

Ireens Food For Thought

Scotland · Charity number SC051116

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2021-07-12
Register	View on the OSCR register

Contact

Address	1 Dyfrig Street Shotts North Lanarkshire ML7 4DJ
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Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the prevention or relief of poverty'

What the charity does: This period started by building a kitchen at Henry Kapata Primary School where meals are prepared and served to the children. Bought cooking pots, plates and other kitchen utensils that are used for food preparations, and locally or tradition cooking stoves. Bought two big drums made as taps for children to wash their hands before eating their meals and some soap. The drums are made to supplement lack of running water. Cooking staff were trained on health and safety and also fire safety. They were also trained in safeguarding children and given access to safeguarding policies online. Staff were also trained in food hygiene and handling. The feeding program was launched on 23/09/2024 feeding 962 children from the age of 4 to 14 years. This covers children from pre-school to grade 7. Meals are served to the children once a day during school days and holidays from Monday to Friday. 62,530 meals were served to children

Beneficiaries: 'Children or young people'

Objectives: The organisation's purposes are the prevention of poverty by : Providing free meals for underprivileged children attending Kapata School. Postal Address: Box 410120, Kasama

Geography

- **Main operating location:** North Lanarkshire
- **Geographical spread:** Overseas only

Finances

Period end	Income	Expenditure	Assets	Employees
2026-07-31	£0	£0	-	0
2025-07-31	£29,545	£26,944	-	0
2024-07-31	£2,101	£1,540	-	0
2023-07-31	£0	£0	-	0
2022-07-31	£0	£0	-	0

Ireens Food For Thought

Scotland - Charity number SC051116

Accounts

Ireens Food For Thought

Charity Reg No: SC051116

Report and
Financial Statements

Year end 31 July 2025

GARDINER & CO LTD

151 Main Street, Forth, Lanarkshire, ML11 8AE
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Telephone/Fax: (01555) 811496
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Ireens Food For Thought
SC051116

Report and Financial Statements
Year end 31 July 2025

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Accounts prepared by:


Gardiner and Co Ltd
Accountants
151 Main Street
Forth
ML11 8AE

01555 811496
gardinerandco@hotmail.co.uk

Ireens Food For Thought
SC051116
Trustees' Annual Report
Year Ended 31 July 2025

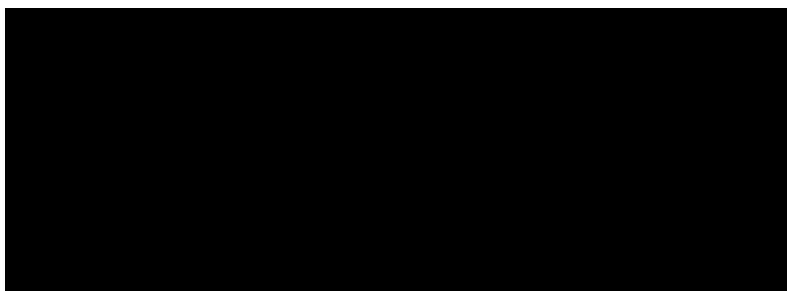
Ireens Food For Thought presents their annual report and financial statements for the year ended 31 July 2025 together with the Independent Examiner's Report.

Reference and Administration Details: -

The charity is registered as Ireens Food For Thought. It was formed on 12 July 2021 and registered with the Office of the Scottish Charity regulator (OSCR) number SC051116 on 12 July 2021. HMRC Reference ST06267.

The contact address for the charity is 1 Dyfrig Street, Shotts, North Lanarkshire, ML7 4DJ

The following served as charity trustees during the year and up to the date of this report:



Structure Governance and Management: -

The charity is unincorporated and is governed by a Constitution which was adopted on 12 July 2021. The charity trustees are appointed by or reappointed by the members annually at the Annual General Meeting which is held in August each year. In the event of a mid term resignation, new trustees can be co-opted by the existing trustees and ratified at the next Annual General Meeting.

Objectives and Activities: -

The prevention or relief of poverty overseas for children and young people.

Achievements and Performance: -

This period started by building a kitchen at Henry Kapata Primary School where meals are prepared and served to the children.

Bought cooking pots, plates and other kitchen utensils that are used for food preparations.

Bought locally or tradition cooking stoves.

Bought two big drums made as taps for children to wash their hands before eating their meals and some soap. The drums are made to supplement lack of running water.

Cooking staff were trained on health and safety and also fire safety. They were also trained in safeguarding children and given access to safeguarding policies online.

Staff were also trained in food hygiene and handling.

The feeding program was launched on 23/09/2024 feeding 962 children from the age of 4 to 14 years. This covers children from pre-school to grade 7. Meals are served to the children once a day during school days and holidays from Monday to Friday. 62,530 meals were served to children from 23/09/2024 to 31/12/2024. In January 2025 more children enrolled in school from 962 to 1,300 because of the feeding program, hence serving 182,000 meals from January to end of July. We have served 244,530 meals from launch to end of July 2025. With the coming of the feeding programme the school has seen big improvement in attendance rate from 70% to 99%. Since the launch of the programme absenteeism is almost none existence. Passing rate for grade 7 Examination council of Zambia improved from 72% in the year 2023 to 86% in the year 2024 with the variance of 14% increase. The school is projected to do better in 2025 grade 7 National Examination results as they seat for them in November. Children now look health and energetic as they are able to play in the school grounds after school. We have managed to tackle severe lack of food and nutrition at Henry Kapata Primary School by our food programme. Children have gained weight and have more energy and therefore performing better at school. The under 5 years have gained in weight upon being weighed by the health visitors. Bought fertilizer and maize seeds for the school, the village people helped to cultivate the land, planted maize that was harvested and grinded as mealie meal to prepare nshima for the children. We supplied 80 school uniforms for both girls and boys, 30 Pairs of Shoes, 80 sweaters, and 30 Blankets to double orphaned children bought with the grant given to us by Eleanor Rathbone Charitable Trust. With more funding we intend to start serving two meals per day and possibly every day.

Financial Review: -

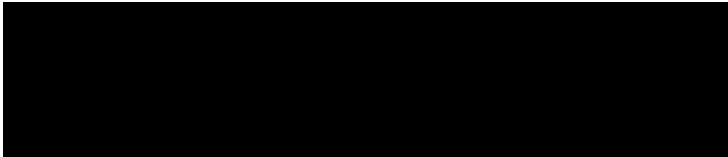
The trustees raised a total donation of £29,545 in the year.

Payments in the year totalled £26,944 towards general running costs.

Reserves (funds which are freely available to meet the running costs of the group) are stable. This will ensure the continuation of the charity while further funding is being secured. The trustees have met this target at 31 July 2025.

31/08/2025

Approved by the Trustees on _____ (date) and sign on their behalf by:



Ireens Food For Thought
SC051116

Independent Examiner's Report to the Trustees of Ireens Food For Thought
Year Ended 31 July 2025

I report on the accounts of the charity for the year ended 31 July 2025 which are set out on pages 6 and 8.

Respective responsibilities of trustees and examiner: -

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 Regulation 10(1)(d) of the 2006 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 examiner's statement: -

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. 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 explanations from the trustees concerning any such matters. 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's statement: -

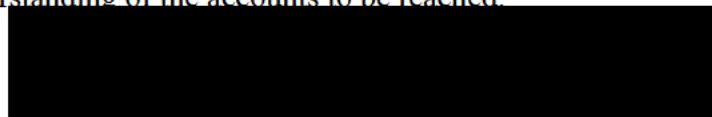
In the course of my examination, no matter has come to my attention;

1. Which gives me reasonable cause to believe that in any material respect the requirements:
 - a. to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
 - b. to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations.

Have not been met, or

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 31/08/2025


Gardiner & Co Ltd
Accountants
151 Main Street
Forth
ML11 8AE

Ireens Food For Thought
SC051116

Statement of Receipts and Payments year end 31 July 2025

		Restricted Funds	Unrestricted Funds	Total 2025	Total 2024
<u>Receipts</u>					
Donations		0	29545	29545	2101
Grants	3	0	0	0	0
Fundraising Activities		0	0	0	0
Trading		0	0	0	0
Other Charitable Activities		0	0	0	0
Other income	3a	0	0	0	0
Total Receipts		0	29545	29545	2101
<u>Payments</u>					
Payments relating directly to charitable activities	4	0	20675	20675	1510
Gross Trading Payments	5	0	6269	6269	30
Total Payments		0	26944	26944	1540
Surplus/(Deficit) for the Year		0	2601	2601	561

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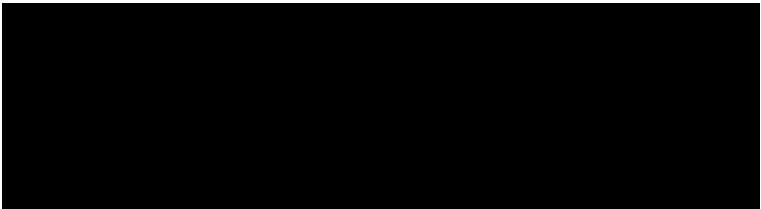
Statement of Balances as at 31 July 2025

	Restricted Funds	Unrestricted Funds	Total 2025	Total 2024
Bank balance at 01/08/2024	0	561	561	0
Surplus/(Deficit) for the year	0	2601	2601	561
Cash float	0	(1271)	(1271)	0
Bank balance at 31/07/2025	0	1891	1891	561

The Group has no other material liabilities, contingent liabilities or obligations.
The Note on pages 7 and 8 form an integral part of these Accounts.

These accounts were approved and signed on behalf by:

Approved by the Trustees on 31/08/2025 (date) and sign on their behalf by:



Ireens Food For Thought
SC051116

Notes to the Accounts year 31 July 2025

- 1 Funds
Unrestricted funds are funds that the charity may freely use in the furtherance of its objects. Restricted funds have to be used for the purpose for which they were given.

- 2 Trustee Remuneration and Expenses
No trustees received any remuneration or reimbursement in the period.

- 3 Receipts

	2025	2024
Donations	29545	2101
	<u>29545</u>	<u>2101</u>

- 3a Other income:

	<u>0</u>	<u>0</u>
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- 4 Payments relating directly to charitable activities:

Building works	8490	0
Direct supplies foods etc	12175	1510
Fuel	10	0
	<u>20675</u>	<u>1510</u>

- 5 Gross Trading Payments:

Consultant	4800	0
IT equipment / internet	789	0
Bank charges	400	30
Accountancy	280	0
	<u>6269</u>	<u>30</u>

- 6 These accounts have been prepared on the Receipts and Payments basis in accordance with the Charities and Trustees Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).