

# The Collaborative Health Community Foundation

## Annual Report and Financial Statements

### 2024/25



Charity number: 1207031

Website: [the-chc.org](https://the-chc.org)

Registered: 15 February 2024



## CONTENTS

Trustees' Report	
Report from the Chief Executive Officer / Founder	4
Financial Review	6
Annual reviews:	
CFK	7
FAS	8
Governance and responsibilities of the Board	10
Financial statements	
Statement of principal accounting policies	11
Statement of comprehensive income	12
Balance sheet	14
Notes to the financial statements	16

## Board of trustees

Francesca Lee	Chair of Trustees	Appointed 14 February 2024
Gary Harte	Trustee	Appointed 1 May 2024
Geert Follens	Trustee	Appointed 14 February 2024
Lauren Baldwin	Trustee	Appointed 26 November 2024
Ollie Williams	Trustee	Appointed 12 August 2024
Sabine Forrest	Trustee	Appointed 14 February 2024
		Resigned 12 August 2024

## Executive leadership team

Heidi Giaever	Chief Executive Officer / Founder
Deepum Bhatia	Chief Operations Officer
To be appointed	Chief Financial Officer
Adrian Sotomota	Chief Clinical Officer
Gareth Jones	Chief People and Culture Officer
Tracy Barter	Chief Marketing and Communications Officer



## Registered Office

3 Delamare Way  
Oxford  
OX2 9HZ

## Audit

The accounts have been examined by an external independent examiner for the year 2024/25.

## Independent examiner

Jochen Hoffmann

## Bankers

Royal Bank of Scotland  
36 St. Andrew Square  
Edinburgh  
Scotland  
EH2 2YB

## Our Aims and objectives

### Purposes and Aims

Our charity's purposes as set out in the objects contained in the company's memorandum of association are:

- to advance the education of the public in the topics of healthy eating, diets and lifestyles in relation to physical and mental health by:
  - a. developing educational programmes and resources related to healthy eating, diets and lifestyles;
  - b. delivering workshops conferences and public engagement through working jointly with communities to provide tools to help and support such communities; and
  - c. collating and publishing digital and other resources on healthy eating, diets and lifestyles



## TRUSTEES' REPORT

### REPORT FROM THE CHIEF EXECUTIVE OFFICER / FOUNDER

Our charity, The CHC, was founded in order to provide leadership and a collaborative and supportive environment to allow community health and wellbeing initiatives to thrive and grow sustainably. In reality, we formed The CHC as a 'home' for two flagship projects; Collaboration for Kids, CFK, and Food Addiction Solutions, FAS, already in existence as volunteer-led initiatives. Both projects share the common vision of improving the health and wellbeing of their target audiences, through awareness building and activities that inspire eating behaviour change that prioritises real and natural whole foods, and the rejection of ultra-processed foods (UPF).

The grounding of this vision is the overwhelming scientific evidence that man-made, industrially produced foods are not only harmful to health due to nutrient deficiency, unnatural ingredients and combinations of ingredients, links to mental disorders and physical diseases, but also due to their potentially addictive nature.

To that end we are a highly ambitious health- and wellbeing-focused charity, seeking to find practical and innovative solutions to the growing health disparities and prevalence of food-environment-related disease (ie metabolic disease). We are also highly unusual and pioneering in nature in that our organisation of 97 people is 100% voluntary, regardless of function, or whether people contribute 40+ hours a week or 2-3.

In our 18 months of operation, we are proud to list the following success stories, designed, developed and delivered by this team of passionate volunteers:

- several successful interventions focused on helping children and families to replace UPF with real and natural foods, to improve physical and mental health. See pg 7-8 (CFK)
- several formal scientific publications of our work to develop consensus, international collaboration and to share outcomes data from our own research into biopsychosocial treatment of people with Food Addiction (FA). See pg 8-9 (FAS)
- a professional 1-day international conference (IFACC 2024) for clinicians, researchers and academics at the prestigious RCGP in London, to celebrate an international consensus on the existence of ultra-processed food addiction, involving professionals from 10 countries. See pg 8-9 (FAS)
- a collaborative international project with academics, researchers and clinicians that resulted in a formal second submission to the WHO on FA. See pg 8-9 (FAS)



- robust legal, financial, ethical and governance structures, policies and procedures that underpin our work, demonstrating a strong commitment to accountability and oversight. See pg 10 (Governance)

It is with thanks and enormous gratitude to all our volunteers that I introduce this first annual report, in anticipation of exciting achievements to follow, as we grow and learn together about what works in dealing with today's destructive food-related health crisis.



**CEO and Founder of CFK and FAS**

## FINANCIAL REVIEW

The Collaborative Health Community Foundation (The CHC) was registered on 15<sup>th</sup> February 2024 and therefore the first set of financial statements covers the period from this date and the year-end accounting date 31<sup>st</sup> July 2025.

### **Financial results for 2024/25**

The CHC made a surplus of £56,182 of which £51,177 was restricted funds and £5,005 unrestricted.

	Notes	18 months to 31 July 2025			
		CHC	CFK	FAS	Total
		£	£	£	£
Total Income		5,005	1,824	51,977	58,806
Total Expenditure		-	(1,204)	(4,107)	(5,311)
Total comprehensive income for the year		5,005	620	47,870	53,495

In the first year of operation, we are grateful for the donations from the co-founders of FAS Heidi Giaever and Jen Unwin to the FAS project. In addition, donations were received for the IFACC 2024 and course fees from Combe Grove. We had fundraising efforts from our volunteers in particular Martin Tollner and Ollie Williams for CFK. We would like to thank all contributors for any donations, great or small, made to either CFK or FAS which have helped the charity get off to a good start.

### **Volunteers**

The CHC is an entirely voluntary organisation where all formal and informal boards, trustees, supporting teams and working structures are made up of unsalaried volunteers. The total volunteers on 31 July 2025 were 97.

### **Liquidity**

The total cash balance on 31 July 2025 was £54,058.

### **Principal regulator**

The CHC is registered with the Charity Commission as a CIO.



## ANNUAL REVIEW: Collaboration for Kids (CFK)

During our first 18 months of operations, our focus has been on the following areas:

- Delivering Pilot Interventions with organisations, with whom we have developed relationships to give us the delivery experience across a range of environments
- Developing suitable education content for our interventions with collaborative support from selected partners
- Customising our educational content to meet the needs of our intervention cohorts and working on our delivery models (co-creation) for interventions through the experience we are gaining
- Developing key operational processes, procedures and tools in support of our interventions

With the support of all our Volunteer Teams, our key achievements have been completing successful pilot interventions in two regions, West Sussex West and Greater Manchester

### West Sussex West: The Regis School:

A tailored nutrition and lifestyle programme to a cohort of students in a secondary school in Bognor Regis. The Pilot began in May 2024 with eleven students aged 12-14. Over eight sessions, supervised by the school's safeguarding lead, a team of four CFK volunteers facilitated interactive education programmes and small group discussions. Session materials were developed by our Contents and Delivery Teams together with a strategic partner, X-PERT Health, using their proven and validated structured education concept for adults, tailored to the needs of the student cohort.

### West Sussex West Schools Sports Programmes (2 projects):

- Leadership Academy: A 6-month programme for selected girls run with a leadership theme but delivered through football. 24 girls aged 14-16 from 10 Schools participated in the programme. We delivered 2 Workshops, focusing on sports nutrition and impact of UPFs. The initial session was led by Andy Taylor of our Advisory Board who was a former professional footballer.
- Ambassador Programme: A programme involving 144 students, aged 9-11, from 24 schools in Bognor Regis and Chichester, encouraging students to become 'health ambassadors' in their schools. CFK ran two half day activity-based workshops on the value of real natural food vs UPF.

### Greater Manchester: With We Are Kickstart:

We partnered with 'We are Kickstart' - a social enterprise CIC based in Greater Manchester who specialise in providing services to support families, schools and local communities – to deliver 12 Intervention sessions at one of their after-school family clubs starting in January 2025 in Salford. The club attendees were 8–10-year-olds and parents (60+ attendees). For this Intervention, which



included younger children, our Delivery Team created an iconic character, the Nutrition Ninja, battling the Food Joker. We delivered interactive sessions, activities & games based on this theme.

Whilst the feedback has been overwhelmingly positive from all stakeholders participating in these pilot programmes, we need a larger dataset to conclude that our interventions deliver against the CFK goals and can now be scaled up. Over the next year, therefore, we intend to focus more on lessons learnt during 2024/25, to further inform and improve the content and delivery methods, as well as ensuring that the data collection aspects of the pilot programmes is improved during 2026. We plan to be able to publish positive results from the next pilot interventions by the end of 2026.

## ANNUAL REVIEW: Food Addiction Solutions (FAS)

The Food Addiction Solutions project, founded by CEO Heidi Giaever and her colleague Dr Jen Unwin, FAS Research Lead, has as its mission to spearhead activities that can lead to the recognition of food addiction as a disorder and appropriate treatment.

The FAS vision is a society where the addictive nature of certain foods is recognised, and focused treatment programmes are being funded, to improve health outcomes for sufferers. As such, our strategic objectives include the following goals:

1. Recognition of food addiction as a disease by the WHO, within the medical community and broader society.
2. Food addiction support resources are available to assist healthcare professionals in clinical settings.
3. Food addiction support resources are available for the public.
4. Effective treatment options are available for food addiction.
5. Share knowledge about food addiction and the impacts of ultra-processed food.

In the past year, FAS has spearheaded a second submission to the WHO, for the recognition of “Ultra-processed food use disorder” following a year-long project with academics and clinicians in the field, to reply to the WHO’s original rejection of the first submission in 2021. FAS has also published two papers in *Frontiers in Psychiatry*: (i) based on the independent research by Heidi and Jen into a [biopsychosocial model for treatment of Food Addiction](#) and (ii) the [international consensus project on ultra-processed food addiction](#), also lead by Heidi and Jen.

Building on the overwhelming success of IFACC 2024, FAS proudly hosted the International Food Addiction and Comorbidities Conference (IFACC 2025) at the Royal College of General Practitioners in London, on 4–5 September 2025.





This year's conference continued to strengthen IFACC's reputation as a leading global platform, bringing together expert clinicians, researchers, academics, and public health professionals to share the latest insights, research findings, and innovative strategies addressing the complex challenges of the modern-day food environment, largely dominated by ultra-processed food. This year's focus for IFACC was on food addiction and its comorbidities, examining the growing evidence that links ultra-processed foods with diabetes type 2, obesity, cancers, cardiovascular disease and mental health challenges, offering delegates valuable perspectives from leading voices in the field.

Again, the FAS team successfully brought together an international panel of expert speakers from Mexico, the USA, France, Norway, and the UK, led by keynote speaker Maura Brero, Senior Nutrition Advisor at UNICEF, who delivered a compelling address on policy initiatives aimed at improving children's food environments and influencing food and beverage industry practices.

The event received overwhelmingly positive feedback from the public, professional attendees and its speakers, and with 344 tickets sold, IFACC 2025 achieved another milestone in advancing the conversation around food addiction and public health.

In 2026/27, the FAS team will continue leading the work to build international awareness and achieve formal recognition of UPFUD as well as supporting research in this area. Ongoing activities, the next conferences and publications are on the [FAS webpages](#).



## GOVERNANCE AND RESPONSIBILITIES OF THE BOARD

### The CHC Board of Trustees and Governance of our charity

#### Legal, Risk and Compliance

The Legal and Risk and Compliance teams work closely with the trustees, the CEO, and our volunteers to ensure that our operations continue to be underpinned by sound legal and ethical principles.

Over the past year, we have:

- Conducted a review of the key governance policies that The CHC will require, including safeguarding, conflicts of interest, and data protection;
- Provided legal input into new intervention agreements and advised on sponsorship terms to protect the charity's interests;
- Supported GDPR compliance through an updated privacy policy and recruitment of data protection experts;
- Improved alignment of governance and control with strategic objectives and The CHC's risk profile; and
- Defined and documented a risk management methodology, establishing a Risk Register and improving our response model with defined controls, actions, owners, and monitoring.

In the coming year, we will be focusing on developing a simple policy framework for our growing volunteer base and providing additional training resources for those in leadership roles. We also plan to create template contracts to streamline the legal proceedings and assist with legal and risk advice in relation to strategic alliances.



## Statement of principal accounting policies

### 1. Basis of preparation

These financial statements have been prepared in accordance with the Statement of Recommended Practice (SORP): Accounting and Reporting by Charities and in accordance with Financial Reporting Standard 102 (FRS 102).

### 2. Income recognition

Income from the sale of goods or services is credited to the Statement of Comprehensive Income when the goods or services are supplied to the external customers or the terms of the contract have been satisfied. Income is only recognised in the financial statement when all the following criteria are met:

- Entitlement – control over the rights or other access to the economic benefit has passed to The CHC;
- Probable – it is more likely than not that the economic benefits associated with the transaction or gift will flow to The CHC; and
- Measurement – the monetary value or amount of the income can be measured reliably and the costs incurred for the transaction and the costs to complete the transaction can be measured reliably.

### 3. Donations

Donations with donor-imposed restrictions are recognised in income when The CHC is entitled to the funds. Income is retained within “restricted reserves” until such time that it is utilised in line with such restrictions. Donations with no restrictions are recognised in income when The CHC is entitled to the funds.



## Statement of comprehensive income

For the 18 months to 31 July 2025

18 months to 31 July 2025					
	Notes	CHC	CFK	FAS	Total
		£	£	£	£
<b>Income</b>					
Ticket Sales		-	-	-	-
Donations	1	5	1,776	46,528	<b>48,309</b>
Sponsorships		-	-	-	-
Course Fees		5,000	48	5,449	<b>10,497</b>
<b>Total Income</b>		<b>5,005</b>	<b>1,824</b>	<b>51,977</b>	<b>58,806</b>
<b>Expenditure</b>					
Operating expenses	4	-	739	-	<b>739</b>
Support costs	5	-	465	4,107	<b>4,572</b>
<b>Total Expenditure</b>		<b>-</b>	<b>1,204</b>	<b>4,107</b>	<b>5,311</b>
<b>Total comprehensive income for the year</b>					
		<b>5,005</b>	<b>620</b>	<b>47,870</b>	<b>53,495</b>
<b>Represented by:</b>					
Unrestricted comprehensive income for the year		5,005	-	-	<b>5,005</b>
Restricted comprehensive income for the year		-	620	47,870	<b>48,490</b>
<b>Total comprehensive income for the year</b>		<b>5,005</b>	<b>620</b>	<b>47,870</b>	<b>53,495</b>

The statement of comprehensive income is in respect of continuing activities.

The accounting policies and notes form part of these financial statements.



## Going concern

All income and expenditure have arisen from continuing activities.

Having taken all available information into account, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the next 12 months as well as for the foreseeable future and thus are satisfied that there are no material uncertainties about the charity's ability to continue as a going concern.



## Balance Sheet

Year ended 31 July 2025

	Notes	Total
		£
<b><u>Non-current assets</u></b>		
Fixed assets		-
		-
<b><u>Current assets</u></b>		
Prepayments	2	49,742
Trade and other debtors		8,500
Cash and cash equivalents		54,058
		112,300
<b><u>Less: Creditors</u></b>		
Amounts falling due within one year		
Accruals and deferred income	3	(47,326)
Trade and other creditors		(11,479)
Net current assets		53,495
Amounts falling due after one year		-
<b>Total net assets</b>		<b>53,495</b>
Unrestricted Reserves		5,005
Restricted Reserves		48,490
<b>Total reserves</b>		<b>53,495</b>



The Trustees' Report and the financial statements were approved and authorised for issue by the Board on 10 December 2025 and were signed on its behalf on that date by:



**Heidi Giaever, Chief Executive Officer/Founder**



**Francesca Lee, Chair of Board of Trustees**

The accounting policies and notes form part of these financial statements.

## Notes to the financial statements

### 1. Donations

Some of the donations received in the year were given in support of the IFACC conference 2025. This conference took place in the next financial year on the 4<sup>th</sup> and 5<sup>th</sup> September 2025.

### 2. Prepayments

The prepayments in the year largely related to IFACC conference costs such as venue hire and speakers at the conference which took place in the next financial year on the 4<sup>th</sup> and 5<sup>th</sup> September 2025.

### 3. Accruals and deferred income

The total deferred ticket sales and sponsorships to FAS of £47,326 received in the year was for the IFACC conference which took place in the next financial year on the 4<sup>th</sup> and 5<sup>th</sup> September 2025.

### 4. Operating expenses

	CHC	CFK	FAS	Total
	£	£	£	£
Equipment	-	244	-	244
Conference costs	-	-	-	-
Travel expenses	-	425	-	425
Recruitment costs		70	-	70
	-	739	-	739

### 5. Support costs

	CHC	CFK	FAS	Total
	£	£	£	£
IT costs	-	69	78	147
Venue hire	-	15	15	30
Insurance	-	119	119	238
Printing	-	262	-	262
Card & banking fees	-	-	371	371
Legal & Professional	-	-	3,524	3,524
	-	465	4,107	4,572

### 6. Related party transactions

Total donations of £94 were received from The CHC trustees.





## 7. Post balance sheet events

There are no post balance sheet events to report.





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Independent examiner's report on the  
accounts

Section A Independent Examiner's Report

Report to the trustees

Charity Name

The Collaborative Health Community Foundation

On accounts for the  
year ended

31/07/2025	Charity no (if any)	1207031
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Set out on pages

10-17

Responsibilities and  
basis of report

I report to the trustees on my examination of the accounts of the above charity (“the Trust”) for the year ended **31/072025**.

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.



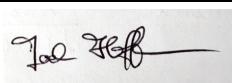
**Independent  
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination 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; 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.

**Signed:**



**Date:**

17/01/2026

**Name:**

Jochen Hoffmann

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

N/A

**Address:**

14 Hopground Close

St Albans

AL1 5TA