

FEED THE FRIDGE

England & Wales · Charity number 1206300

Details

Status Registered

Legal form CIO

Registered 2023-12-20

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

Contact

Address 1 Ryhope Road
London
N11 1DR

Phone 02080507874

Email ask@feedthefridge.org.uk

Website <https://www.feedthefridge.org.uk/>

Activities

Objects: FOR THE PUBLIC BENEFIT, TO RELIEVE POVERTY AND/OR FINANCIAL HARDSHIP FOR PERSONS IN LONDON, IN PARTICULAR BUT NOT EXCLUSIVELY BY THE PROVISION OF FOOD VIA COMMUNITY FRIDGES AND BY PROVIDING ADVICE, INFORMATION AND SUPPORT

Classification

- **How:** Other Charitable Activities
- **What:** Disability, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30		£323	£369	-

Trustees

Name	Role	Appointed
Whitney Myrus	Chair	2023-12-20
Chris Spiliopoulos		
DAIN LEWIS		

FEED THE FRIDGE

England & Wales - Charity number 1206300

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	09	2018		31	08	2019

Section A Reference and administration details

Charity name

Feed the Fridge

Other names charity is known by

Registered charity number (if any)

1206300

Charity's principal address

1 Ryhope Road
 London
 Postcode N11 1DR

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	Whitney Myrus	Chairperson		
2	Chris Spiliopoulos			
3	Dain Lewis			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	CIO
Trustee selection methods (eg. appointed by, elected by)	Appointed

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

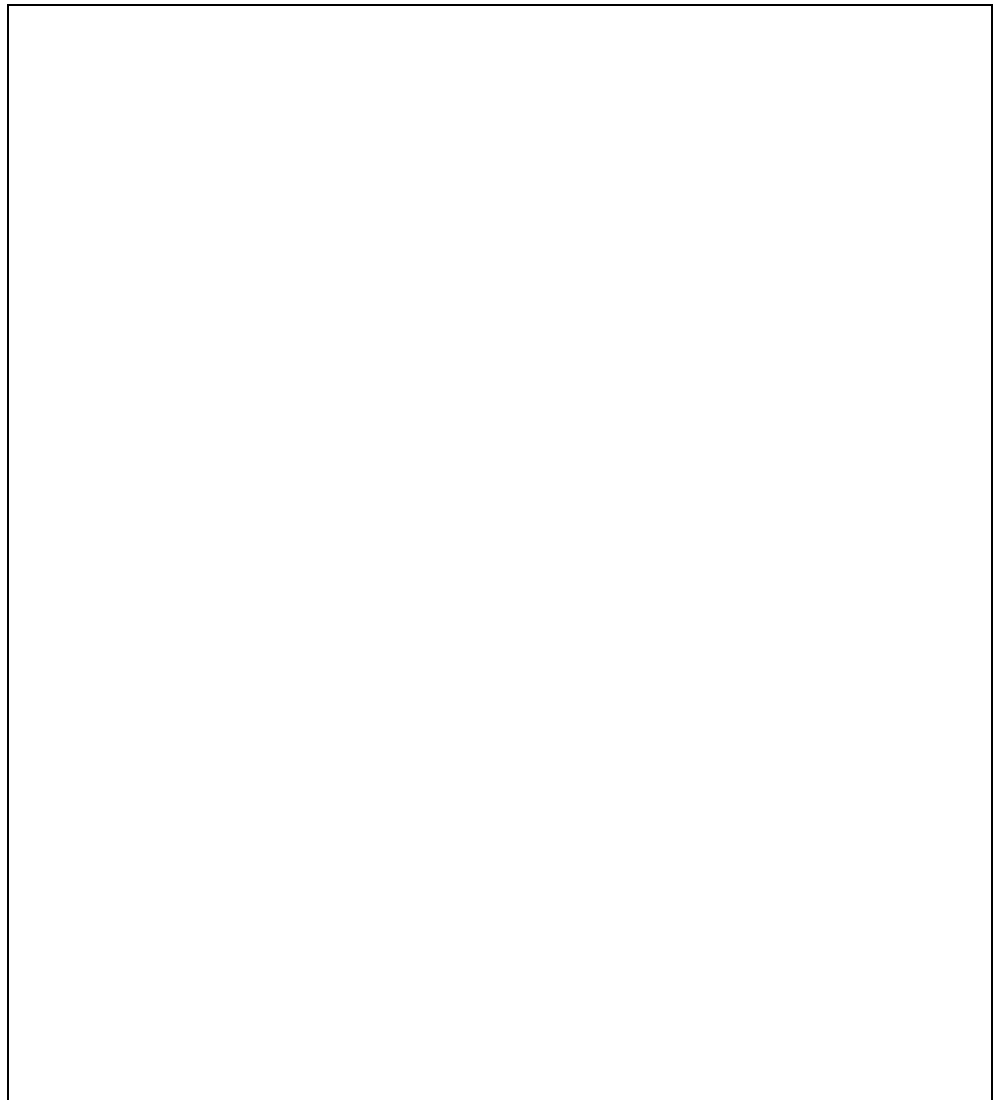
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

For the public benefit, to relieve poverty and/or financial hardship for persons in London, in particular but not exclusively by the provision of food via community fridges and by providing advice, information and support.

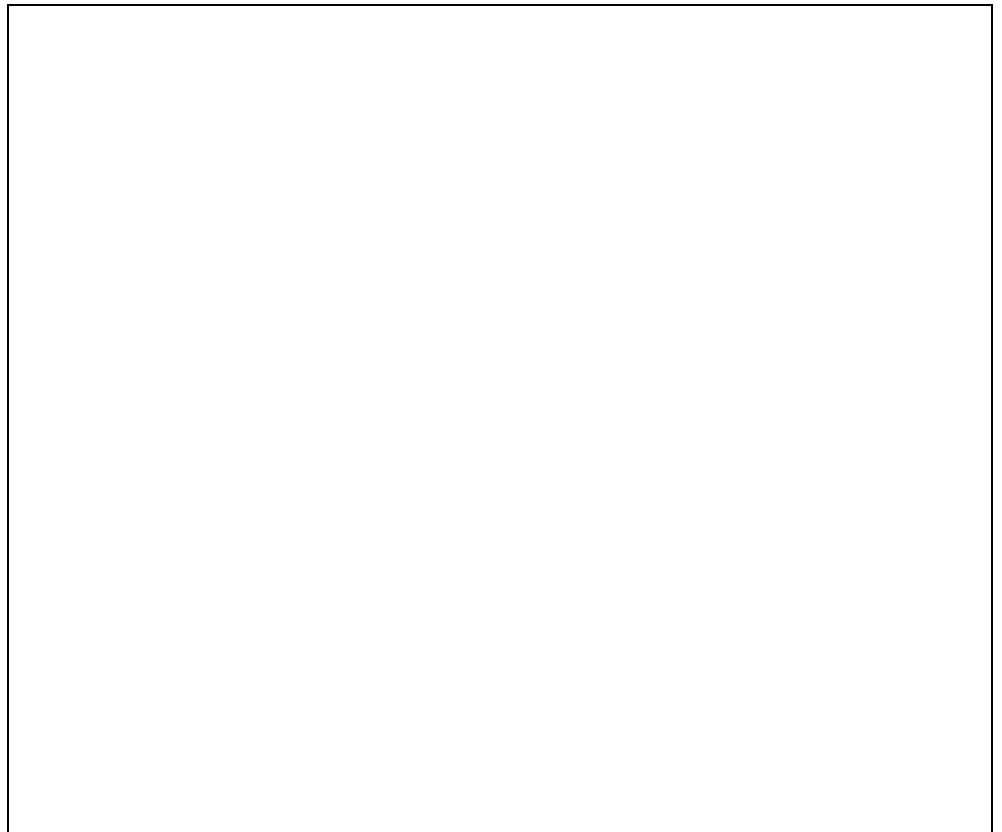
Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)



Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.



Summary of the main achievements of the charity during the year

We were able to stock a Fridge we placed at the Hammersmith & Fulham food bank Hub location with 1,200 restaurant prepared meals that were collected by users of the Food Bank. These meal donations were direct from restaurants. We also raised a £323 that aided with the administration costs of running the Charity.

Section E Financial review

Brief statement of the charity's policy on reserves

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Details of any funds materially in deficit

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Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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Section F Other optional information

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Section G Declaration

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

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s)

Whitney White Myrus	
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Position (eg Secretary, Chair, etc)

Chair	
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Date

13.08.2025



Receipts and payments accounts

For the period from	Period start date 20.12.2023	To	Period end date 30.09.2024
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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 £
A1 Receipts					
Donations	323	-	-	323	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	323	-	-	323	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	323	-	-	323	-
A3 Payments					
Accountancy	192	-	-	192	-
IT Subscriptions	157	-	-	157	-
Bank charges and interest	21	-	-	21	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	369	-	-	369	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	369	-	-	369	-
Net of receipts/(payments)	- 46	-	-	- 46	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 46	-	-	- 46	-

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 £
B1 Cash funds	Co-operative Bank	46	-	-
		-	-	-
		-	-	-
	Total cash funds	46	-	-

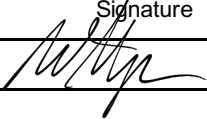
	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			
<i>Details</i>			
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			
<i>Details</i>			
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			
<i>Details</i>			
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			
<i>Details</i>			
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Whitney Myrus	31.07.2025