Food for Thought SCIO

Scotland · Charity number SC047239

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Part of	St Augustine's Episcopal Church: Dumbarton (SC002984)
Registered	2017-03-15
Register	View on the OSCR register

Contact

Address	St Augustine's Community Hall St Mary's Way Dumbarton G82 1LL

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the prevention or relief of poverty','the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: Our Charity is a foodbank giving out emergency food parcels

Beneficiaries: 'Children or young people','Older People','People with disabilities or health problems','No specific group, or for the benefit of the community'

Objectives: Provide those in need with emergency food aid, support and information. To alleviate the circumstances leading to poverty, through the use of advocacy, support and education. Establish community support opportunities for self-improvement through learning and participation. Provide educational opportunities to enable our clients to improve life skills and widen life choices. To raise the awareness of the local community of West Dunbartonshire to the issues associated with poverty and encourage them to become actively involved.

Geography

- **Main operating location:** West Dunbartonshire
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£121,996	£114,638	-	3
2024-08-31	£82,004	£96,449	-	3
2023-08-31	£154,783	£162,626	-	3
2022-08-31	£179,941	£210,568	-	4
2021-08-31	£158,495	£182,418	-	0
2020-08-31	£155,602	£109,149	-	0

Accounts

Food For Thought
Scottish Charity No SCO 47239

Trustees' Report and Accounts for the period from 01 September 2024 to 31 August 2025

Current Trustees

Independent Examiner
Jonathan Herriott CGMA, ACMA

Bankers
Royal Bank of Scotland

Contact Address
St Augustine's Community Hall
St Mary's Way
Dumbarton
G82 1LL

Food For Thought

Scottish Charity No SCO 47239

Receipts and Payments for the period to 31 August 2025

		2025	2024
		Total Funds	**Total Funds**
	Notes	**£**	**£**
Income			
Donations	1	9,670	18,481
Grants	2	108,125	59,120
Catering		3,931	-
Room Hire		270	4,403
Total Income		**121,996**	**82,004**
Expenditure			
Payments relating directly to charitable activities	3	114,638	96,472
Statement of Balances as at 31 August 2025		**7,357**	**(14,469)**
Bank and Cash in Hand			
Opening Balances	4	**10,853**	**25,322**
Surplus/(Deficit for the year)		7,357	(14,469)
Closing Balances		**18,211**	**10,853**
		-	**-**
Reserves			
General Fund Closing Balances		**18,211**	**10,853**

The association has no other investments, assets, or material Liabilities
Approved by the Trustees and signed on their behalf

S Rowatt

Sharon Rowatt
Chairperson
2025

CONFIDENTIAL

Food For Thought

Scottish Charity No SCO 47239

Independent Examiners Report to the Trustees

I report on the accounts of the charity for the year ended 31 August 2025 which are attached.

Respective responsibilities of trustees and examiners

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation10(1)d of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the act and to state whether particular matters have come to my attention.

Basis of independent examiners statement

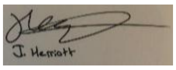
My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanation from the trustees concerning any such matter. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner statement

In the course of my examination, no matter has come to my attention, which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 accounts Regulations

have not been met.



Jonathan Herriott CGMA, ACMA
Independent Examiner
26th May 2026

Food For Thought

Scottish Charity No SCO 47239

Notes to the financial statements

1. Donations are gratefully received from the local and wider community in support of the aims and objectives of Food for Thought.

   Food for Thought successfully delivered essential services to approximately 62 referring agencies including more than half from West Dunbartonshire Council. We provided emergency food parcels to 7547 single adults and 1920 families throughout this reporting year.

2. Grants totalling £108,125 were gratefully received from West Dunbartonshire Council, Robertson Trust, National Lottery, Foundation Scotland, Neighbourly/Sainsbury's during the year.

3. Expenditure for the accounting period of 1st September 2024 to 31st August 2025

	£
Wages	**43,048**
Rent	**5,473**
Administration	**6,424**
Food Supplies	**51,461**
Van	**2,964**
Utilities	**5,268**
Total Expenditure	**114,638**

4. **Basis of preparation**
   The financial statements have been prepared under the historical cost convention. They have been prepared in accordance with the Charities Statement of Recommended Practice (SORP 2005), the Charities Accounts (Scotland) Regulations 2006, and applicable Accounting Standards.

Accounts

Food For Thought
Scottish Charity No SCO 47239

Trustees' Report and Accounts for the period from 01 September 2023 to 31 August 2024

Current Trustees

[redacted]

Independent Examiner

[redacted]

Bankers
Royal Bank of Scotland

Contact Address
St Augustine's Community Hall
St Mary's Way
Dumbarton
G82 1LL

Food For Thought

Scottish Charity No SCO 47239

Receipts and Payments for the period to 31 August 2024

	Notes	2024 Total Funds £	2023 Total Funds £
Income			
Donations	1	18,481	28,348
Grants	2	59,120	106,794
Catering		-	1,262
Refunds		4,403	18,380
Total Income		**82,004**	**154,783**
Expenditure			
Payments relating directly to charitable activities	3	96,449	162,626
Statement of Balances as at 31st August 2024		**162,626**	**162,626**
Bank and Cash in Hand			
Opening Balances	4	**25,322**	**33,165**
Surplus/(Deficit for the year)		(14,445)	(7,843)
Closing Balances		**10,877**	**25,322**
		-	**-**
Reserves			
General Fund **Closing Balances**		**10,877**	**25,322**

The association has no other investments, assets, or material Liabilities
Approved by the Trustees and signed on their behalf

[redacted]

Food For Thought

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[redacted]

Food For Thought

Scottish Charity No SCO 47239

Notes to the financial statements

1. Donations are gratefully received from the local and wider community in support of the aims and objectives of Food for Thought.

   Food for Thought successfully delivered essential services to approximately 62 referring agencies including more than half from West Dunbartonshire Council. We provided emergency food parcels to 3840 single adults and 960 families throughout this reporting year.

2. Grants totalling £59,120 were gratefully received from West Dunbartonshire Council, National Lottery, Asda Community Fund and Dunbritton Housing Association during the year.

3. Expenditure for the accounting period of 1st September 2023 to 31st August 2024

	£
Wages	**39,315**
Rent	**5,731**
Administration	**5,397**
Food Supplies	**38,963**
Van	**2,810**
Utilities	**4,232**
Total Expenditure	**96,449**

4. **Basis of preparation**
   The financial statements have been prepared under the historical cost convention. They have been prepared in accordance with the Charities Statement of Recommended Practice (SORP 2005), the Charities Accounts (Scotland) Regulations 2006, and applicable Accounting Standards.