

**3Food4U**  
**Registered Charitable Incorporated Charity (CIO)**  
**Annual Report and**  
**Financial Statements**  
**For The Year Ended**  
**6 April 2023**

**Charity Number**  
**1192310**

**13 Sun Street, Waltham Abbey EN9 1ER**  
**Email [info.3food4u@gmail.com](mailto:info.3food4u@gmail.com)**

**Financial Statements**  
**Year Ended 6 April 2023**

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# Charity Information

## Board of Trustees

Pesh Kapasiawala Chairman

Carol Byatt

Bob Jandoo

Howard Green

## Registered Address

13 Sun Street, Waltham Abbey EN9 1ER

## Charity Number

1192310

## Independent Examiner

Stephen Tovey

Tax Services

20 The Meadows

Fareham PO16 6UN

## Bankers

CAF BANK

25 Kings Hill Ave

West Mallong

ME19 4JQ

## Patron

Teresa Watts, Pearly Queen of Clapton

## Structure, governance and management

The Charity is run by the trustees who all act in an honorary capacity. A new trustee would receive copies of the previous years' Annual Report and Accounts and a copy of the Charity Commission leaflet 'The Essential Trustee: What you need to know'.

## **Report of the Trustees**

The trustees have pleasure in presenting their report and the financial statements of the charity for the year ended 6 April 2023.

### **Status and Administration**

The Charity is governed by its constitution dated 12th Nov 2020, which has not been amended and is a Charitable Incorporated Organisation (CIO).

#### **Mission Statement**

*To support and treat people humanely, with dignity and respect.*

### **Charitable Objects**

The objects of the charity are:

The relief of financial hardship amongst people in living in South East England in such ways as the trustees from time-to-time think fit, in particular but not exclusively by:

- a) Providing emergency food, essential toiletries, and household items to individuals and families in need and/or for distribution by other charities or other organisations working to prevent or relieve poverty.
- b) Such other means, including (but not limited to) the provision of support or signposting to relevant information and other advisory services.

The trustees are pleased that the charity has performed in accordance to its objects during the year. It is envisaged that similar progress will ensue in the following year.

### **Trustees**

The Trustees in office throughout the year were as in the Charity information page.

All trustees give of their time freely and no trustee nor any person connected with them received any remuneration during the year.

### **Reserves Policy**

The trustees retain reserves as necessary and where appropriate, consolidate funds in order to render more services to the targeted group of the Charity and to be able to operate without public funding for 12 months.

Currently this is £225k.

### **Investment policy and returns**

Under its constitution, the charity has the power to make any investment which the Trustees see fit.

### **Risk Management**

The trustees have identified and reviewed the major risks to which the charity is exposed. Both manual and automated checks are regularly invoked, particularly those relating to the operations and finance of the charity. The trustees are satisfied that these systems and procedures mitigate any perceived risks.

### **Public Benefit Policy**

We have referred to the guidance in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.

## **Report of the Trustees (continued)**

### **Activities**

The Charity works with vulnerable families and individuals who have in many instances have had difficulty obtaining support elsewhere. We open every day including bank holidays and Christmas Day operating 7 days a week, across Epping Forest District, Essex and North London with hubs at;

13 Sun Street, Waltham Abbey EN9 1ER Monday & Fridays 11.30-1pm

8 Station Road, Loughton Club, IG10 4NX Tuesdays 11.30-1pm

All Saints Church Hall ,Chigwell Row IG7 4QD Wednesdays 5-6.30pm

Zinc Arts Centre, CM5 0AD Ongar Thursdays 1-2.30pm

Tottenham partnering Lighthouse SDA Church Saturdays & Tuesdays 3.30-5pm

Tottenham partnering RCCG Church Sundays 12-2pm

We offer free groceries, clothes and essentials without assessment or referral to anyone that needs it. Stopping food, household goods and clothing going to landfill, saving the environment and feeding the community.

Working alongside frontline agencies our holistic approach to the needs of the community has seen us expand our offering and establish other integral free services. They include;

\*NHS health checks (partnering with Provide CIC) counselling & coaching (partnering with Essex Wellbeing Services).

\*Memory Cafes for those with dementia, mental health concerns, and isolated. We now have 4 Cafes in Waltham Abbey, Loughton, Ongar, Chigwell Row and Ongar.

\*Job Club.

\*Food Education Classes at all our Hubs partly funded by Active Essex.

\*Essex Multiply Programme funded by Essex County Council.

We regularly support the community with additional help including;

Christmas presents (we are sincerely thankful to our Patron, Teresa Watts, for organising the donations).

Chocolate Advent Calendars & Easter Eggs (thanks go to Treats For Kids for the donations).

Free sim cards with 6 months paid data, calls, text (over 1000 distributed - donated by Vodafone)

Free School Supplies in August.

### **Achievements and performance**

Demand for our services has seen a significant increase on the previous year, but thanks to the tireless work of our volunteers we are collecting more food from our community partners and receiving more support from the local churches, schools, businesses, community groups and individuals. In particular huge thanks to The Felix Project, City Harvest, Brakes and Warburtons. We are now the largest emergency food agency in Essex and London, supporting in excess of 2000 families a week

180,000 meals provided in 2022

12,200 people fed in 2022

1500 tonnes of surplus food saved in 2022

48% increase on the previous year

We have over 280 volunteers supporting the charity.

Our long term commitment to the community was highlighted by signing a 10 year lease at our main hub at 13 Sun Street, Waltham Abbey.

We opened two more Memory Cafes in Loughton and Chigwell Row, enabling all our Hubs to have access to the wonderful social benefits they offer.

## **Achievements and performance continued**

We launched a charity shop in Jan 2023 at 28B Sun Street, Waltham Abbey, after successfully trading at a shop we were temporarily given. It's been a great way for the community to support us and for us to raise vital funds.

We successfully started our first Food Education Classes at all our Hubs with funding from Activate Essex.

We were successful in our application to be a sign-posting service provider for the Essex Multiply Programme.

We (through our chair of trustee and founder, Pesh Kapasiawala) were honoured with several regional and national awards for the dignified and unique approach to community support.

BBC Essex 'Make A Difference' 2022

High Sherif of Essex Award 2022

British Citizen Award (BCA) 2023

We received a letter of thanks from our MP Alex Berghart in Jan 2023 for supporting our community with our vital services.

We were visited by Barry Hearn OBE in Dec 2022, who was a panel judge for the BBC award. He awarded Terry Barnard and Carol Tarrier appreciation certificates.

We were proud to remember our fallen soldiers on Remembrance Day and volunteers laid wreaths at memorials in Waltham Abbey, Ongar, Loughton, Epping, Chigwell and North Weald.

We established new partnerships with Essex County Council, Activate Essex, Essex Wellbeing Services, Epping Youth Football Club.

## **Financial review**

The Charity expresses its gratitude to all its donors and supporters over the past year. Particular mention is made of the donations & grants from Lions Club Seven Kings, Diamond Treats (Satyan Pala), Joseph & Lillian Sully Foundation, Loughton Town Council, Essex County Council, Essex Association Local Councils, Active Essex, Arnold Clark, Beckmead Trust, Roden Family Foundation, Thomas Family Foundation, Anglo American Foundation, Sainsbury Debden & Ongar, Tesco's, CO-OP, Morrisons Loughton, Udine Masonic Lodge, Loughton Men's Institute. Our sincere thanks also to:

Churches: Parish of High Ongar, Parish of Chigwell, Parish of Waltham Abbey, Loughton Synagogue, Gants Hill Synagogue, Loughton RCCG Church, Waltham Abbey Baptist Church.

Schools: King Harold Academy, Hillhouse CoE, Roding Valley HS, West Hatch HS, Debden Park HS, Chigwell School, Davenant FS, Epping Forest Schools Partnership Trust, Wells Park School, Scribbles Day Nursery.

The Charity received total income of £225,023 and spent £192,908, leaving a surplus of £32,115 for the year. The Reserve Fund for the Charity stood at £99,000 at the end of the year.

The report of the Trustees was approved by the Trustees on 25 Nov 2023 and signed on its behalf by:



Pesh Kapasiawala  
Chair of Trustees

## **Independent Examiner's Report to the Trustees**

I report to the trustees on my examination of the accounts of the above charity ("the Charity") for the year ended 6 April 2023.

### **Responsibilities and basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### **Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- a) the accounting records were not kept in accordance with section 130 of the Charities Act; or
- b) the accounts did not accord with the accounting records; or
- c) the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination. I have no concerns, and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Stephen Tovey ACA

## Statement of Financial Activities

	Unrestricted Funds	Restricted Funds	Total	Total
	2022		2022	2021
	£	£	£	£
Income				
Donations	122,735.47		122,735.47	131,578.45
Charity Shop	15,006.57		15,006.57	
Grants	10,000.00	77,281.41	87,281.41	95,000.00
Total Receipts	147,742.04	77,281.41	225,023.45	226,578.45
Expenditure				
Premises			-55,295.00	-70,061.73
Motoring & Vehicle			-57,698.14	-19,465.43
Volunteer Expenses			-22,041.00	-21,625.00
Printing			-4,240.00	-8,763.00
Goods Purchased			-13,517.67	-15,227.76
Memory Café			-1,767.41	-6,211.88
Insurance			-337.05	
Legal & Bank Charges			-11.73	-1,379.00
Transfer to Reserve Fund			-38,000.00	-61,000.00
Total Expenditure			-192,908.00	-203,733.80
Surplus/(deficit)			32,115.45	22,844.65
Total funds carried forward			54,960.10	