WHOLESOME

England & Wales · Charity number 1202784

Details

Status	Registered
Legal form	CIO
Registered	2023-04-20
Register	View on the Charity Commission register

Contact

Address	72 St Edmunds Fields Great Dunmow Essex 72 St Edmunds Fields CM6 2AN
Phone	07933623762
Email	amanda.brown@wholesome.charity
Website	www.wholesome.charity

Activities

Objects: THE OBJECTS OF THE CIO ARETO RELIEVE POVERTY FOR THE PUBLIC BENEFIT BY PROVIDING ADVICE, PRACTICAL HELP AND FUNDS IN PARTICULAR BUT NOT EXCLUSIVELY FOR FOOD, FUEL, GENERAL HOUSEHOLD ITEMS AND RECREATIONAL/SOCIAL OUTINGS WHICH THEY WOULD NOT OTHERWISE BE ABLE TO AFFORD.NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008].

Activities: We hold cooking workshops for those who want to learn about energy efficient appliances and how to cook meals from a store cupboard, fridge and freezer.We hold family days during school holidays, organising activities and providing a two course meal.We do food support to those families struggling with the cost of livingWe run a Winter Warmth programmeWe operate in Uttlesford, Essex.

Downloaded from opencharities.uk/ew/1202784

Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities

Geography

- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£29,180	£24,886	-	-
2024-03-31	£38,947	£14,655	-	-

Trustees

Name	Role	Appointed
Jeanette Huizar	Chair	2023-04-20
Donna Antoniou		2023-04-20
Ewa Bien		2023-04-20
June Crow		2023-04-20
Lucy Myers		2023-04-20
Michael Till		2023-04-20
Wojciech Bien		2023-04-20

Downloaded from opencharities.uk/ew/1202784

WHOLESOME

England & Wales - Charity number 1202784

Accounts

WHOLESOME CHARITY

Registered Charity number 1202784

TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED 31ST MARCH 2025

Governance

Wholesome Charity was registered with the Charity Commission on 20th April 2023 with a CIO Foundation Model governing document. The objectives of the charity are to relieve poverty for the public benefit by providing advice, practical help and funds in particular but not exclusively for food, fuel, general household items and recreational/social outings which for many families are not affordable. Nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable.

Trustees of the CIO during the year were; -

June Crow

Michael Till

Donna Antoniou

Jeanette Huizar (Chair)

Lucy Myers

Wojciech Bien

Ewa Bien

The Trustees consider that the Wholesome Charity meets the public benefit test as stipulated by the Charity Commission.

Activities for the year 2024/25.

The charity has many facets but directs its primary attention towards relieving the burden of the cost of living, through food and utility support. It works with all demographics of the community in Dunmow and more widely across Uttlesford. 2024/25 has seen two food support programmes where food packages were given directly to families identified through the local primary and secondary schools, and the charity's own database. Families choose to have a box of vegetables from the local greengrocers, an assortment of meat from the local butcher or a shop from the supermarket. The families were either on Free School Meals or identified as families in need. Throughout the year during the school holiday periods, 'Family

Fun with Lunch' programmes have been offered both in Dunmow and Thaxted in collaboration with the Foodbank. These sessions were designed to give extra food support with a two-course nutritious meal provided to the family. These were open to all age groups providing entertainment and socialisation. We have an average of 12 families attending each session. Feedback was overwhelmingly positive. The hour-long varied activity programme aimed at the children ranged from sports, arts and crafts, gardening and more. One example from a mother with a 12 year old daughter and 18 month twins was:

> Hi Amanda
> Unfortunately we won't be coming to any more as we are now living in wales. You have all done such a wonderful thing with these sessions they are an absolute god send to the local community. We will miss you x
>
> 15:56

The charity through partnership with Multiply (Government programme) facilitated several courses based around maths. All of these sessions had learning outcomes around improving and giving more confidence to adults in maths. Some of the sessions were focused on teaching adults the maths their children would be learning at school. These sessions had activities for the children to undertake with the parents helping them and there was an emphasis on healthy eating and budgeting. In these sessions and keeping with the ethos of the charity, a meal was also provided.

Photos showing the families undertaking a cooking activity and then the results of their efforts:

Some of the Multiply classes were aimed solely at adults. Again, helping them improve their confidence and understanding of maths. Art classes provide to be a perfect medium to help

with this, with the learning outcomes being met of providing advice, education, practical help and recreation.

Photo of pots painted by the art class.

Finally, several sessions around mocktails & canapes and healthy fruit & veg drinks were delivered in the Uttlesford and Braintree districts as part of the Cooking Workshop programme, to bring people together relieving social isolation and addressing mindfulness. All were very well attended.

A photo showing canapes made by the group in Braintree:

The charity was the winner of the Multiply Community Engagement award due to the diversity of provision developed and the positive contribution the sessions had made.

Grant funding has been received from several sources including Essex County Council and Uttlesford District Council.

Accounts for the year 2023/24

Unrestricted funds show £4,293.86 this year

Net income from grants is £29,180.57 this year

Net expenditure from activities £24,886.71 this year

Risk Areas and Risk Management

Wholesome uses all grants for their allotted request criteria and has not charged for any activities. Trustees will be evaluating the possibility of raising income from some of the activities to reduce the reliance on grant funding. This would only be where need could not be filled by identified categories.

The trustees are confident that the financial governance is sufficient to meet commitments for the forthcoming year.

Signed:

(Chair of Trustees)

Wholesome CIO Income & Expenditure 2024 - 2025

			01/04/2024	31/03/2025	
INCOME - UNITY Trust Bank	**£**		**Opening Balance**	**Closing Balance**	**Difference**
UDC	2,000.00	Current	£1,379.40	£6,934.48	£5,555.08
ECC / Multiply	18,200.00	I Access	£19,128.69	£17,135.75	£1,992.94
UCAN	2,500.00				
EALC	1,700.00				
Rotary	4,000.00				
Flitch Trials	200.00				
Bank Interest	407.06				
Top Cashback	33.51				
Zoo trip	140.00				
TOTAL	**29,180.57**				

EXPENDITURE	**CIO**	**Multiply**	**Cook Wksp**	**FamFunLnch**	**Food Support**	**Various**	**TOTALS**
Admin							
Staffing	12,632.81						12,632.81
Office/Staty/Audit/IT/Comms	1,233.01					58.96	1,291.97
Hall Hire	167.00	635.00	307.00	690.40	88.00	205.00	2,092.40
Insurance	590.24						590.24
Travel & Park	638.10	140.00	76.80	204.00			1,058.90
Entertainers/Prof Fees		981.52		2,144.84			3,126.36
Consumables				57.00	15.98	9.04	82.02
Other	481.00	131.99		154.49			767.48
TOTAL	**15,742.16**	**1,888.51**	**383.80**	**3,250.73**	**103.98**	**273.00**	**21,642.18**
Food							
Groceries		570.06	64.27	798.83	985.73	20.70	2,439.59
Meat		15.83		23.80	739.46		779.09
Other		15.85			10.00		25.85
Bakery							0.00
							0.00
TOTAL		**601.74**	**64.27**	**822.63**	**1,735.19**	**20.70**	**3,244.53**
TOTAL per Project	**15,742.16**	**2,490.25**	**448.07**	**4,073.36**	**1,839.17**	**293.70**	**24,886.71**
TOTAL	**24,886.71**						
SURPLUS	**4,293.86**						

Assets		
Microwave	0.00	Donated
Sabatier Knives	239.98	Amazon
Cosori Air Fryer	109.99	UCAN
Pressure Cooker		
Slow Cookers x 3	0.00	Donated
Small equipment	154.00	
Food stock	100.00	
Laminator	49.99	
Company seal	58.83	Stamps4U
Sieves	3.00	Charity
Aprons	16.18	Nisbets
Chopping boards	5.99	Charity
Tower AF & Blend	153.57	Quadrant
Laminator	49.99	Amazon
Utensils AirFryer	27.89	Amazon
Pull up Banner	58.96	

Independent Examiner's Report on the Accounts

Report to the trustees/members of: Wholesome

Registered charity number (optional): 1202784

On accounts for the period ended: 31 March 2025

Basis of my report: I have examined all the documents and relevant papers given to me by the Treasurer of the account, and listened to all the explanations.

Independent examiner's statement: In connection with my examination, no matter has come to my attention to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: ACClarke

Date: 18/04/2025

Name: Mrs Ann C. Clarke

Qualification: Higher National Diploma Business and Finance 1988
ACIE Associate member

Address: 4 Abercorn Way
Witham
Essex
CM8 2UF
07713151165
annxclarke@outlook.com

WHOLESOME

England & Wales - Charity number 1202784

Accounts

WHOLESOME CHARITY

Registered Charity number 1202784

TRUSTEES ANNUAL REPORT FOR THE YEAR ENDED 31ST MARCH 2024

Governance

Wholesome Charity was registered with the Charity Commission on 20th March 2023 with a CIO Foundation Model governing document. The objectives of the charity are to relieve poverty for the public benefit by providing advice, practical help and funds in particular but not exclusively for food, fuel, general household items and recreational/social outings which they would not otherwise be able to afford. nothing in this constitution shall authorise an application of the property of the CIO for the purposes which are not charitable in accordance with [section 7 of the charities and trustee investment (Scotland) act 2005] and [section 2 of the charities act (Northern Ireland) 2008].

Trustees of the CIO during the year were; -

Michael Till

Donna Antoniou

Jeanette Huizar

Lucy Myers

Wojciech Bien

Ewa Bien

June Crow

The Trustees consider that the Wholesome Charity Centre does meet the public benefit test as stipulated by the Charity Commission.

Activities for the year 2022/23.

The charity directs its primary attention towards relieving the burden of the cost of living, through food and utility support. It works with all demographics of the community in Dunmow and Thaxted and sometimes more widely across Essex. 2023/24 has seen two food support programmes where food packages were given directly to families

identified through the local primary and secondary schools. Those families were either on Free School Meals or identified by the education provider as families in need. Throughout the year during the holiday periods, Family Fun with Lunch programmes have been offered both in Dunmow and Thaxted. These sessions provided entertainment and a two-course nutritious meal. They were open to all age groups although largely attended by families. The charity has provided a Cooking Club aimed at supporting, encouraging and educating adults to cook nutritious recipes on a budget using energy efficient appliances and reducing waste. Two cohorts successfully completed the course which ended with them having to cook a celebration buffet for family, friends and funders and supporters of the charity. Two of the delegates were able to seek employment after doing the course, this changing their financial situation.

Grant funding has been received from several sources including Essex County Council, Uttlesford District Council, Essex Community Foundation and the charity were recipients from a charity ball organised by ARG Group in January 2024.

Accounts for the year 2023/24

Unrestricted funds show £ 19,125 this year

Net income from grants is £ 33,780 this year

Net expenditure from activities £14,655 this year

Risk Areas and Risk Management

Wholesome uses all grants for their allotted request criteria and does not charge for any activities. Trustees will be evaluating the possibility of raising income from some of the activities, to reduce the reliance on grant funding. This would only be where need could not be filled by identified categories.

The trustees are confident that the financial governance are sufficient to meet commitments for the forthcoming year.

Signed: **J. Huizar**

(Chair of Trustees)

Wholesome CIO Income & Expenditure from inception 2022 to 31 March 2024

INCOME - UNITY Trust Bank	**£**			**INCOME UCAN**	
Foodbank 0723	480.00			ECC	3,400
Round Table 200723	2,000.00			EALC	3,450
ECC 1023 Com Fund	2,000.00			UCAN	3,400
ECC 1123 Cook Wshp	5,000.00			EALC	410
UDC 1123 J Davey	2,000.00				10,660
EALC 1223 FS&WW	4,780.00			**Exp**	5,166.96
Foodbank 0124 Hllwn	180.00				
ARG 190224	5,200.00			**Balance**	**5,493.04**
Multiply 2024	6,000.00				
180324 Cptn Rays	450.00				
Deposit refunds	100.00				
Interest	94.79				
Top Cashback	2.48				
TOTAL	**28,287.27**		**+ Bal b/f**		**33,780.31**

EXPENDITURE	**CIO**	**CW 1**	**CW 2**	**CW 24**
Admin				
Staffing	3,588.15			
Office	183.28	16.17		
Hall Hire		180.00	120.00	275.00
Insurance	1,109.00			
Travel & Park		12.00	6.80	19.60
Energy payment				
Clothing & Shoes				
Entertainers				
Consumables	196.89	4.99		
Other	268.01	793.94	7.99	
TOTAL	**5,345.33**	**1,007.10**	**134.79**	**294.60**
Food				
Groceries		564.93	591.74	404.44
Meat		10.66		109.03
Greengrocery			31.9	0
Bakery	0			0
TOTAL	**0**	**575.59**	**623.64**	**513.47**
TOTAL per Project	**5,345.33**	**1,582.69**	**758.43**	**808.07**
TOTAL	**14,654.55**			
SURPLUS	**19,125.76**			

Assets		
Microwave	0.00	Donated
Sabatier Knives	239.98	Amazon
Cosori Air Fryer	109.99	UCAN
Pressure Cooker		

Slow Cookers x 3	0.00	Donated
Small equipment	154.00	
Food stock	100.00	
Laminator	49.99	
Company seal	58.83	Stamps4U
Sieves	3.00	Charity
Aprons	16.18	Nisbets
Chopping boards	5.99	Charity
Tower AF & Blend	153.57	Quadrant
Laminator	49.99	Amazon
Utensils AirFryer	27.89	Amazon

FFL 23& 24	Halloween	Winter Warmth	Food vouchers	Multiply 2024
			720.00	
3.86			90.83	
282.00	120.42			
245.00				
		280.00		
25.43		766.00		
190.00				300.00
312.00				
106.00	40.83			55.00
1,164.29	**161.25**	**1,046.00**	**810.83**	**355.00**
682.00	358.03			195.63
247.00			410.00	
			145.00	
			585.00	
929.00	**358.03**	**0**	**1140**	**195.63**
2,093.29	**519.28**	**1,046.00**	**1,950.83**	**550.63**

TOTALS

4,308.15
294.14
977.42
1,109.00
283.40
280.00
791.43
490.00
513.88
1,271.77
10,319.19

2,796.77
776.69
176.90
585.00
0.00
4,335.36
14,654.55

CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	WHOLESOME
On accounts for the year ended	31 March 2024
Charity no (if any)	
Set out on pages	

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

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with 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

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [ ] if not applicable.*

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

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

** Please delete the words in the brackets if they do not apply.*

Signed: ACClarke **Date:** 25-5-24

Name: Ann Caroline Clarke

Relevant professional qualification(s) or body (if any): HND (Bus + finance)

Address: 4 Abercorn Way
Witham CM8 2UF

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance to examiners).

Give here details of any items that the examiner wishes to disclose.