs2020@gmail.com)

## Activities

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**Objects:** 1 TO PROMOTE FOR THE BENEFIT OF THE PUBLIC THE CONSERVATION, PROTECTION AND IMPROVEMENT OF THE PHYSICAL AND NATURAL ENVIRONMENT BY PREVENTING FOOD WASTE.2 TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECTS OF THE ENVIRONMENTAL DAMAGE CAUSED BY WASTED FOOD. 3 THE RELIEF OF FINANCIAL HARDSHIP AMONG PEOPLE LIVING OR WORKING IN THE SOUTH LAKELAND DISTRICT AREA BY PROVIDING SUCH PERSONS WITH ESSENTIAL HOUSEHOLD APPLIANCES WHICH THEY COULD NOT OTHERWISE AFFORD THROUGH LACK OF MEANS.

**Activities:** The charity is for the prevention or relief of poverty, we help children, young people, people with disabilities, other voluntary bodies, and the general public. We provide services, advocacy, advice and we act as an umbrella and resource body for other local charities.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** The Prevention Or Relief Of Poverty, Environment/conservation/heritage
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

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- Cumbria

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-01-31	£112,666	£123,543	-	-
2024-01-31	£153,365	£141,528	-	-
2023-01-31	£151,972	£119,508	-	-

## Trustees

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Name	Role	Appointed
Linden Grieve		2024-07-15
Rebecca Pittard		2024-07-15

**GRANGE OVER SANDS COMMUNITY FOODSHARE**

England & Wales - Charity number 1197066

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# Accounts

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## **Trustees' Annual Report for the period**

**From 13th December 2021 To 12th December 2022**

**Charity name: Grange Over Sands Community Foodshare**

**Charity registration number: 1197066**

### **Objectives and Activities**

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	<p><b>The Trustees can confirm that objects of the CIO, as presented within the charity's governing document, are:</b></p> <p><b>*To promote for the benefit of the public the conservation, protection and improvement of the physical and natural environment by preventing food waste.</b></p> <p><b>*To advance the education of the public in the subjects of the environmental damage caused by wasted food.</b></p> <p><b>*The relief of financial hardship among people living or working in the South Lakeland District area by providing such persons with essential household appliances which they could not otherwise afford through lack of means.</b></p>
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	<p><b>Grange Over Sands Community Foodshare is a community led charity based in south Cumbria which aims to combat climate change, tackle poverty, reduce social isolation, support refugee integration, build community bonds and create community based approaches to these issues and any others which might arise within the local area. The charity is community led, meaning the trustees and committee adapt to whatever issues the local community in South Cumbria are facing, from the cost of living crisis, to the integration of refugees from Ukraine.</b></p> <p><b>The charity's services are as follows.</b></p>

**intercepting surplus food from going to landfill and sharing it with local people to eat, in as many innovative and effective ways as possible through Foodclubs! Foodclubs aren't simply about taking direct environmental action every week, although that is their main goal, they are community clubs, people feel a sense of belonging and ownership, with friendships and new community organisations blossoming from connections made at our clubs. At the Foodclub, 500kgs of surplus food is received, processed and shared with the local community with the help of our volunteers and staff. These foodclubs are a very successful way of connecting with a diverse cross section of local people.**

**The charity hosts three very well-attended and successful Art Clubs for little kids, teens and tweens and adults, with expert teaching and recycled materials, a diverse range of local people can hone their artistic skills, make friends and take away a food share.**

**Our local teenagers frequently say how much they love our art clubs because there is nothing else for them in our rural area and many are becoming talented artists planning to take art as a main subject at GCSE and A level. These Art Clubs are environmental in focus and are a hands-on way of teaching children about climate change.**

**The Charity runs two weekly English lessons and a weekly Ukraine Support Group for local refugees where they can make friends, share food and work closely with the council's housing officers to mitigate the refugee housing crisis that has developed since the hosts for Ukraine scheme ended this year.**

**The group prepares and shares a fresh, healthy meal. Sometimes dinner is donated by one of the local restaurants and can take a food parcel all while making friends and connections.**

**Emergency community food parcels where trained staff parcel up surplus food and other essentials (and some treats) and deliver these parcels to**

		<p>those in need e.g. people facing housing insecurity, food insecurity, employment issues, abuse, isolation and any other vulnerable situations. People self-refer and we receive calls from friends, neighbours, nurses, police and care agencies.</p> <p>Case study: supporting a single mother of 3 children under 5 after she was made homeless due to domestic abuse. She was living in the homeless hostel in the local town for 5 months and became a reliable and kind-hearted volunteer. The charity provided food, toiletries, clothing, a tv and children's toys at Christmas, helped her through job and housing applications by providing references, wifi and lifts and continues to support her as she gets back on her feet and makes friends within the charity and in Ulverston where she has finally settled.</p> <p>Providing essential household goods, such as washing machines, boilers, dishwashers, ovens and energy efficient heaters. These goods are provided to a section of the public who live in South Lakeland and are referred to us due to lack of financial means.</p>
<p>Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit</p>	<p>Para 1.18</p>	<p>The Trustees can confirm that the Charity Commission's guidance on public benefit has been extensively read and referred to when reporting on the charity's activities, purposes and structure. Grange Over Sands Community Foodshare aims to relieve financial hardship by providing essential household appliances, to advance education within the South Lakeland area on the environmental damage caused by food waste and to protect the environment by preventing food waste, have a direct benefit for many of the people in the South Lakeland area, particularly individuals who are financially lacking means, are experiencing food insecurity, social isolation, unemployed, housing insecurity and those living in areas affected by climate change such as coastal or</p>

		<p><b>floodplain land. For example, the section of the public who live in the South Lakeland area and who are experiencing lack of financial security are able to access our services including food support from our surplus food, especial household goods, our winter warm spot and our volunteer opportunities. Through our volunteer opportunities, anyone in the South Lakeland area can gain skills, social interaction, training and references for future employment.</b></p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	
Policy on social investment including program related investment	Para 1.38	
Contribution made by volunteers	Para 1.38	
Other		

**Achievements and Performance**

	SORP reference	

Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.

Para 1.20

#### Tackling climate change -

Grange Over Sands Community had a hugely successful and environmentally friendly year with the redistribution of nearly 25,000 tonnes of surplus food which would otherwise have been heading to landfill, saving 62,000 kgs of CO2 from emission. The charity also recycled 40 perfectly good white goods and household appliances that would otherwise be going to landfill, immediately improving the lives of the beneficiaries and reducing the amount of items going to landfill.

#### Building communities -

##### Highlights of Grange Over Sands

Community Foodshare's community building: 3 thriving ESOL groups running every week, a well-attended weekly Ukraine Refugee Support group, 2 weekly Foodclubs where the community gathers and shares surplus food and recipe, 1 weekly mental health support group hosted by an independent mental health charity, The Lighthouse, and run on the charity's premises, 3 art clubs held weekly and with one group for children, one for teens and one for adults; weekly children's environmental activity club run throughout the school holidays.

All these community led groups and activities reach over 500 members of the public in the South Lakeland area. and statistically feed three times that number.

#### Relieving poverty -

Over the course of the last year Grange Over Sands Community Foodshare has perceptively and deftly responded to an upsurge in demand due to the cost of living crisis. During the winter months, the charity transformed its premises into a thriving warm spot with hot drinks, blankets and warm meals available. The charity has supplied 73 South Lakeland households with white goods and household appliances and has given out over 1000 food parcels to people in financial hardship.

		<p>Environmental education -</p> <p>The charity continues to be a flagship educator and advocate for the environment within South Cumbria with weekly environmental Foodclubs and art clubs where the public are engaged and educated on climate change, climate change talks held within the charity's premises and school holiday clubs where children learn about the environmental cycle of food and the effects of food waste.</p> <p>Overall, Grange Over Sands Community Foodshare continues to be a trailblazing community charity within the South Lakeland area, creating a safe space for those who are struggling to find respite, support and connections and all while furthering environmentalism and creating an example of the power of community .</p>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	
Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	
Other		

## Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	<p><b>Grange Over Sands Community Foodshare holds a careful reserves policy with core running costs being covered at all times to allow the charity to comfortably deliver its services regardless of any issues that may arise. The charity has 100s of local people reliant on its services and must be able to remain adaptive to current events</b></p> <p><b>The charity's reserve policy is based on the minimum amount of reserves needed to keep the charity running while taking into account possible changes in income and expenditure in order to balance any risks such as a budget shortfall due to lower than average grant based fundraising, the costs of an unplanned world event, for example we have had to adapt to deal with the pandemic in the past and more recently a large number of Ukrainian refugees needing our services. We also maintain some working capital at all times for expansion and upkeep.</b></p> <p><b>The reserves level needed to be maintained by the charity is estimated at £10,000. The actual unrestricted and free reserves held at 31/12/21 were £9,101.</b></p>
Amount of reserves held	Para 1.22	<p><b>As of 31/12/21 the charity's unrestricted reserves were £9,101. With restricted reserves of £14, 353.</b></p>
Reasons for holding zero reserves	Para 1.22	
Details of fund materially in deficit	Para 1.24	<p><b>The charity's reserves were in a £899 deficit in line with the reserve policy at 31/12/21 due to a late grant payment.</b></p>
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	<p><b>Grange Over Sands Community Foodshare has a variety of risk management policies and procedures to mitigate risks as, when and before they occur. The charity's management committee and trustees are in charge of updating risk mitigation strategies and combating issues as they arise.</b></p> <p><b>The risks facing the charity are</b></p> <ul style="list-style-type: none"> <li>● <b>Excess demand overwhelming the supplier of services such as essential household goods and food parcels - Mitigation -</b></li> <li><b>The Charity keeps a policy on how many members of the public can access certain services such as</b></li> </ul>

		<p>food parcels or household goods based on financial circumstances and availability of those goods, with a close network of similar charities remaining in touch as possible sign posting opportunities should demand outstrip supply. The charity also continuously readjusts its funding goals to keep up with the community.</p> <ul style="list-style-type: none"><li>● <b>Health and safety concerns</b><ul style="list-style-type: none"><li>- <b>Mitigation-</b> The Charity has very strong policies on health and safety with a trained member of staff holding a level 2 certificate in good hygiene overseeing any and all activities and a mandatory set of cleaning and handling policies all staff and members of the public must follow. We achieved a 5 star rating from the environmental health department.</li></ul></li> <li>● <b>Safeguarding sufficiently while working with vulnerable people - Mitigation -</b> The Charity and trustees hold a variety of safeguarding policies and procedures including mandatory training in working with the vulnerable, anti racism training and anti harassment training. The Charity also makes regular DBS checks mandatory for all staff and volunteer leaders. The charity also has a dedicated safeguarding officer.</li> <li>● <b>Staff turnover - mitigation -</b> The Charity and trustees have a rigorous training and interview process for all new staff and the charity ensures that all staff are paid above the real living wage and are safeguarded to ensure staff satisfaction.</li> <li>● <b>Loss of revenue dependent on grants - mitigation -</b> The Charity has a fundraising policy which remains adaptive to changing needs within the charity, with a focus on securing long term restricted funding and unrestricted reserves continuously while also using the Charity's premises and</li></ul>
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		<b>social media to generate revenue and donations.</b>
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**Additional information (optional)**

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	
Investment policy and objectives including any social investment policy adopted	Para 1.46	
A description of the principal risks facing the charity	Para 1.46	
Other		

## Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	<b>Foundation Constitution of a Charitable Incorporated Organisation.</b>
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	<b>Grange Over Sands Community Foodshare is constituted as a charitable Incorporated Organisation. Charity number 1197066 Grange Over Sands Community Foodshare is governed by a Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees last updated in January 2023</b>
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	<b>Apart from the first charity trustees, every trustee must be appointed [for a term of 3 years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the charity. Every charity trustee must be eligible according to the charity's constitutional requirements for trustees. These requirements are as follows. No individual may be appointed as a charity trustee of the CIO: •if he or she is under the age of 16 years; or •if he or she is disqualified from acting as a charity trustee by virtue of sections 178-180 of the Charities Act 2011 (or any statutory re-enactment or modification of that provision). . No one is entitled to act as a charity trustee whether on appointment or on any re-appointment until he or she has expressly acknowledged, in whatever way the charity trustees decide, his or her acceptance of the office of charity trustee. At least one of the trustees of the CIO must be 18 years of age or over. If there is no trustee aged at least 18 years, the remaining trustees may only act to call a meeting of the charity trustees, or appoint a new charity trustee.</b>

### Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	
The charity's organisational structure and any wider network with which the charity works	Para 1.51	
Relationship with any related parties	Para 1.51	
Other		

### Reference and Administrative details

Charity name	Grange Over Sands Community Foodshare
Other name the charity uses	
Registered charity number	<b>1197066</b>
Charity's principal address	Main street, Grange Over Sands, LA116DP

**Names of the charity trustees who manage the charity**

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Rahina Borthwick	Chair		All trustees
2	Genevieve Borthwick	Safeguarding officer		
3	Melissa Harrington			
4	Ben Tziros			
5				
6				
7				
8				
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12				
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16				
17				
18				
19				
20				

**Corporate trustees – names of the directors at the date the report was approved**

Director name		

**Name of trustees holding title to property belonging to the charity**

Trustee name	Dates acted if not for whole year	

## Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information

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# Declarations

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

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

Rahina Borthwick, Melissa  
Harrington

Position (eg Secretary,  
Chair, etc)

Chair, safeguarding officer

Date

17/8/23



**Receipts and payments accounts**

CC16a

For the period from	Period start date	To	Period end date
	13/12/2021		31/12/2022

**Section A Receipts and payments**

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Donations, Legacies & Grants	73,152	67,603	-	140,755	-
Charitable Activities	5,665	5,552	-	11,217	-
Other Trading Activities	-	-	-	-	-
Investments	-	-	-	-	-
Separate Material Income	-	-	-	-	-
Other	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>78,817</b>	<b>73,155</b>	<b>-</b>	<b>151,972</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>78,817</b>	<b>73,155</b>	<b>-</b>	<b>151,972</b>	<b>-</b>
<b>A3 Payments</b>					
Cost of fundraising events	26,003	-	-	-	-
Cost of restricted fundraising events	-	11,987	-	11,987	-
Staff Costs	-	43,315	-	43,315	-
Rent/Room Hire	14,923	-	-	14,923	-
Heat, Light & Power	2,942	-	-	-	-
Water Rates	641	-	-	-	-
Insurance	304	-	-	-	-
Repairs & Maintenance	6,520	-	-	6,520	-
Telephone & Internet	270	-	-	270	-
Printing, Postage, Stationery & Subscriptions	372	-	-	372	-
Sundry Consumables	204	-	-	204	-
Cleaning	510	-	-	510	-
Motor Vehicle Expenses	3,939	-	-	3,939	-
Volunteer Travel & Subsistence	822	-	-	822	-
Advertising	703	-	-	703	-
Legal Fees	2,510	-	-	2,510	-
Grants and donations paid	3,943	-	-	3,943	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>64,206</b>	<b>55,302</b>	<b>-</b>	<b>119,508</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
Purchase of fixed assets	31,657	-	-	31,657	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>31,657</b>	<b>-</b>	<b>-</b>	<b>31,657</b>	<b>-</b>
<b>Total payments</b>	<b>95,863</b>	<b>55,302</b>	<b>-</b>	<b>151,165</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>- 17,046</b>	<b>17,853</b>	<b>-</b>	<b>807</b>	<b>-</b>
<b>A5 Transfers between funds</b>	<b>17,853</b>	<b>- 17,853</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Cash funds this year end</b>	<b>807</b>	<b>- 0</b>	<b>-</b>	<b>807</b>	<b>-</b>

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Accounts	807	-	-
		-	-	-
		-	-	-
	<b>Total cash funds</b>	<b>807</b>	<b>-</b>	<b>-</b>

(agree balances with receipts and payments account(s))

OK	Unrestricted funds to nearest £	OK	Restricted funds to nearest £	OK	Endowment funds to nearest £

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>	Short Leasehold Improvements	Unrestricted	24,618	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	Motor Vehicles	Unrestricted	5,608	-
	Equipment	Unrestricted	1,431	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which	Amount due	When due
<b>B5 Liabilities</b>			-	
			-	
			-	
			-	
			-	

**Disclosures:**

a) Transfer of restricted funds for use in unrestricted funds authorised by National Lottery due to lower staff costs. Authorisation was given to use excess funds for other running costs.

b) There are no guarantees in place, given by the CIO, which would cause any liabilities covered by a guarantee to be outstanding at the date of the statement of assets and liabilities.

c) There are no outstanding liabilities at the date of the statement of assets and liabilities which is owed by the CIO that is secured by an express charge.

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	Ben Tziros	<i>Ben Tziros</i>	1/10/23
	Melissa Harrington	<i>Melissa Harrington</i>	1/10/23

**Independent Examiners Report to the Trustees of Grange over Sands Community Foodshare –  
Charity No. 1197066**

I report on the financial statements of the Trust for the year ended 12<sup>th</sup> December 2022 which are set out on page 1.

**Respective Responsibilities of the Trustees and Independent Examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for the year under Section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed

- It is my responsibility to:
  - Examine the financial statements under Section 145 of the 2011 Act
  - Follow the procedures laid down in the General Directions given by the Charities Commissioners Section 145(5)(b) of the 2011 Act; and
  - State whether particular matters have come to my attention.

**Basis of Independent Examiners Statement**

My examination was carried out in accordance with the General Directions given by the Charities Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes considerations of any unusual items or disclosures in the financial statements, and seeking explanations from the management committee and trustees concerning any such matters. The procedures undertaken do not provide all of the evidence that would be required of 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 next statement.


**Independent Examiners Statement**

In connection with my examination, no matter has come to my attention other than set out below:

1) which gives me reasonable cause to believe that in any material aspect the requirements:

- to keep accounting records in accordance with Section 130 of the 2011 Act other than some expense invoices / vouchers were missing but the payments could be traced to the relevant creditors; and
- to prepare financial statements which accord with the accounting requirements of the 2011 Act have not been met; or

2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.



HARRY JEFFS

30<sup>th</sup> August 2023

4 Highgate House, 134 Highgate, Kendal, LA9 4HW