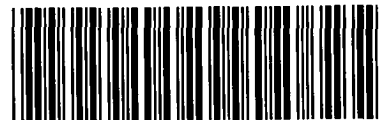


The Life and Soul Kitchen Ltd
Report of the Trustees and Unaudited Financial Statements
For the Year Ended 31st March 2022

Registered Company Number: 03455469
Registered Charity Number: 1065618

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REPORT OF THE DIRECTORS AND TRUSTEES

For the year ended 31st March 2022

The directors and the trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The accounts have been prepared in accordance with the provisions applicable to the small companies regime and in accordance with FRS102 Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard (FRS) 102.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03455469

Registered Charity number

1065618

Registered office

1A The Homend
Ledbury
Herefordshire
HR8 1BN

Directors

S Badham
A Featherstone (resigned 20th May 2021)
B Morris (Appointed 23rd June 2021, resigned 3rd July 2022)

Trustees

A Featherstone (resigned 20th May 2021)
JC Morris (resigned 3rd July 2022)
B Morris (Resigned 3rd July 2022)
AJ Evans
B Edwards

Independent examiner

Luke Keegan
Chartered Management Accountant
1A The Homend, Ledbury, Herefordshire, HR8 1BN

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its Memorandum and Articles of Association and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006. The liability of each member is limited to £10.

Charity Structure

The charity had 4 serving trustees at the close of the financial period.

The company had two serving directors at the close of the financial period.

It holds 4 general meetings per year, one of which is the AGM. Any other business is conducted via supplementary, special or extra-ordinary general meetings as required.

The day to day management of the business was undertaken by 2 directors. B Morris and S Badham who report to the full board.

The charity recruits its trustees mainly from approaches to stakeholders from the community who possess skills pertinent to the management and furtherance of the charity's objectives. Any interested parties are interviewed by the existing trustees and their appointment ratified at the next formal general meeting. They are given induction training by the Secretary to the Trustees.

OBJECTIVES AND ACTIVITIES

Objectives and Purpose

- To promote the relief and education of persons who are disabled by the provision, equipping, operation and maintenance of a catering workshop and ancillary facilities for the employment or vocational training of such persons.
- The relief of the disabled by the provision of specialised information, counselling and or advice to disabled persons seeking employment and or vocational training.

Charity Activities

- The operation of a fully equipped training kitchen and the operation of a community hub and cafe.
- The provision of a skills and vocational training service for adults with disabilities, volunteers and employees.
- At the end of the year there were 13 service users/adults with disabilities. The service provides over 250 hours a week of placement hours.
- The employment of part time staff and volunteers to assist with the running of the business and to support the service users.
- Partnering with other local charities and local suppliers to provide a programme to regular activities to enhance the experiences for the both the trainees and the general public.
- Providing a regular programme of events and activities for the service users and the community.

ACHIEVEMENTS AND PERFORMANCE

Main Achievements

- In carrying out its purposes the Life and Soul Kitchen provides a fully operational café and training kitchen. Along side the training kitchen and public café the charity has led a talk community hub led by the service users.
- The talk community hub offers signposting and practical support to the most vulnerable members of the community. The service is led by the most vulnerable for the most vulnerable. This has provided inclusive and empowering opportunities for our colleagues, volunteers and service users to lead a valued service within the community, promoting equality and diversity and building strong social understanding and connections, whilst providing a desperately needed service and life line to those in need.
- The project has helped to improve overall health and well being across all ages of the community, focussing on a wide range of issues including Mental Health, isolation, loneliness, employability, childhood obesity, poor oral health, poverty and budgeting.
- The community hub led by the service users enables the Life and Soul Kitchen linked with our talk community hub to provide four community support days a week with different themes, offering a range of practical and measurable support to participants.
- Support includes;
 - CV building, interview training and help with job applications.
 - Healthy meal planning and cooking classes with a hot meal to take home
 - Art therapy to improve well being and mental health
 - Parenting courses combined with stay and play sessions for children, providing support for parents and opportunities for physical activity to combat childhood obesity
 - Fitness classes for all ages
 - Pre-natal and post natal support groups including breastfeeding workshops
- The charity has built strong links with other local organisations and businesses. It has pulled resources to provide the community with opportunities such as volunteering positions, with benefits to mental health and wellbeing such as increased connections to people and community, advances in social and relationship skills, reduction in the effects of depression, isolation and anxiety and access to training.
- An enhanced quality of life and sense of well being for our service users and community through engagement and participation in events and socials that bring people together leading to improvements in physical and emotional health, quality of life, relief of poverty and a more stable and cohesive community.
- Staff, both those paid and volunteering alongside the service users benefit from the training opportunities that enables them to develop individual capabilities, competences and understanding of how to support adults with learning disabilities.

FINANCIAL REVIEW

Review of the charity's financial position at the end of the year

- During the year, the café was once again able to trade following the relaxation of coronavirus restrictions.
- Grant funding and café sales helped to pay salaries and to cover many of the costs of running the café.
- At the end of the year, finances remain very tight. The charity's cash reserves were depleted.

Reserves Policy

The charity has changed its reserves policy to reflect the current financial situation. Reserves were severely depleted during the pandemic. At the end of the year the charity had net general assets of £9,881, of which £4,855 was in cash reserves.

The Life and Soul Kitchen Ltd
For the Year Ended 31st March 2022

The charity has a robust action plan to rebuild the reserve and continue its charitable purpose. It has a target of £8,000 of reserves for the 2022/23 financial year.

The Trustees have considered the financial position of the charity and recognise the position is difficult. The Trustees are working hard to alleviate the situation by seeking additional grant funding..

DECLARATIONS

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustee's report (including director's report) above.

ON BEHALF OF THE BOARD:

S Badham

B Edwards

Date: 07.12.22

Independent Examiner's Report to the trustees of the Life and Soul Kitchen Ltd

I report on the accounts for the year ended 31 March 2022 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under the requirements of the Companies Act 2006 and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the Charities Act 2011
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. 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 seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

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:

- the accounting records were not kept in accordance with section 386 of the Companies Act 2006 or section 130 of the Charities Act 2011; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the relevant accounting requirements under section 396 of the Companies Act 2006 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;
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

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.

Luke Keegan, Chartered Management Accountant

1A The Homend
Ledbury
Herefordshire, HR8 1BN



Date: 9th December 2022

The Life and Soul Kitchen Ltd
For the Year Ended 31st March 2022

Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Notes	Unrestricted funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Income					
Income and endowments from:					
Donations and legacies	3	109,015	-	109,015	115,790
Charitable activities	3	91,720	-	91,720	14,540
Investments	3	-	-	-	-
Other	3	-	-	-	115
Total		200,735	-	200,735	130,445
Expenditure					
Raising funds	4	3,422	-	3,422	-
Charitable activities	4	216,068	7,328	223,396	82,936
Administration and Governance	4	593	-	593	1,060
Total		220,082	7,328	227,411	83,996
Net gains on investments					-
Net income (expenditure)		(19,347)	(7,328)	(26,675)	46,448
Transfers between funds		-	-	-	-
Net expenditure before other gains/(losses)		(19,347)	(7,328)	(26,675)	46,448
Other gains and losses:					
Net movement in funds		(19,347)	(7,328)	(26,675)	46,448
Reconciliation of funds:					
Total funds brought forward		36,211	21,985	58,196	11,749
Total funds carried forward		16,864	14,657	31,521	58,196

The Life and Soul Kitchen Ltd
For the Year Ended 31st March 2022

Statement of Assets and Liabilities

	Notes	Unrestricted funds £	Restricted funds £	2022 £	2021 £
Fixed assets					
Tangible assets	7	6,983	14,657	21,640	26,833
Total fixed assets		6,983	14,657	21,640	26,833
Current assets					
Stocks	8	4,565	-	4,565	-
Debtors	9	8,743	-	8,743	2,712
Cash at bank and in hand	12	4,855	-	4,855	31,324
Total current assets		18,163	-	18,163	34,036
Creditors: amounts falling due within one year	10	(8,282)	-	(8,282)	(2,672)
Net current assets		9,881	-	9,881	31,363
Total net assets		16,865	14,657	31,521	58,196
Funds of the Charity					
Restricted income funds	13		14,657	14,657	21,985
Unrestricted funds	13	16,865		16,865	36,212
Total funds		18,455	14,657	31,521	58,196

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by

S Badham

Date: 7.12.22

NOTES TO THE ACCOUNTS

Note 1 Basis of preparation

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

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 Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.

Note 2 Accounting policies

2.1 Income

Recognition of income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- it is more likely than not that the trustees will receive the resources;
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).

In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).

Contractual income and performance related grants

This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.

Support costs

The charity has incurred expenditure on support costs.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Income from interest, royalties and dividends

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

2.2 Expenditure and Liabilities

Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.
Redundancy cost	The charity made no redundancy payments during the reporting period.
Deferred income	No material item of deferred income has been included in the accounts.
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

2.3 Assets

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least They are valued at cost.
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

The Life and Soul Kitchen Ltd
For the Year Ended 31st March 2022

Note 3 Income

Analysis of income		Unrestricted funds	Restricted funds	2022 £	2021 £
Donations and legacies:	Donations and gifts	48,942	-	48,942	2,750
	Grants provided by government/other charities	60,074	-	60,074	113,040
	Total	109,015	-	109,015	115,790
Charitable Activities	Café	56,701	-	56,701	151
	Service Users	35,019	-	35,019	14,389
	Total	91,720	-	91,720	14,540
Other Income	Other	-	-	-	115
	Total	-	-	-	115
TOTAL INCOME		200,735	-	200,735	130,444

Note 4 Expenditure

Analysis of expenditure		Unrestricted funds	Restricted funds	2022 £	2021 £
Expenditure on raising funds:	Advertising, marketing, direct mail and publicity	3,422	-	3,422	-
	Total expenditure on raising funds	3,422	-	3,422	-
Expenditure on charitable activities	Café	212,357	7,328	219,685	82,936
	Administration costs	3,711	-	3,711	460
	Governance Costs	593	-	593	600
	Total expenditure on charitable activities	216,660	7,328	223,989	83,996
TOTAL EXPENDITURE		220,082	7,328	227,411	83,996

Note 5 Details of certain types of expenditure

	2022	2021
	£	£
Independent examiner's fees	593	600

Note 6 Staff costs

	2022	2021
	£	£
Wages and salaries	96,602	25,665
Social Security Costs	775	-
Pension Costs	1,137	577

No employee received emoluments in excess of £60,000
The average monthly number of full time equivalent employees during the year was as follows:

	2022	2021
	Number	Number
Café	9	1
Total	9	1

Note 7 Tangible fixed assets

	Land and buildings	Furniture & Equipment	Total
	£	£	£
Cost or revaluation			
At 1 April 2021	27,105	15,968	43,072
Additions	-	6,363	6,363
At 31 March 2022	27,105	22,331	49,436
Depreciation and impairments			
At 1 April 2021	11,012	5,228	16,239
Depreciation charge for the year	6,136	5,420	11,556
At 31 March 2022	17,148	10,648	27,796
Net book value			
At 31 March 2021	16,093	10,740	26,833
At 31 March 2022	9,957	11,683	21,640

Basis for Depreciation

Leasehold Land and Buildings:	Depreciated over the lifetime of the lease on a straight line basis
Furniture & Equipment	Depreciated over 4 years on a straight line basis

Note 8 Stocks

	2022	2021
	£	£
Raw materials and consumables	4,565	-
Total	<u>4,565</u>	<u>-</u>

Note 9 Debtors and prepayments

Analysis of debtors

	2022	2021
	£	£
Trade debtors	8,743	2,712
Prepayments and accrued income	-	-
Other debtors	-	-
Total	<u>8,743</u>	<u>2,712</u>

Note 10 Creditors and accruals

Analysis of creditors

	Amounts falling due within one year	
	2022	2021
	£	£
Trade creditors	1,813	114
Accruals and deferred income	640	640
Taxation and social security	3,848	1,918
Other creditors	-	-
Total	<u>6,301</u>	<u>2,672</u>

Note 11 Commitments

Commitments

Operating lease commitments

Annual commitments under non-cancellable operating leases are as follows:-

	2022 Land and Buildings £	2022 Other £	2021 Land and Buildings £	2021 Other £
Operating leases with expiry date: In the second to fifth years inclusive	10,800	-	10,800	-
Over five years	-	-	-	-
	<u>10,800</u>	<u>-</u>	<u>10,800</u>	<u>-</u>

The Life and Soul Kitchen Ltd
For the Year Ended 31st March 2022

Note 12 Cash at bank and in hand

	2022	2021
	£	£
Cash at bank and on hand	4,855	31,324
Total	<u>4,855</u>	<u>31,324</u>

Note 13 Charity funds

13.1 Details of material funds held and movements during the CURRENT reporting period

Fund names	Type	Fund balances brought forward £	Income £	Expenses £	Transfers £	Fund balances carried forward £
National Lottery Community Fund	R	21,985	-	(7,328)	-	14,657
General	U	36,211	200,735	(220,082)	-	16,864
Total Funds as per balance sheet		<u>58,196</u>	<u>200,735</u>	<u>(227,411)</u>	<u>-</u>	<u>31,521</u>

13.2 Details of material funds held and movements during the PREVIOUS reporting period

Fund names	Type	Fund balances brought forward £	Income £	Expenses £	Transfers £	Fund balances carried forward £
National Lottery Community Fund	R	-	49,202	(31,152)	3,935	21,985
General	U	11,749	81,242	(52,845)	(3,935)	36,211
Total Funds as per balance sheet		<u>11,749</u>	<u>130,444</u>	<u>(83,997)</u>	<u>-</u>	<u>58,196</u>

Note 14 Transactions with trustees and related parties

14.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity

S Badman, as a director of the company receives a salary for her role as manager of the café.

14.2 Trustees' expenses

No trustee expenses have been incurred other than re-imbursement of out of pocket expenses

14.2 Transactions with related parties

There were no transactions with related parties

Note 15 Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of winding up, such an amount as may be required, not exceeding £10.

Note 16 General Information

The Life and Soul Kitchen Ltd is a private company, limited by guarantee, incorporated in England and Wales, registered number 03455469. The registered address is 1A The Homend, Ledbury, Herefordshire, HR8 1BN

The Life and Soul Kitchen Ltd
For the Year Ended 31st March 2022

Detailed Statement of Financial Activities

	2022 £	2021 £
Income and endowments from:		
Donations and legacies		
Donations	48,942	2,750
Grants from government / charitable bodies	60,074	113,040
	<u>109,015</u>	<u>115,790</u>
Charitable activities		
Café	56,701	151
Service Users	35,019	14,389
	<u>91,720</u>	<u>14,540</u>
 Other	 -	 115
 Total income and endowments	 <u>200,735</u>	 <u>130,444</u>
 Expenditure on:		
Costs of generating donations and legacies		
Fundraising	3,422	-
	<u>3,422</u>	<u>-</u>
 Total of expenditure on raising funds		
Cafe		
Purchases	70,295	8,179
Salaries and wages	96,602	25,665
Employers National Insurance Contributions	775	-
Employer Pension Contributions	1,137	577
Sub Contract Labour	-	300
Staff Entertainment	451	-
Uniforms/PPE	1,112	-
Credit card and finance costs	3,007	786
Rent and rates	9,900	8,050
Gas and electricity	9,142	2,463
Repairs and maintenance	7,027	23,823
Waste disposal	2,488	903
Sundry	3,762	521
Cleaning	1,566	471
Insurance	863	1,233
Depreciation of premises	6,136	6,136
Depreciation of catering equipment	3,950	3,364
Depreciation of other fixtures and fittings	1,471	466
	<u>219,685</u>	<u>82,936</u>
General Administrative Expenses		
Telephone	676	100
Administration support costs	80	130
Postage	10	-
Printing & Stationery	270	-
Travel Expenses	333	-
Professional fees	2,100	-
Bank charges	-	230
Charitable Donations	242	-
	<u>3,711</u>	<u>460</u>

The Life and Soul Kitchen Ltd
For the Year Ended 31st March 2022

Governance Costs		
Accountancy	593	600
	<hr/> 593	<hr/> 600
Total expenditure	<hr/> 227,411	<hr/> 83,996
Net movement in funds	<hr/> (26,875)	<hr/> 46,448