



Registered Charity No.1202374

Regi

Feeding the

Trustee's Annual Return for the period 17/3/2023 to 5/4/2024

Prepared in accordance with SORP FRS 102

Reference and administrative information:

Charity Name:	Feeding the Family
Charity registration number:	1202374
Charity Address	c/o 10 Pendle Close, Basildon, Essex, SS14 3NA
Names of trustees:	Mrs Elizabeth Moore Mrs Julie Warner Mrs Nicola Firth

Structure, Governance and Management

Structure:	Charitable Incorporated Organisation (CIO)
Governing Document:	Constitution
Management:	by Committee comprising trustees and CEO. Voting members are its charity trustees ('Foundation' model constitution)

Trustees are appointed by election.

Objectives and Activities

Feeding the Family exists to:

- promote social inclusion for the public benefit, relieving the needs of those people who are socially excluded and assisting them to integrate into society through a programme of: providing hot meals, teaching basic cooking skills, facilitating local 'Eat and Meet's', and the provision of volunteering opportunities;
- advance education for the public benefit through cooking courses and online cooking tutorials; and to
- advance the Christian faith for the benefit of the public, through sharing the gospel of Jesus Christ, which includes practical advice and other forms of Christian care.

Chair: Liz Moore
ecs.moore@hotmail.com
07812 924268

Treasurer: Julie Warner
juliewarner10@me.com
07584 629574

Trustee: Nicola Firth
families@standrewholycross.org
07309 749495

The trustees seek to meet the Charity Commission's guidance on public benefit by referral onto the *Give, Guide, Grow* programme to reach the lonely and socially excluded, building confidence and relationships and welcoming those into the life of Feeding the Family.

The *Give, Guide, Grow* programme is a 3 Stage programme:

GIVE - 6 weeks of cooked hot meals delivered once a week, by friendly volunteers to the homes of service users referred to our programme.

GUIDE - service users are invited onto a 12 week cooking course. Meeting once a week to meet other recipients and our volunteers, building community whilst learning basic cooking skills, food hygiene and eco-friendly skills.

GROW - We create a safe place to *grow*, through 'Eat & Meet's' for those service users who have completed the cooking course. We gather together weekly in term time for a freshly prepared light meal, providing opportunity to meet other service users and encounter our 6 core values towards personal growth - You are **seen, loved, known**, have **belonging, value** and **purpose**. This includes rhythms of prayer, volunteering opportunities and signposting to local services, resources and partners who can offer support such as money management courses or counselling.

Achievements and Performance

Give Guide Grow activities for 2023 – 2024 which further our purposes:

Give

Throughout 2023/24 Feeding the Family received 34 new referrals which resulted in 531 meals being delivered to 29 households, consisting of 84 individuals.

Guide

Following on from having received the meals, we had 28 individuals from 23 households continue on the programme and participate in our Cooking Courses, where they learnt various recipes in step-by-step tutorials and whilst coming into community and starting to build relationships with other service users.

Grow

We have had 16 individuals progress to join our *Eat & Meet* gatherings, where service users continue on the programme by joining for a meal once a week whilst exploring our values *You are: seen, loved, known, have belonging, value and purpose* with them and looking at how they might grow as an individual.

During this year we have had 12 active volunteers in a variety of roles, with 3 of these volunteers being recruited as a direct result from them coming through the Give, Guide, Grow programme.

Events held 2023-2024

- Stall at Basildon & Pitsea Carnival
- Summer social volunteers' picnic
- Christmas Feast

Priorities for the year ahead

- Organisational Structure – Trustees, equipping, tutor & team leaders
- Advancing Religion - Prayer space, Finding Faith in Jesus Annual course
- Volunteer Development Programme (VDP) - Mentors, pilot
- Long Term Stability - Annual agreements, funding strategy, funding assistant

Financial Review

In this financial period, Feeding the Family showed a surplus of £13,451.
At the end of the period, Feeding the family held £23,302 Cash in hand.

The charities main source of income is from Grants with a small percentage being general donations.

Each grant secured is allocated to either a specific cycle/cycles in our annual programme of Give, Guide, Grow; 6 cycles per year, or to associated costs to keep the charity operating and moving forward.

The successful grants this year consisted of NHS funding which covered 5 cycles in 2023-2024, Co-op grant which covered some of the associated cycle costs, Morgan Sindall who funded our IT equipment and the Essex Association CIF funding our cycles for the latter part of 2024 into 2025.

We were also grateful to the Rotary club who gave us a donation to purchase a new fridge and funding from Essex County Councils locality fund which enabled members of FtF to complete a number of training opportunities and the purchase of some marketing material.

The majority of our costs are in the running of the Give, Guide, Grow programme and it has been a pleasure to have a self employed Chef and Tutor for the Give and Guide part of the programme as well as our CEO. We have also been looking to the future in paying for a fundraising strategy to be worked on to secure grants and funding for the 6 cycles in the coming year.

In case of unforeseen events, we hold financial reserves for 3 cycles.

Funds held as custodian trustees - None

Feeding the Family Annual Report

17/3/2023 - 05/04/2024

Current Year

P&L

Profit and Loss Summary

Cost in year

Income

Grants	24,216
Donations	2,351
Other	

Total Receipts	26,567
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Expenditure

Packaging	285
Training	1,218
Ingredients	1,914
Advertising/Promotions	590
H&S /Consumables	84
Insurances	176
Subscriptions	90
Kitchen Equipment	209
Minibus	190
Base Costs	330
IT Costs	720
Other Costs	663
Fixed Overhead	384
Personnel Costs - Chef/Tutor/CEO/FA	6,262

Total Expenditure	13,116
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Excess of Receipts over payments	13,451
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Balance brought forward (16/3/23)	9,851
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Balance in Hand	23,302
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Assets

Monetary Assets

Bank	23,180
Cash	122
Total Cash and Bank	23,302

Fixed Assets (Non Monetary)

Oven (50%)	125
Chafing Dishes x 2	61
Embosser Tool	51
Fridge Freezer	265
Total FA as per Asset Register	502

Total Assets	23,804
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Designated and Restricted Funds

Designated Funds

Fundraising Tender	500
Reserves	5,100
Total Designated Funds	5,600

Restricted funds

Morgan Sindall (IT Equipment)	1,280
Essex Association CIF	8,740
Total Restricted Funds	10,020

Total Designated and Restricted Funds	15,620
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Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees

Feeding the Family

On accounts for the year ended

05/04/24

Charity no
(if any)

1202374

Set out on pages

4 and 5 of the Trustees Annual Report.

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year 17.03.2023 to 5.4.2024.

Responsibilities and basis of report

As the charity's trustees, 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 my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

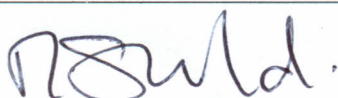
Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records;

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.

Signed:



Date: 16th January 2025

Name:

Mark Stubberfield

Relevant professional qualification(s) or body (if any):

Address:

26, Quilters Straight

BASILDON

Essex SS14 2SE