



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

INCOME - UNITY Trust Bank	£		01/04/2024	31/03/2025	Difference
			Opening Balance	Closing Balance	
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	<u>21,642.18</u>
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
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	<u>24,886.71</u>
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 **1202784**
(optional)

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 **AC Clarke** Date **18/04/2025**

Name **Mrs Ann C. Clarke**

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

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