

FEAST WITH US

TRUSTEES' ANNUAL REPORT AND UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2022



**REGISTERED CHARITY
NO. 1172884**



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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Helen Burgess - Chair (*appointed Mar 2023*)

Hannah Style - Founder & Trustee (*Chair from May 2017 to Sept 2022*)

Simon Style - Treasurer

Tarryn Gorre - Trustee (*appointed Feb 2022*)

Daniel Heller - Trustee (*appointed Aug 2022*)

Anna Prag - Trustee (*appointed May 2023*)

Jane Wilson - Trustee (*appointed May 2023*)

Kara Anderson - Trustee (*resigned Nov 22*)

Senior Personnel

Caroline Monkhouse Flower - CEO (*appointed Mar 2023, previously Chair from Sept 2022 - Mar 2023*)

Charity Number 1172884
Registered Address 2A The Quadrant
Epsom
Surrey
KT17 4RH

Accountants Love Your Accountants Limited (from 3 Mar 2023)
2A The Quadrant
Epsom
Surrey
KT17 4RH

Accountability Solutions Ltd (to 2 Mar 2023)
6 Willow Dene
Bushey Heath
Hertfordshire
WD23 1PS

Bankers Metro Bank
One Southampton Row
London
WC1B 5HA

Website www.feastwithus.org.uk

VISION AND MISSION

OUR VISION: FEEDING & EMPOWERING ALL SUSTAINABLY TOGETHER

OUR MISSION:

1. Improve the nutrition & health of those vulnerable to food poverty & insecurity

Our mission is to empower individuals to make informed choices and improve dietary behaviours by meeting their nutritional needs through regular access to nutritious community meals, aligned with Eatwell Guide recommendations. Further supporting this goal, our 'Healthy Eating on a Budget' programme helps upskill people supporting them on their journey out of food poverty. Additionally, our pioneering research, investigating the nutritional needs of vulnerable individuals, will allow us to make evidence-based dietary programme recommendations to inform food policy-makers.

2. Build community & create opportunities to socialise

We invite people to cook with and for others in inclusive and informal settings, fostering a sense of equality while dining together. Using existing infrastructure and resources, we build and sustain local community partnerships to facilitate social interactions between diverse members of society creating awareness of our services for vulnerable individuals experiencing food poverty providing opportunities and skills training through our 'Healthy Eating on a Budget' programme.

3. Reduce food & packaging waste

Adopting a reduce, reuse, recycle approach to minimise waste in our operations, we source and redirect food surplus to cook nutritious meals with food that would have otherwise ended up in landfill. Additionally, we use recycled, biodegradable food containers for packing our meals delivered to venues for collection.



OUR VALUES:

INCLUSIVE

COLLABORATIVE

EMPATHETIC

EMPOWERING

INNOVATIVE



A MESSAGE FROM THE CHAIR OF THE BOARD OF TRUSTEES

As the Chair of FEAST, I am pleased to present our annual accounts for the year ending 31st December 2022.

Since joining the Board in March 2023, I have been blown away by FEAST and everything it does. Whilst providing regular nutritious meals to people living in food poverty is a core part of our offering, we do so much more. By creating meals from surplus food that otherwise goes to waste, community dining to combat loneliness and break down social barriers, a healthy eating programme to upskill and empower our service users, to pioneering research into the nutritional needs of homeless people, FEAST provides much more than a just a meal.

I am delighted that we were able to provide over 22,000 meals in 2022. It is only through the dedication and hard work of our volunteers, staff, and partner organisations, that this is made possible.

The generous contributions received from our donors have also allowed us to expand our services and reach a wider audience, and we have worked diligently to ensure that every pound donated is utilised effectively to maximise our impact.

On behalf of all Trustees, I would like to thank all of our volunteers, donors and staff for the invaluable contribution to our cause. Together, we can make a lasting impact and bring positive change to the lives of those who need it the most.

With very best wishes,

HELEN BURGESS

CHAIR OF THE BOARD OF TRUSTEES

TRUSTEES' REPORT

The Trustees have pleasure in presenting their report and the financial statements of FEAST With Us Charity (“the Charity” or “FEAST”) for the year ended 31 December 2022.

The accounts have been prepared 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 (FRS 102) issued on 16 July 2014 and with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Structure, Governance & Management

Governing Document

The Charity, registration number 1172884, is a Charitable Incorporated Organisation (CIO) registered in England on 7 May 2017. The Charity’s objects are the relief of financial hardship and the protection and promotion of health amongst vulnerable adults living in the UK by providing such persons with regular nutritious meals, which they could not otherwise afford through lack of means.



TRUSTEES' REPORT

Appointment of Trustees

The Charity is governed by a Board of Trustees which takes all medium and longer term strategic decisions. Day to day running of the Charity is overseen by the CEO, who was appointed on 20 March 2023, and prior to this date, it was overseen by the Operations Manager. Together the Trustees are responsible for the delivery of the long-term strategy approved by them. The names of the Members of the Board of Trustees are shown on page 3 of this report.

The Treasurer takes the lead on all financial matters, including accounting, banking and management of cash and reserves.

The charity carries out regular skills assessments of Trustees and identifies any gaps that may exist. Steps are taken to recruit new Trustees to fill skill gaps when appropriate. In Q1 2022 we undertook a skills audit of trustees to identify the following gaps:

- Fundraising
- Leadership development
- Operations management
- Volunteering

We recruited two new trustees and a Chair between February and August 2022. All new trustees receive a copy of the Governing Document, the latest Annual Accounts, and induction and are asked to sign a Code of Conduct, which the Board has approved.

Each Trustee is appointed by a resolution at a properly convened Trustee Meeting and will have an initial three-year term of office with the option of renewal for a further term of three years by agreement between the Trustee seeking reappointment and the other Trustees, and a further option of renewal after six consecutive years, by agreement between the Trustee seeking reappointment and the other Trustees. Each Trustee must stand down after they have served for nine consecutive years. They may reapply to join the Board but must have been absent from the board for a minimum of one year before doing so.

Risk Management

The Board and CEO / Operations Manager conduct regular reviews of major risks to which the Charity is exposed and maintain a risk register, which is reviewed monthly. Appropriate policies, systems and procedures are identified to mitigate major risks.

TRUSTEES' REPORT

Strategy & Activities

Key Highlights

We have had another very busy year at FEAST, but we were grateful to be able to start to return to our pre-Covid operating model, as London finally came out of lockdown and restrictions were eased on gathering in public. We reintroduced community dining in many of our partner venues, away from a centralised meal production model. During 2022, as well as expanding our nutritious meal services using surplus food prepared by our chefs and volunteers, we launched new projects to provide longer-term support to people experiencing food poverty.

Expanded meal services – in Q4 we increased our community meals service at MIND in Camden, from one to two days per week, serving lunch to up to 15 residents, and started a new meal delivery service to the London Irish Centre for up to 50 service users per week.

Healthy Eating on a Budget Programme (HEP) – we continued to develop and pilot our interactive food and nutrition education programme. HEP has been designed with and for vulnerable people experiencing food poverty, to gain knowledge, skills, and longer-term nutritional independence. In Q4 we applied for further funding to enable us to roll out the programme to existing and new partners.

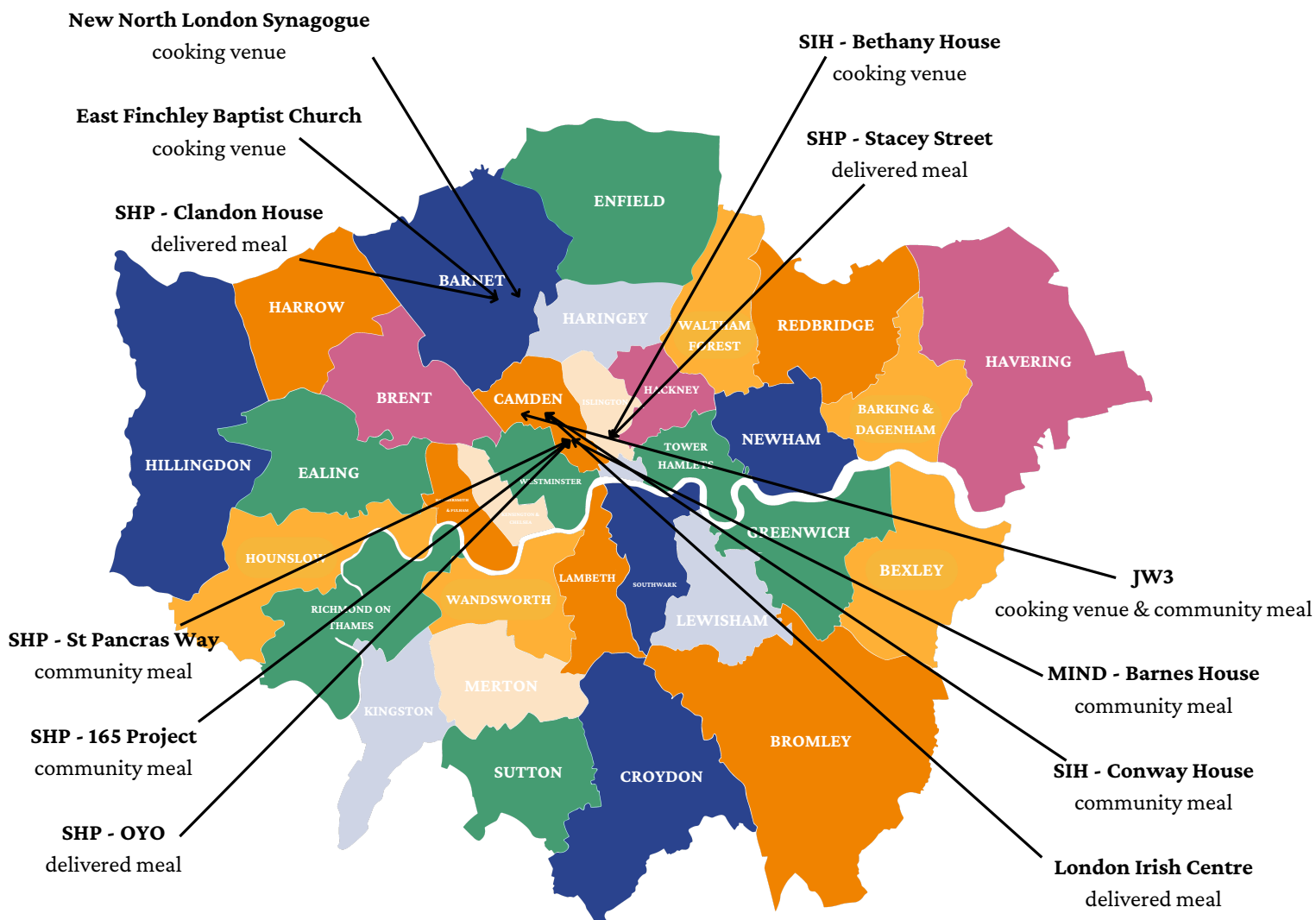
Camden Food Partnership (CFP) – working in partnership with the London Borough of Camden, we coordinate the CFP - a network membership of 40 VCS organisations providing free or low-cost food across the borough; sharing best practice and collaborating on joint initiatives to improve food insecurity and work towards the Camden Food Mission - by 2030 everyone eats well every day with nutritious, affordable and sustainable food.

Clinical nutrition research project – in partnership with UCL we were awarded funding by the British Dietetic Association (BDA) General and Education Trust (GET) Fund to conduct an 18-month cross-sectional study assessing the nutritional status of homeless adults residing in temporary accommodation. This research is much needed to identify dietary health inequalities and solutions to support this disadvantaged population group who are known to experience food insecurity and likely malnutrition.

Awards and recognition – our founder Hannah Style was a runner-up in the British Nutrition Foundation's Drummond Community Award' in recognition of the excellent community work she has achieved through FEAST in supporting healthier eating in vulnerable groups.

PARTNERSHIPS AND SERVICES

By the end of 2022 FEAST was working with eight partners in 12 different venues preparing, serving and delivering nutritious meals to vulnerable individuals experiencing food insecurity.



Key: SIH - Sapphire Independent Housing
SHP - Single Homeless Project

In November 2022, after a series of collaborative workshops involving the Trustees and the operations team, we launched our 2023 strategic objectives and developed an operational work plan:

- Deliver more community meals, more efficiently
- Support more vulnerable groups in the community
- Recruit, develop and retain more volunteers
- Do more than crisis community food provision

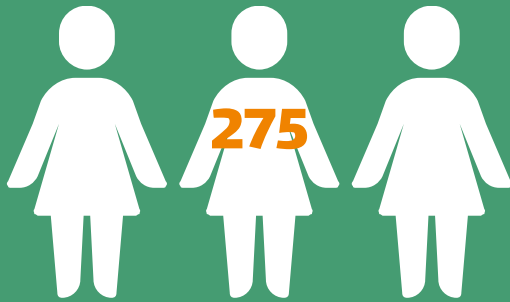
IMPACT



Number of meals provided



Surplus food saved



Number of volunteers



Number of volunteer hours donated*



Number of venues served from and supplied



Jobs created



Volunteer hours equivalent to London Living Wage*

* Recording of volunteer sessions started May 2022. Data collected from May - Dec was used to produce an estimated value for the full year.



Testimonials

"I'm sleeping better, I'm eating better, I'm thinking better, I'm more motivated, [...] I don't know where I'd be today if it wasn't for someone finding me on the street and bringing me here. The stress is lifted. If you'd asked me in October what I was thinking, I would have liked not to see the winter through. Before, I couldn't see a future, but now I can."
- *Brian, FEAST service user.*

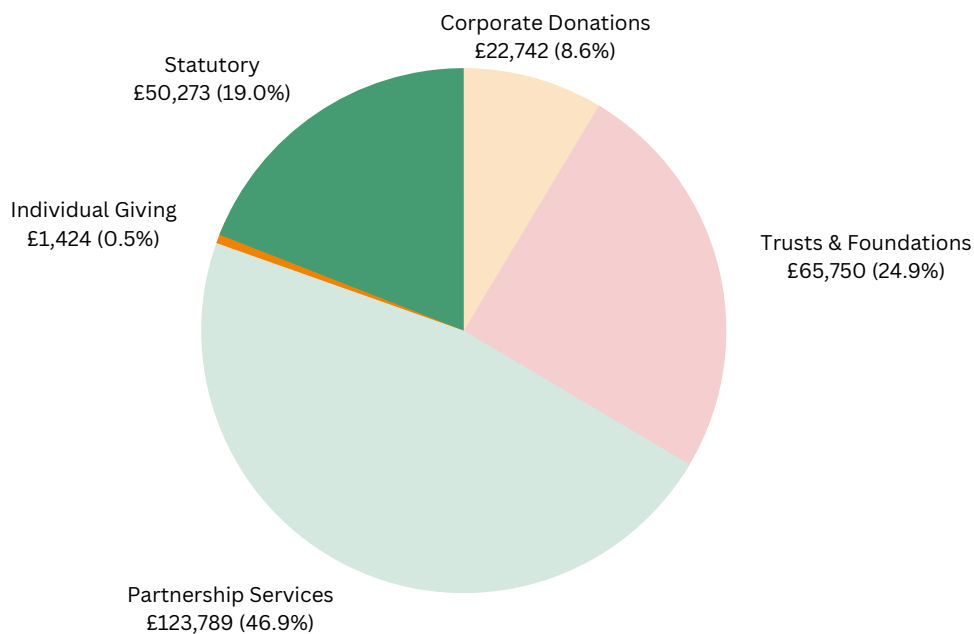
"You can make connections with people, it's very gratifying, rewarding; it's a great community for people and it's the diversity aspect that I think is the most important"
- *Emile, FEAST service user.*

"Most people I volunteer with like Dean the Chef or Demetris seem down to earth and fun to work with [...] that I find helps with mental health"
- *Anonymous, FEAST service user and volunteer.*

FUNDRAISING

In the face of a challenging fundraising environment, throughout 2022 we persevered and achieved remarkable success reaching our highest annual income to date of £264,101. Throughout the year, our fundraising strategy centred on strengthening existing donor and partner relationships, diversifying our income and securing new Trusts & Foundations funding. Emerging from the pandemic, 2022 witnessed a rise in corporate funding through providing volunteer days, offering corporate teams the opportunity to contribute both their time and a donation towards cooking nutritious meals for FEAST's service users. Furthermore, we secured funding from the BDA General and Education Trust Fund to support our pioneering homeless population's nutrition clinical nutrition research project.

Sources of Funding



KEY SOURCES OF INCOME

Statutory Funding and Partnership Services

Our partnership with Camden Council has continued to flourish and develop significantly, notably in funding and supporting the Camden Food Partnership (CFP). CFP is a network membership of 40 food service providers and VSC organisations from across the borough who meet to share best practice and collaborate on initiatives to work towards the Camden Food Mission, ensuring everyone eats well every day with nutritious, affordable and sustainable food. Camden Council also funded two Camden Resilience Funds to support our operation costs through the pandemic. Our partnership with Single Homeless Project (SHP) continued to grow supporting the delivery of nutritious meals and community dining services across five SHP locations.

Trusts & Foundations and Corporate Support

Collectively 12 Trust & Foundations and Corporates awarded FEAST £88,492 in donations and grants. We would like to sincerely thank the funders and donors below for their generously supporting our work.

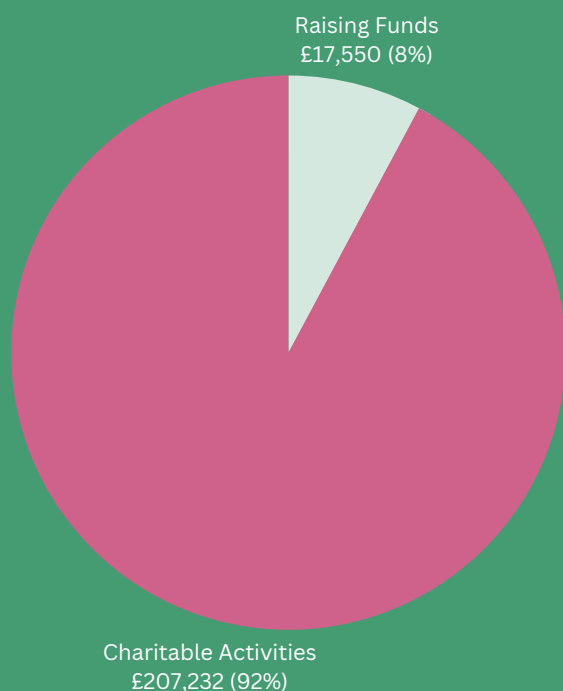
Garfield Weston Foundation
 The Forrester Family Trust
 The Stewarts Foundation
 Camden Giving
 Benefact Group - Movement for Good awards
 Tesco Community Grants
 Sainsbury's
 Amazon
 Dropbox
 Knight Architects Limited

FINANCIAL SUMMARY

We experienced cost increases due to expanding the size of our team to support our growing operational activities, salary increases to alleviate the impact of cost of living rises, and additional food supply costs as surplus food became more difficult to source consistently as a result of increased demand.

Value for Money

From every £1 raised, FEAST spent 92% of our income on charitable activities and 8% on fundraising costs.

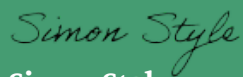


	2022	2021
NUMBER OF MEALS	22,346	41,138
INCOME	£264,101	£261,829
TOTAL COSTS	£224,782	£201,943
TOTAL RESERVES AT Y/E (£)	£172,336	£133,017
TOTAL RESERVES (MONTHS)	8	7

Our reserves policy is to retain total reserves to fund the Charity's core work and delivery of strategic objectives for between six to nine months, based on forecast operating costs.

Trustees' annual report For the year ended 31 December 2021

The trustees' annual report has been approved by the trustees on 13 September 2023 and signed on their behalf by:



Simon Style
Treasurer



Helen Burgess
Chair of the Board of Trustees

Independent Examiners Report on the Accounts

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31st December 2022.

Responsibilities and Basis for Report

As the charity trustees of the Trust, 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 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:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Jamie Riegal, Accountability Solutions Ltd

3 Ye Corner
Watford
Herts
WD19 4BS



FEAST WITH US

INCOME STATEMENT FOR THE YEAR ENDED 31 DECEMBER 2022

	2022	2021
	£	£
Income	264,101	261,829
Resources Expended	(224,782)	(201,943)
Net movement in funds	<u>39,319</u>	<u>59,886</u>
Total funds carried forward	<u><u>39,319</u></u>	<u><u>59,886</u></u>

FEAST WITH US

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2022

	Notes	2022 £	2021 £
Fixed Assets			
Tangible assets	4	2,418	1,673
Current assets			
Debtors	5	13,704	2,149
Cash at bank and in hand		159,779	139,011
		<u>173,483</u>	<u>141,160</u>
Creditors: amounts falling due within one year	6	(3,565)	(9,816)
Net current assets		<u>169,918</u>	<u>131,344</u>
Net assets		<u>172,336</u>	<u>133,017</u>
Funds			
Other reserves		954	954
Restricted and Unrestricted funds		171,382	132,063
Total funds		<u>172,336</u>	<u>133,017</u>

The accounts have been prepared 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 (FRS 102) issued on 16 July 2014 and with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Trustees on 13 September 2023:



Helen Burgess, Chair of the Board
Charity No. 1172884



Simon Style, Treasurer

FEAST WITH US

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2022

1 Statutory information

Feast With Us is a Charity registered in England and Wales, registration number 1172884. The principle address is 2A The Quadrant, Epsom, Surrey, KT17 4RH.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

4 Tangible fixed assets	Plant & machinery £	Computer equipment £	Total £
Cost or valuation	At cost	At cost	
At 1 January 2022	2,206	420	2,626
Additions	-	995	995
At 31 December 2022	2,206	1,415	3,621
Depreciation			
At 1 January 2022	791	162	953
Charge for the year	212	38	250
At 31 December 2022	1,003	200	1,203
Net book value			
At 31 December 2022	1,203	1,215	2,418
At 31 December 2021	1,415	258	1,673

FEAST WITH US NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2022

5 Debtors	2022	2021
	£	£
Amounts falling due within one year	11,555	-
Accrued income and prepayments	2,149	2,149
Other debtors	13,704	2,149
	<u>13,704</u>	<u>2,149</u>

6 Creditors: amounts falling due within one year	2022	2021
	£	£
Taxes and social security	3,565	9,816
	<u>3,565</u>	<u>9,816</u>

7 Average number of employees

During the year the average number of employees was 8 (2021: 6).

FEAST WITH US DETAILED STATEMENT OF INCOME AND EXPENSES FOR THE YEAR ENDED 31 DECEMBER 2022

	2022	2021
	£	£
Income	264,101	261,829
Resources Expended		
Purchases	4,183	8,141
Subcontractor costs	-	2,036
Direct Labour	74,086	63,071
Other direct costs	-	1,758
Wages and salaries	137,588	117,133
Staff training and welfare	3,149	4,675
Travel and subsistence	2,042	302
Telephone and fax	376	332
Stationary and printing	51	1,291
Subscriptions	228	-
Bank charges	6	-
Insurance	157	224
Software	304	-
Depreciation	250	295
Advertising and PR	2,362	2,685
	146,513	126,937
Movement in funds	39,319	59,886
Total funds carried forward	39,319	59,886