Food For Thought Africa

Northern Ireland · Charity number 101864

Details

Status	Received
Registered	2015-04-10
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	7 The Courtyard Old Windmill Road Crawfordsburn Bangor County Down Bt19 1xj BT19 1XJ
Phone	07867780550
Email	maeve@foodforthoughtafrica.org
Website	www.foodforthoughtafrica.org

Activities

Purposes: Food For Thought Africa was established for the relief of poverty, the advancement of education and to promote the benefit of people who are in need as a result of poverty and lack of resources (hereinafter called “the beneficiaries”) in Africa (hereinafter called “the area of benefit”) without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion and in particular to: a) Provide or assist others in providing food and developing food programmes for the beneficiaries in the area of benefit; b) Establish, maintain and manage or co-operate with any local authority in the maintenance of schools or centres for adult learning; c) Advance the education of the beneficiaries by providing or assisting in the provision of educational facilities and resources in educational establishments in the area of benefit; d) Relieve sickness and distress among people in the area of benefit by any means; e) Relieve poverty and hunger in the area of benefit by any charitable means and in particular the provision of grants, loans and training to enable poor people to establish and maintain projects which will enable them to relieve their own poverty; f) Relieve unemployment and provide or assist in the provision of housing for those who are in conditions of need in the area of benefit

What the charity does: The prevention or relief of poverty,The advancement of education,The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works: Education/training,Relief of poverty

Who the charity helps: Children (5-13 year olds),Overseas/developing countries,Youth (14-25 year olds)

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£5,274	£20,969	£0	0

Trustees

Name	Role	Appointed
Denise Kennedy		
Mr Eamonn Marnell		
Mrs Maeve Marnell		

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Food For Thought Africa

Northern Ireland - Charity number 101864

Accounts

Registered with the Charity Commission NI
Charity registration number: NIC101864

Food for Thought Africa

Annual Trustees Report and Financial Statements

Year Ended 5 April 2025

Food for Thought Africa

Contents

	Page(s)
Trustees and their advisors	1
Annual trustees report	2 - 3
Statement of trustees' responsibilities	4
Independent examiner's report	5
Statement of financial activities	6
Balance sheet	7
Notes to the accounts	8 - 11

Food for Thought Africa

Trustees and their advisors

Trustees	Maeve Marnell Denise Kennedy Eamonn Marnell
Bankers	Ulster Bank Belfast City Office Donegall Square East Belfast
Independent examiner	Andrew McCracken 9 Kilbourne Park Bangor BT19 1ES

Food For Thought Africa

Annual trustees' report
For the year ended 5 April 2025

OBJECTIVES AND ACTIVITIES

Food For Thought Africa was established for the relief of poverty, the advancement of education and to promote the benefit of people who are in need as a result of poverty and lack of resources (the beneficiaries) in Africa (the area of benefit) without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion and in particular to:

a) Provide or assist others in providing food and developing food programmes for the beneficiaries in the area of benefit
b) Establish, maintain and manage or co-operate with any local authority in the maintenance of schools or centres for adult learning
c) Advance the education of the beneficiaries by providing or assisting in the provision of educational facilities and resources in educational establishments in the area of benefit
d) Relieve sickness and distress among people in the area of benefit by any means
e) Relieve poverty and hunger in the area of benefit by any charitable means and in particular the provision of grants, loans and training to enable poor people to establish and maintain projects which will enable them to relieve their own poverty
f) Relieve unemployment and provide or assist in the provision of housing for those who are in conditions of need in the area of benefit.

This year the main activities undertaken in relation to these purposes were:
Provision of feeding programmes to Kasarini Primary School and Thindigua Primary School, Nairobi, Kenya– purpose a and d.

In setting our objectives and planning our activities for the year the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

ACHIEVEMENTS AND PERFORMANCE

This year we continued our feeding programme in Thindigua Primary School in Kiambu County in the outskirts of Nairobi and Kasarini Primary School in Nairobi.

The feeding programme provides a cooked lunch to 1123 children from the surrounding slum areas every day. By providing lunch in school we encourage the children to come to school and get an education which gives them the opportunity to get themselves out of poverty for good.

We know from our experience of running feeding programmes in Africa for 18 years that our feeding programmes cause academic results to improve dramatically which has a positive impact on the child, their family and the whole community.

The project is managed by our former scholarship student Adan Noor who himself benefitted from the feeding programme at Cheleta Primary School.

Annual trustees' report (continued)
For the year ended 5 April 2025

The trustees continue to seek new projects and are working with Adan to identify new programmes to support.

FINANCIAL REVIEW

The total income for the year was £5,274 raised through voluntary donations with £490 raised through gift aid relief. This represents a decrease of 12% on last year. Donations to Africa were £20,205 with expenses of £764 giving a deficit of £15,695.

The assets and liabilities are set out in the balance sheet with net current assets of £64,565.

Reserves Policy
It is the Board's policy to reserve sufficient funds to ensure the ongoing operations of FFTA for 6 months. At the year end the reserves were above the minimum policy level and this is being reviewed by trustees, as they continue to identify new programmes, as detailed above.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a trust and governed by a trust deed dated 4th May 2007.
The trust is managed by a board of trustees which shall not be less than 3. A new trustee may be appointed by resolution of a meeting of all the trustees passed by a majority of those present. Meetings of the trustees are held on a regular basis and at least twice in every year. At these meetings accounts are reviewed against budgets and forecasts. Existing projects are discussed and funding for potential projects discussed and authorised.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name
Food For Thought Africa

Registration number
NIC 101864

Principal Address
7 The Courtyard
Old Windmill Road
Crawfordsburn
BT19 1XJ

Trustees in the reporting period
Maeve Marnell
Eamonn Marnell
Denise Kennedy

Statement of trustees' responsibilities

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Law applicable to charities in Northern Ireland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records that disclose with reasonable accuracy the financial position of the charity at the end of the year. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the directors on 18/1/26 ~~2025~~ and signed on their behalf by

Maeve Marnell

Denise Kennedy

independent examiner's report to the charity trustees of Food for Thought Africa for the year ended 5 April 2025

I report on the accounts of the Trust for the year ended 5 April 2025, which are set out on pages 7 to 10.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Andrew McCracken ACIS
Independent examiner

9 Kilbourne Park
Bangor
BT19 1ES

29 December 2025

Food for Thought Africa

Statement of financial activities
For the year ended 5 April 2025

	Note	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Incoming resources					
Donations		4,784	-	4,784	5,362
Gift Aid relief		490	-	490	626
Total incoming resources		5274	-	5,274	5,988
Resources expended					
African donations	4	(20,205)	-	(20,205)	(13,228)
Printing, stationery and design		(10)	-	(10)	(86)
Bank and visa fees		(754)	-	(754)	(810)
Website domain		-	-	-	
Total resources expended		(20,969)	-	(20,969)	(14,135)
Net incoming/(outgoing) resources		(15,695)	-	(15,695)	8,147
Reconciliation of funds					
Funds brought forward		80,260	-	80,260	88,407
Net incoming/(outgoing) resources		(15,695)	-	(15,695)	8,147
		64,565	-	64,565	80,260

The Statement of financial activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

Food for Thought Africa

Balance sheet
As at 5 April 2025

	Note(s)	2025 £	£	2024 £	£
Fixed assets					
Tangible assets	2		-		-
Current assets					
Debtors	3	490		626	
Bank and cash		64,075		79,672	
		64,565		80,298	
Current liabilities					
Creditors	4	-		38	
		-		-	
Net current assets			64,565		80,260
Unrestricted funds		64,565		80,260	
Restricted funds		-		-	
Total funds	6, 7		64,565		80,260

The notes on page 8 to 11 form part of these financial statements.

Approved by the trustees on 18/1/26 ~~2025~~ and signed on their behalf by:

Maeve Marnell

Denise Kennedy

Notes to the financial statements
For the year ended 5 April 2025

1. Accounting policies

Basis of preparation
The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities Act (Northern Ireland) and the Charities (Accounts and Reports) Regulations (Northern Ireland) 2015.

Fund accounting
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

Incoming resources
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Resources expended
Expenditure is recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Tangible fixed assets
Tangible fixed assets are being written off over their anticipated useful lives on the following bases:

Framing equipment	25% straight line

Debtors

Short term debtors are measured at transaction price, less any impairment.

Creditors

Creditors are recognised initially at fair value and subsequently measured at amortised cost using the effective interest method.

Notes to the financial statements (continued)
For the year ended 5 April 2025

2. Tangible fixed assets

	Framing equipment £	Total £
Cost		
At 6 April 2024	4,163	4,163
At 5 April 2025	**4,163**	**4,163**
Depreciation		
At 6 April 2024	4,163	4,163
At 5 April 2025	**4,163**	**4,163**
Net book value		
At 5 April 2024	**-**	**-**
At 5 April 2025	**-**	**-**

3. Debtors

	2025 £	2024 £
Gift aid repayment	490	626
	490	626

4. Creditors

	2025 £	2024 £
Amounts owed to related parties	-	38
	-	38

Notes to the financial statements (continued)
For the year ended 5 April 2025

5. Resources expended on charitable activities

By cost nature

	2025 Costs directly allocated to activities	2025 Support costs allocated to activities	2025 Total resources expended	2024 Total resources expended
	£	£	£	£
Donations to Africa	20,205	-	20,205	13,228
Total	20,205	-	20,205	13,228

By fund

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Donations to Africa	20,205	-	20,205	13,228
Total	20,205	-	20,205	13,228

6. Analysis of net assets between funds

	2025 Unrestricted funds £	2025 Restricted funds £	2025 Total funds £	2024 Total funds £
Tangible assets	-	-	-	-
Debtors	490	-	490	626
Bank and cash	64,075	-	64,075	79,672
Creditors	-	-	-	39
Total	64,565	-	64,565	80,260

7. Movement in funds

	At 6 April 2024	Incoming resources	Outgoing resources	Transfers between funds	At 5 April 2025
	£	£	£	£	£
Unrestricted funds					
General funds	80,260	5,274	(20,969)	-	64,565
Restricted funds					
Restricted funds	-	-	-	-	-
Total funds	80,260	5,274	(20,969)		64,565

Notes to the financial statements (continued)
For the year ended 5 April 2025

3. Related party transactions

At the year end the trustees were owed no [illegible]. £50; for expenses incurred on behalf of the Trust.
There were no other related party transactions during the year and no Trustee received any remuneration.

Food For Thought Africa

Northern Ireland - Charity number 101864

Accounts

Registered with the Charity Commission NI

Charity registration number: NIC101864

Food for Thought Africa

Annual Trustees Report and Financial Statements

Year Ended 5 April 2024

Food for Thought Africa

Contents

	Page(s)
Trustees and their advisors	1
Annual trustees report	*2 - 4*
Statement of trustees' responsibilities	*5*
Independent examiner's report	*6*
Statement of financial activities	7
Balance sheet	8
Notes to the accounts	9 - 12

Food for Thought Africa

Trustees and their advisors

Trustees	Maeve Marnell Denise Kennedy Eamonn Marnell
Bankers	Ulster Bank Belfast City Office Donegall Square East Belfast
Independent examiner	Andrew McCracken 9 Kilbourne Park Bangor BT19 1ES

Food for Thought Africa

Annual trustees' report
For the year ended 5 April 2024

Objectives and Activities

Food For Thought Africa ("FFTA") was established for the relief of poverty, the advancement of education and to promote the benefit of people who are in need as a result of poverty and lack of resources (the beneficiaries) in Africa (the area of benefit) without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion and in particular to:

a) Provide or assist others in providing food and developing food programmes for the beneficiaries in the area of benefit.

b) Establish, maintain and manage or co-operate with any local authority in the maintenance of schools or centres for adult learning.

c) Advance the education of the beneficiaries by providing or assisting in the provision of educational facilities and resources in educational establishments in the area of benefit.

d) Relieve sickness and distress among people in the area of benefit by any means.

e) Relieve poverty and hunger in the area of benefit by any charitable means and in particular the provision of grants, loans and training to enable poor people to establish and maintain projects which will enable them to relieve their own poverty.

f) Relieve unemployment and provide or assist in the provision of housing for those who are in conditions of need in the area of benefit,

This year the main activities undertaken in relation to these purposes were:
Provision of feeding programmes to Kasarini Primary School and Thindigua Primary School, Nairobi, Kenya– purpose a and d.

In setting our objectives and planning our activities for the year the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

Achievements and Performance

This year we were absolutely delighted to get our feeding programme up and running in Thindigua Primary School in Kiambu County in the outskirts of Nairobi.
The feeding programme provides a cooked lunch to 663 children from the surrounding slum areas every day. By providing lunch in school we encourage the children to come to school and get an education which gives them the opportunity to get themselves out of poverty for good.

We know from our experience of running feeding programmes in Africa for 17 years that our feeding programmes cause academic results to improve dramatically which has a positive impact on the child, their family and the whole community.

The project is managed by our former scholarship student Adan Noor who himself benefitted from the feeding programme at Cheleta Primary School and brings the total number of children we are feeding every day to 1123.

The trustees continue to seek new projects and are working with Adan to identify new programmes to support.

Financial Review

The total income for the year was £5,988 raised through voluntary donations with £626 raised through gift aid relief. This represents a decrease of 11% on last year. Donations to Africa were £13,228 with expenses of £896 giving a deficit of £8,147.

The assets and liabilities are set out in the balance sheet with net current assets of £80,260.

Reserves Policy

It is the Board's policy to reserve sufficient funds to ensure the ongoing operations of FFTA for 6 months. At the year end the reserves were above the minimum policy level and this is being reviewed by the trustees, as they continue to identify new programmes, as detailed above.

Structure, Governance and Management

The charity is a trust and governed by a trust deed dated 4th May 2007.

The trust is managed by a board of trustees which shall not be less than 3. A new trustee may be appointed by resolution of a meeting of all the trustees passed by a majority of those present. Meetings of the trustees are held on a regular basis and at least twice in every year. At these meetings accounts are reviewed against budgets and forecasts. Existing projects are discussed and funding for potential projects discussed and authorised.

Reference and Administrative Details

Charity Name
Food For Thought Africa

Registration number
NIC 101864

Principal Address
7 The Courtyard
Old Windmill Road
Crawfordsburn
BTI9IXJ

Trustees in the reporting period
Maeve Marnell
Denise Kennedy
Eamonn Marnell

Food for Thought Africa

Statement of trustees' responsibilities

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Law applicable to charities in Northern Ireland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records that disclose with reasonable accuracy the financial position of the charity at the end of the year. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the directors on 15th January 2025 and signed on their behalf by

Maeve Marnell

Denise Kennedy

Independent examiner's report to the charity trustees of Food for Thought Africa for the year ended 5 April 2024

I report on the accounts of the Trust for the year ended 5 April 2024, which are set out on pages 7 to 12.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Andrew McCracken ACIS
Independent examiner

9 Kilbourne Park
Bangor
BT19 1ES

14 January 2025

Food for Thought Africa

Statement of financial activities
For the year ended 5 April 2024

	Note	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Incoming resources					
Donations		**5,362**	**-**	**5,362**	5,992
Gift Aid relief		**626**	**-**	**626**	712
Total incoming resources		**5,988**	**-**	**5,988**	6,704
Resources expended					
African donations	4	**(13,228)**	**-**	**(13,228)**	(3,067)
Printing, stationery and design		**(86)**	**-**	**(86)**	(38)
Bank and visa fees		**(810)**	**-**	**(810)**	(210)
Website domain		**-**	**-**	**-**	(11)
Total resources expended		**(14,135)**	**-**	**(14,135)**	(3,326)
Net incoming/(outgoing) resources		**(8,147)**	**-**	**(8,147)**	3,378
Reconciliation of funds					
Funds brought forward		**88,407**	**-**	**88,407**	85,029
Net incoming/(outgoing) resources		**(8,147)**	**-**	**(8,147)**	3,378
		80,260	**-**	**80,260**	88,407

The Statement of financial activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

Food for Thought Africa

Balance sheet
As at 5 April 2024

	Note(s)	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	2		-		-
Current assets					
Debtors	3	626		712	
Bank and cash		79,672		87,695	
		80,298		88,407	
Current liabilities					
Creditors	4	(38)		-	
		(38)		-	
Net current assets			80,260		88,407
Unrestricted funds		80,260		88,407	
Restricted funds		-		-	
Total funds	6, 7		80,260		88,407

The notes on page 9 to 12 form part of these financial statements.

Approved by the trustees on 15th January 2025 and signed on their behalf by:

Maeve Marnell

Denise Kennedy

Notes to the financial statements
For the year ended 5 April 2024

1. Accounting policies

Basis of preparation
The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities Act (Northern Ireland) and the Charities (Accounts and Reports) Regulations (Northern Ireland) 2015.

Fund accounting
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

Incoming resources
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Resources expended
Expenditure is recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Tangible fixed assets
Tangible fixed assets are being written off over their anticipated useful lives on the following bases:

Framing equipment	25% straight line

Debtors

Short term debtors are measured at transaction price, less any impairment.

Creditors

Creditors are recognised initially at fair value and subsequently measured at amortised cost using the effective interest method.

2. Tangible fixed assets

	Framing equipment £	Total £
Cost		
At 6 April 2023	4,163	4,163
At 5 April 2024	**4.163**	**4,163**
Depreciation		
At 6 April 2023	4,163	4,163
At 5 April 2024	**4,163**	**4,163**
Net book value		
At 5 April 2024	-	-
At 5 April 2023	-	-

3. Debtors

	2024 £	2023 £
Gift aid repayment	**626**	712
	626	712

4. Creditors

	2024 £	2023 £
Amounts owed to related parties	**38**	-
	38	-

5. Resources expended on charitable activities

By cost nature

	2024 Costs directly allocated to activities	2024 Support costs allocated to activities	2024 Total resources expended	2023 Total resources expended
	£	£	£	£
Donations to Africa	13,228	-	13,228	3,067
Total	13,228	-	13,228	3,067

By fund

	2024 Unrestricted funds	2024 Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Donations to Africa	13,228	-	13,228	3,067
Total	13,228	-	13,228	3,067

6. Analysis of net assets between funds

	2024 Unrestricted funds	2024 Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Tangible assets	-	-	-	-
Debtors	626	-	626	712
Bank and cash	79,672	-	79,672	87,695
Creditors	(38)	-	(38)	-
Total	80,260	-	80,260	88,407

7. Movement in funds

	At 6 April 2023	Incoming resources	Outgoing resources	Transfers between funds	At 5 April 2024
	£	£	£	£	£
Unrestricted funds					
General funds	88,407	5,988	(14,135)	-	80,260
Restricted funds					
Restricted funds	-	-	-	-	-
Total funds	88,407	5,988	(14,135)		80,260

Notes to the financial statements (continued)
For the year ended 5 April 2024

8. Related party transactions

At the year end the trustees were owed £38 (2023: Nil) for expenses incurred on behalf of the Trust. There were no other related party transactions during the year and no Trustee received any remuneration.

Food For Thought Africa

Northern Ireland - Charity number 101864

Annual report

ANNUAL REPORT OF FOOD FOR THOUGHT AFRICA

NORTHERN IRELAND
FEEDING AFRICAN MINDS



OBJECTIVES AND ACTIVITIES

Food For Thought Africa was established for the relief of poverty, the advancement of education and to promote the benefit of people who are in need as a result of poverty and lack of resources (the beneficiaries) in Africa (the area of benefit) without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion and in particular to:

a) Provide or assist others in providing food and developing food programmes for the beneficiaries in the area of benefit
b) Establish, maintain and manage or co-operate with any local authority in the maintenance of schools or centres for adult learning

c) Advance the education of the beneficiaries by providing or assisting in the provision of educational facilities and resources in educational establishments in the area of benefit
d) Relieve sickness and distress among people in the area of benefit by any means
e) Relieve poverty and hunger in the area of benefit by any charitable means and in particular the provision of grants, loans and training to enable poor people to establish and maintain projects which will enable them to relieve their own poverty
f) Relieve unemployment and provide or assist in the provision of housing for those who are in conditions of need in the area of benefit.

This year the main activities undertaken in relation to these purposes were:
Provision of feeding programmes to Kasarini Primary School and Thindigua Primary School, Nairobi, Kenya– purpose a and d.

In setting our objectives and planning our activities for the year the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

ACHIEVEMENTS AND PERFORMANCE



This year we were absolutely delighted to get our feeding programme up and running in Thindigua Primary School in Kiambu County in the outskirts of Nairobi.
The feeding programme provides a cooked lunch to 663 children from the surrounding slum areas every day. By providing lunch in school we encourage the children to come to school and get an education which gives them the opportunity to get themselves out of poverty for good.

We know from our experience of running feeding programmes in Africa for 17 years that our feeding programmes cause academic results to improve dramatically which has a positive impact on the child, their family and the whole community.

The project is managed by our former scholarship student Adan Noor who himself benefitted from the feeding programme at Cheleta Primary School and brings the total number of children we are feeding every day to 1123.

The trustees continue to seek new projects and are working with Adan to identify new programmes to support.



FINANCIAL REVIEW

The total income for the year was £5988 raised through voluntary donations with £626 raised through gift aid relief. This represents an increase of 11% on last year. Donations to Africa were £13,228 with expenses of £896 giving an income of £8,147.
The assets and liabilities are set out in the balance sheet with net current assets of £80,260.

Reserves Policy

It is the Board's policy to reserve sufficient funds to ensure the ongoing operations of FFTA for 6 months. At the year end the reserves were above the minimum policy level and this is being reviewed by trustees, as they continue to identify new programmes, as detailed above.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a trust and governed by a trust deed dated 4th May 2007.

The trust is managed by a board of trustees which shall not be less than 3. A new trustee may be appointed by resolution of a meeting of all the trustees passed by a majority of those present. Meetings of the trustees are held on a regular basis and at least twice in every year. At these meetings accounts are reviewed against budgets and forecasts. Existing projects are discussed and funding for potential projects discussed and authorised.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name
Food For Thought Africa

Registration number
NIC 101864

Principal Address
7 The Courtyard
Old Windmill Road
Crawfordsburn
BT19 1XJ

Trustees in the reporting period
Maeve Marnell
Eamonn Marnell
Denise Kennedy

Food For Thought Africa

Northern Ireland - Charity number 101864

Annual return

Registered with the Charity Commission NI

Charity registration number: NIC101864

Food for Thought Africa

Annual Trustees Report and Financial Statements

Year Ended 5 April 2024

Food for Thought Africa

Contents

	Page(s)
Trustees and their advisors	1
Annual trustees report	*2 - 4*
Statement of trustees' responsibilities	*5*
Independent examiner's report	*6*
Statement of financial activities	7
Balance sheet	8
Notes to the accounts	9 - 12

Food for Thought Africa

Trustees and their advisors

Trustees	Maeve Marnell Denise Kennedy Eamonn Marnell
Bankers	Ulster Bank Belfast City Office Donegall Square East Belfast
Independent examiner	Andrew McCracken 9 Kilbourne Park Bangor BT19 1ES

Food for Thought Africa

Annual trustees' report
For the year ended 5 April 2024

Objectives and Activities

Food For Thought Africa ("FFTA") was established for the relief of poverty, the advancement of education and to promote the benefit of people who are in need as a result of poverty and lack of resources (the beneficiaries) in Africa (the area of benefit) without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion and in particular to:

a) Provide or assist others in providing food and developing food programmes for the beneficiaries in the area of benefit.

b) Establish, maintain and manage or co-operate with any local authority in the maintenance of schools or centres for adult learning.

c) Advance the education of the beneficiaries by providing or assisting in the provision of educational facilities and resources in educational establishments in the area of benefit.

d) Relieve sickness and distress among people in the area of benefit by any means.

e) Relieve poverty and hunger in the area of benefit by any charitable means and in particular the provision of grants, loans and training to enable poor people to establish and maintain projects which will enable them to relieve their own poverty.

f) Relieve unemployment and provide or assist in the provision of housing for those who are in conditions of need in the area of benefit,

This year the main activities undertaken in relation to these purposes were:
Provision of feeding programmes to Kasarini Primary School and Thindigua Primary School, Nairobi, Kenya– purpose a and d.

In setting our objectives and planning our activities for the year the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

Achievements and Performance

This year we were absolutely delighted to get our feeding programme up and running in Thindigua Primary School in Kiambu County in the outskirts of Nairobi.
The feeding programme provides a cooked lunch to 663 children from the surrounding slum areas every day. By providing lunch in school we encourage the children to come to school and get an education which gives them the opportunity to get themselves out of poverty for good.

We know from our experience of running feeding programmes in Africa for 17 years that our feeding programmes cause academic results to improve dramatically which has a positive impact on the child, their family and the whole community.

The project is managed by our former scholarship student Adan Noor who himself benefitted from the feeding programme at Cheleta Primary School and brings the total number of children we are feeding every day to 1123.

The trustees continue to seek new projects and are working with Adan to identify new programmes to support.

Financial Review

The total income for the year was £5,988 raised through voluntary donations with £626 raised through gift aid relief. This represents a decrease of 11% on last year. Donations to Africa were £13,228 with expenses of £896 giving a deficit of £8,147.

The assets and liabilities are set out in the balance sheet with net current assets of £80,260.

Reserves Policy

It is the Board's policy to reserve sufficient funds to ensure the ongoing operations of FFTA for 6 months. At the year end the reserves were above the minimum policy level and this is being reviewed by the trustees, as they continue to identify new programmes, as detailed above.

Structure, Governance and Management

The charity is a trust and governed by a trust deed dated 4th May 2007.

The trust is managed by a board of trustees which shall not be less than 3. A new trustee may be appointed by resolution of a meeting of all the trustees passed by a majority of those present. Meetings of the trustees are held on a regular basis and at least twice in every year. At these meetings accounts are reviewed against budgets and forecasts. Existing projects are discussed and funding for potential projects discussed and authorised.

Reference and Administrative Details

Charity Name
Food For Thought Africa

Registration number
NIC 101864

Principal Address
7 The Courtyard
Old Windmill Road
Crawfordsburn
BTI9IXJ

Trustees in the reporting period
Maeve Marnell
Denise Kennedy
Eamonn Marnell

Food for Thought Africa

Statement of trustees' responsibilities

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Law applicable to charities in Northern Ireland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records that disclose with reasonable accuracy the financial position of the charity at the end of the year. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the directors on 15th January 2025 and signed on their behalf by

Maeve Marnell

Denise Kennedy

Independent examiner's report to the charity trustees of Food for Thought Africa for the year ended 5 April 2024

I report on the accounts of the Trust for the year ended 5 April 2024, which are set out on pages 7 to 12.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Andrew McCracken ACIS
Independent examiner

9 Kilbourne Park
Bangor
BT19 1ES

14 January 2025

Food for Thought Africa

Statement of financial activities
For the year ended 5 April 2024

	Note	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
Incoming resources					
Donations		**5,362**	**-**	**5,362**	5,992
Gift Aid relief		**626**	**-**	**626**	712
Total incoming resources		**5,988**	**-**	**5,988**	6,704
Resources expended					
African donations	4	**(13,228)**	**-**	**(13,228)**	(3,067)
Printing, stationery and design		**(86)**	**-**	**(86)**	(38)
Bank and visa fees		**(810)**	**-**	**(810)**	(210)
Website domain		**-**	**-**	**-**	(11)
Total resources expended		**(14,135)**	**-**	**(14,135)**	(3,326)
Net incoming/(outgoing) resources		**(8,147)**	**-**	**(8,147)**	3,378
Reconciliation of funds					
Funds brought forward		**88,407**	**-**	**88,407**	85,029
Net incoming/(outgoing) resources		**(8,147)**	**-**	**(8,147)**	3,378
		80,260	**-**	**80,260**	88,407

The Statement of financial activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

Food for Thought Africa

Balance sheet
As at 5 April 2024

	Note(s)	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	2		-		-
Current assets					
Debtors	3	626		712	
Bank and cash		79,672		87,695	
		80,298		88,407	
Current liabilities					
Creditors	4	(38)		-	
		(38)		-	
Net current assets			80,260		88,407
Unrestricted funds		80,260		88,407	
Restricted funds		-		-	
Total funds	6, 7		80,260		88,407

The notes on page 9 to 12 form part of these financial statements.

Approved by the trustees on 15th January 2025 and signed on their behalf by:

Maeve Marnell

Denise Kennedy

Notes to the financial statements
For the year ended 5 April 2024

1. Accounting policies

Basis of preparation
The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities Act (Northern Ireland) and the Charities (Accounts and Reports) Regulations (Northern Ireland) 2015.

Fund accounting
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

Incoming resources
All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Resources expended
Expenditure is recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Tangible fixed assets
Tangible fixed assets are being written off over their anticipated useful lives on the following bases:

Framing equipment	25% straight line

Debtors

Short term debtors are measured at transaction price, less any impairment.

Creditors

Creditors are recognised initially at fair value and subsequently measured at amortised cost using the effective interest method.

2. Tangible fixed assets

	Framing equipment £	Total £
Cost		
At 6 April 2023	4,163	4,163
At 5 April 2024	**4.163**	**4,163**
Depreciation		
At 6 April 2023	4,163	4,163
At 5 April 2024	**4,163**	**4,163**
Net book value		
At 5 April 2024	-	-
At 5 April 2023	-	-

3. Debtors

	2024 £	2023 £
Gift aid repayment	**626**	712
	626	712

4. Creditors

	2024 £	2023 £
Amounts owed to related parties	**38**	-
	38	-

5. Resources expended on charitable activities

By cost nature

	2024 Costs directly allocated to activities	2024 Support costs allocated to activities	2024 Total resources expended	2023 Total resources expended
	£	£	£	£
Donations to Africa	13,228	-	13,228	3,067
Total	13,228	-	13,228	3,067

By fund

	2024 Unrestricted funds	2024 Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Donations to Africa	13,228	-	13,228	3,067
Total	13,228	-	13,228	3,067

6. Analysis of net assets between funds

	2024 Unrestricted funds	2024 Restricted funds	2024 Total funds	2023 Total funds
	£	£	£	£
Tangible assets	-	-	-	-
Debtors	626	-	626	712
Bank and cash	79,672	-	79,672	87,695
Creditors	(38)	-	(38)	-
Total	80,260	-	80,260	88,407

7. Movement in funds

	At 6 April 2023	Incoming resources	Outgoing resources	Transfers between funds	At 5 April 2024
	£	£	£	£	£
Unrestricted funds					
General funds	88,407	5,988	(14,135)	-	80,260
Restricted funds					
Restricted funds	-	-	-	-	-
Total funds	88,407	5,988	(14,135)		80,260

Notes to the financial statements (continued)
For the year ended 5 April 2024

8. Related party transactions

At the year end the trustees were owed £38 (2023: Nil) for expenses incurred on behalf of the Trust. There were no other related party transactions during the year and no Trustee received any remuneration.

Food For Thought Africa

Northern Ireland - Charity number 101864

Accounts

Registered with the Charity Commission NI
Charity registration number: NIC101864

Food for Thought Africa

Annual Trustees Report and Financial Statements

Year Ended 5 April 2023

Food for Thought Africa

Contents

	Page(s)
Trustees and their advisors	1
Annual trustees report	2 - 4
Statement of trustees' responsibilities	5
Independent examiner's report	6
Statement of financial activities	7
Balance sheet	8
Notes to the accounts	9 - 12

Food for Thought Africa

Trustees and their advisors

Trustees	Maeve Marnell Denise Kennedy Eamonn Marnell
Bankers	Ulster Bank Belfast City Office Donegall Square East Belfast
Independent examiner	Andrew McCracken 9 Kilbourne Park Bangor BT19 1ES

Food for Thought Africa

Annual trustees' report
For the year ended 5 April 2023

Objectives and Activities

Food For Thought Africa ("FFTA") was established for the relief of poverty, the advancement of education and to promote the benefit of people who are in need as a result of poverty and lack of resources (the beneficiaries) in Africa (the area of benefit) without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion and in particular to:

a) Provide or assist others in providing food and developing food programmes for the beneficiaries in the area of benefit.

b) Establish, maintain and manage or co-operate with any local authority in the maintenance of schools or centres for adult learning.

c) Advance the education of the beneficiaries by providing or assisting in the provision of educational facilities and resources in educational establishments in the area of benefit.

d) Relieve sickness and distress among people in the area of benefit by any means.

e) Relieve poverty and hunger in the area of benefit by any charitable means and in particular the provision of grants, loans and training to enable poor people to establish and maintain projects which will enable them to relieve their own poverty.

f) Relieve unemployment and provide or assist in the provision of housing for those who are in conditions of need in the area of benefit,

This year the main activities undertaken in relation to these purposes were:

Provision of a feeding programme to Kasarini Primary School, Nairobi, Kenya – purpose a and d.

In setting our objectives and planning our activities for the year the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

Achievements and Performance

This year we were absolutely delighted to get our feeding programme up and running in Kasarini Primary School in the outskirts of Nairobi.

The feeding programme provides a cooked lunch to 380 children from the surrounding slum areas every day. By providing lunch in school we encourage the children to come to school and get an education which gives them the opportunity to get themselves out of poverty for good.

We know from our experience of running feeding programmes in Africa for 16 years that our feeding programmes cause academic results to improve dramatically which has a positive impact on the child, their family and the whole community.

The project is managed by our former scholarship student Adan Noor who himself benefitted from the feeding programme at Cheleta Primary School.

Adan is doing a fantastic job and recently commented 'The lunch is really important to the kids. It means a lot to them and their parents. Unemployment is high, cost of living is high and life is tough! I remember the difference it made to me at Cheleta. I was able to focus in class because of good nutrition and thanks to FFTA I achieved my dream of going to university. Expanding minds is the ultimate goal here.'

The trustees continue to seek new projects and are working to identify new programmes and are currently working on a new feeding programme in a primary school in Kiambu County in the outskirts of Nairobi which we hope to have up and running in the new academic year.

Financial Review

The total income for the year was £6,704 raised through voluntary donations with £712 raised through gift aid relief. This represents an increase of 71% on last year due to a large one-off donation received. Donations to Africa were £3,067 with expenses of £259 giving an income of £3,378.

The assets and liabilities are set out in the balance sheet with net current assets of £88,407.

Reserves Policy

It is the Board's policy to reserve sufficient funds to ensure the ongoing operations of FFTA for 6 months. At the year end the reserves were above the minimum policy level and this is being reviewed by the trustees, as they continue to identify new programmes, as detailed above.

Structure, Governance and Management

The charity is a trust and governed by a trust deed dated 4th May 2007.

The trust is managed by a board of trustees which shall not be less than 3. A new trustee may be appointed by resolution of a meeting of all the trustees passed by a majority of those present. Meetings of the trustees are held on a regular basis and at least twice in every year. At these meetings accounts are reviewed against budgets and forecasts. Existing projects are discussed and funding for potential projects discussed and authorised.

Reference and Administrative Details

Charity Name
Food For Thought Africa

Registration number
NIC 101864

Principal Address
7 The Courtyard
Old Windmill Road
Crawfordsburn
BTI9IXJ

Trustees in the reporting period
Maeve Marnell
Denise Kennedy
Eamonn Marnell

Food for Thought Africa

Statement of trustees' responsibilities

The trustees are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Law applicable to charities in Northern Ireland requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records that disclose with reasonable accuracy the financial position of the charity at the end of the year. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the directors on 26TH OCTOBER 2023 and signed on their behalf by

Maeve Marnell

Denise Kennedy

Independent examiner's report to the charity trustees of Food for Thought Africa for the year ended 5 April 2023

I report on the accounts of the Trust for the year ended 5 April 2023, which are set out on pages 7 to 10.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Andrew McCracken ACIS
Independent examiner

9 Kilbourne Park
Bangor
BT19 1ES

30 October 2023

Food for Thought Africa

Statement of financial activities
For the year ended 5 April 2023

	Note	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Incoming resources					
Donations		**5,992**	**-**	**5,992**	3,337
Gift Aid relief		**712**	**-**	**712**	587
Total incoming resources		**6,704**	**-**	**6,704**	3,924
Resources expended					
African donations	4	**(3,067)**	**-**	**(3,067)**	(6,771)
Printing, stationery and design		**(38)**	**-**	**(38)**	(38)
Bank and visa fees		**(210)**	**-**	**(210)**	(79)
Website domain		**(11)**	**-**	**(11)**	(12)
Total resources expended		**(3,326)**	**-**	**(3,326)**	(6,900)
Net incoming/(outgoing) resources		**3,378**	**-**	**3,378**	(2,976)
Reconciliation of funds					
Funds brought forward		**85,029**	**-**	**85,029**	88,005
Net incoming/(outgoing) resources		**3,378**	**-**	**3,378**	(2,976)
		88,407	**-**	**88,407**	85,029

The Statement of financial activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

Food for Thought Africa

Balance sheet
As at 5 April 2023

	Note(s)	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	2		-		-
Current assets					
Debtors	3	712		598	
Bank and cash		87,695		84,431	
		88,407		85,029	
Net current assets			88,407		85,029
Unrestricted funds		88,407		85,029	
Restricted funds		-		-	
Total funds	5, 6		88,407		85,029

The notes on page 9 to 12 form part of these financial statements.

Approved by the trustees on 26TH OCTOBER 2023 and signed on their behalf by:

Maeve Marnell

Denise Kennedy

1. Accounting policies

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) issued in October 2019 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102), the Charities Act (Northern Ireland) and the Charities (Accounts and Reports) Regulations (Northern Ireland) 2015.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

Incoming resources

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Resources expended

Expenditure is recognised as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

Tangible fixed assets

Tangible fixed assets are being written off over their anticipated useful lives on the following bases:

Framing equipment	25% straight line

Debtors

Short term debtors are measured at transaction price, less any impairment.

Creditors

Creditors are recognised initially at fair value and subsequently measured at amortised cost using the effective interest method.

2. Tangible fixed assets

	Framing equipment £	Total £
Cost		
At 6 April 2022	4,163	4,163
Disposals	-	-
At 5 April 2023	**4.163**	**4,163**
Depreciation		
At 6 April 2022	4,163	4,163
Charge for the year	-	-
Eliminated on disposals	-	-
At 5 April 2023	**4,163**	**4,163**
Net book value		
At 5 April 2023	-	-
At 5 April 2022	-	-

3. Debtors

	2023 £	2022 £
Gift aid repayment	712	587
Prepayments	-	11
	712	598

4. Resources expended on charitable activities

By cost nature

	2023 Costs directly allocated to activities	2023 Support costs allocated to activities	2023 Total resources expended	2022 Total resources expended
	£	£	£	£
Donations to Africa	3,067	-	3,067	6,771
Total	3,067	-	3,067	6,771

By fund

	2023 Unrestricted funds	2023 Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Donations to Africa	3,067	-	3,067	6,771
Total	3,067	-	3,067	6,771

5. Analysis of net assets between funds

	2023 Unrestricted funds	2023 Restricted funds	2023 Total funds	2022 Total funds
	£	£	£	£
Tangible assets	-	-	-	-
Debtors	712	-	712	598
Bank and cash	87,695	-	87,695	84,431
Total	88,407	-	88,407	85,029

6. Movement in funds

	At 6 April 2022	Incoming resources	Outgoing resources	Transfers between funds	At 5 April 2023
	£	£	£	£	£
Unrestricted funds					
General funds	85,029	6,704	(3,326)	-	88,407
Restricted funds					
Restricted funds	-	-	-	-	-
Total funds	85,029	6,704	(3,326)		88,407

7. Related party transactions

There were no related party transactions during the year and no Trustee received any remuneration.

Food For Thought Africa

Northern Ireland - Charity number 101864

Annual report

ANNUAL REPORT OF FOOD FOR THOUGHT AFRICA

NORTHERN IRELAND
FEEDING AFRICAN MINDS



OBJECTIVES AND ACTIVITIES

Food For Thought Africa was established for the relief of poverty, the advancement of education and to promote the benefit of people who are in need as a result of poverty and lack of resources (the beneficiaries) in Africa (the area of benefit) without distinction of age, gender, disability, sexual orientation, nationality, ethnic identity, political or religious opinion and in particular to:

a) Provide or assist others in providing food and developing food programmes for the beneficiaries in the area of benefit
b) Establish, maintain and manage or co-operate with any local authority in the maintenance of schools or centres for adult learning

c) Advance the education of the beneficiaries by providing or assisting in the provision of educational facilities and resources in educational establishments in the area of benefit
d) Relieve sickness and distress among people in the area of benefit by any means
e) Relieve poverty and hunger in the area of benefit by any charitable means and in particular the provision of grants, loans and training to enable poor people to establish and maintain projects which will enable them to relieve their own poverty
f) Relieve unemployment and provide or assist in the provision of housing for those who are in conditions of need in the area of benefit.

This year the main activities undertaken in relation to these purposes were:
Provision of a feeding programme to Kasarini Primary School, Nairobi, Kenya– purpose a and d.

In setting our objectives and planning our activities for the year the trustees have given careful consideration to the Charity Commission for Northern Ireland's guidance on public benefit to ensure that the activities have helped to achieve the charity's purposes and provide a benefit to the beneficiaries.

ACHIEVEMENTS AND PERFORMANCE



This year we were absolutely delighted to get our feeding programme up and running in Kasarini Primary School in the outskirts of Nairobi.
The feeding programme provides a cooked lunch to 460 children from the surrounding slum areas every day. By providing lunch in school we encourage the children to come to school and get an education which gives them the opportunity to get themselves out of poverty for good.

We know from our experience of running feeding programmes in Africa for 16 years that our feeding programmes cause academic results to improve dramatically which has a positive impact on the child, their family and the whole community.

The project is managed by our former scholarship student Adan Noor who himself benefitted from the feeding programme at Cheleta Primary School.
Adan is doing a fantastic job and recently commented 'The lunch is really important to the kids. It means a lot to them and their parents. Unemployment is high, cost of living is high and life is tough! I remember the difference it made to me at Cheleta. I was able to focus in class because of good nutrition and thanks to FFTA I achieved my dream of going to university. Expanding minds is the ultimate goal here.'

The trustees continue to seek new projects and are working to identify new programmes and are currently working on a new feeding programme in a primary school in Kiambu County in the outskirts of Nairobi which we hope to have up and running in the new academic year.



FINANCIAL REVIEW

The total income for the year was £6704 raised through voluntary donations with £712 raised through gift aid relief. This represents an increase of 71% on last year due to a large one-off donation received. Donations to Africa were £3,067 with expenses of £259 giving an income of £3,378.

The assets and liabilities are set out in the balance sheet with net current assets of £88,407.

Reserves Policy
It is the Board's policy to reserve sufficient funds to ensure the ongoing operations of FFTA for 6 months. At the year end the reserves were above the minimum policy level and this is being reviewed by trustees, as they continue to identify new programmes, as detailed above.

STRUCTURE, GOVERNANCE AND MANAGEMENT
The charity is a trust and governed by a trust deed dated 4th May 2007.
The trust is managed by a board of trustees which shall not be less than 3. A new trustee may be appointed by resolution of a meeting of all the trustees passed by a majority of those present. Meetings of the trustees are held on a regular basis and at least twice in every year. At these meetings accounts are reviewed against budgets and forecasts. Existing projects are discussed and funding for potential projects discussed and authorised.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name
Food For Thought Africa

Registration number
NIC 101864

Principal Address
7 The Courtyard
Old Windmill Road
Crawfordsburn
BT19 1XJ

Trustees in the reporting period
Maeve Marnell
Eamonn Marnell Denise
Kennedy

Food For Thought Africa

Northern Ireland - Charity number 101864

Annual return

Independent examiner's report to the charity trustees of Food for Thought Africa for the year ended 5 April 2023

I report on the accounts of the Trust for the year ended 5 April 2023, which are set out on pages 7 to 10.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention

Basis of independent examiner's report

I have examined your charity accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Andrew McCracken ACIS
Independent examiner

9 Kilbourne Park
Bangor
BT19 1ES

30 October 2023

Food for Thought Africa

Statement of financial activities

For the year ended 5 April 2023

	Note	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Incoming resources					
Donations		**5,992**	**-**	**5,992**	3,337
Gift Aid relief		**712**	**-**	**712**	587
Total incoming resources		**6,704**	**-**	**6,704**	3,924
Resources expended					
African donations	4	**(3,067)**	**-**	**(3,067)**	(6,771)
Printing, stationery and design		**(38)**	**-**	**(38)**	(38)
Bank and visa fees		**(210)**	**-**	**(210)**	(79)
Website domain		**(11)**	**-**	**(11)**	(12)
Total resources expended		**(3,326)**	**-**	**(3,326)**	(6,900)
Net incoming/(outgoing) resources		**3,378**	**-**	**3,378**	(2,976)
Reconciliation of funds					
Funds brought forward		**85,029**	**-**	**85,029**	88,005
Net incoming/(outgoing) resources		**3,378**	**-**	**3,378**	(2,976)
		88,407	**-**	**88,407**	85,029

The Statement of financial activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.