

Registered company number: **09561460**
Registered charity number: **1164890**

Foodwise (TLC) Limited

A company limited by guarantee

Trustees' Report and Financial Statements
for the year ended **30 April 2017**



Registered company number: 09561460

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Foodwise (TLC) Limited

TRUSTEES REPORT AND FINANCIAL STATEMENTS

For the Year Ended 30 April 2017

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Foodwise (TLC) Limited

TRUSTEES' REPORT

For the Year Ended 30 April 2017

The trustees, who are also the directors of the company, are pleased to provide their report for Foodwise (TLC) Limited ("Foodwise") for the year ended 30 April 2017 which represents the second period of activities.

Incorporation

The company was incorporated on 26 April 2015 as a company limited by guarantee and commenced trading immediately.

The company obtained charitable status on 15 December 2015 with registered charity number 1164890.

Objectives and Activities

Foodwise's charitable aim is to relieve financial hardship through the provision of food coaching to teach people how to budget, purchase, prepare and cook nutritional food at reasonable cost. In practical terms, Foodwise runs courses where people are coached by a Food Coach to prepare and cook a variety of dishes over a six week period. The course runs for a few hours, one day per week, normally for six weeks and usually within a school term. A different meal will be cooked on each day, with the aim of increasing the cooking skills and knowledge of the attendees. The menus are available free of charge on the charity's website which may be found at www.foodwisetlc.care.

The courses are entirely free and the charity provides not only the location, equipment and Food Coach but also sufficient food for the participant to feed their immediate family that evening. The primary aim is to teach life skills, whilst providing much needed food for the family. Where a Food Bank will often only provide sufficient food for three main meals within a three month period, Foodwise can triple the assistance provided over a six week period. Participants can attend multiple courses, where space on a course is available.

The trustees have had regard to the Charity Commission's guidance on public benefit and consider that Foodwise's activities provide public benefit through providing vulnerable people with the skills to cook healthy food for themselves and their families within a manageable budget.

In 2017 Foodwise has commenced operations, on a test basis, to feed children within school holiday periods. Foodwise will look to expand these activities in future years by developing closer ties to schools and children's centres.

Achievements and Performance

During the year, FoodWise ran courses at the Lighthouse in Woking, the United Reformed Church in Westborough Guildford, a session for Woking Borough Council at New Life Church in partnership with Christians Against Poverty (CAP) and sessions for the Children's Centre Young Parent Group at the YPOD, Woking. Each course consisted of either five or six sessions.

Most venues have capacity for six to eight participants although the Children's Centre Young Parent group at the YPOD was a group session as part of their regular group meet up and included around 15 people each session.

Foodwise (TLC) Limited
TRUSTEES' REPORT
For the Year Ended 30 April 2017 (continued)

Registered company no.: 09561460

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Whilst some courses have been 100% full others have run at 75% or 50% capacity. Attendance has been up to 93% on one course, but for a couple of courses was disappointingly low at 40% and 61%.

Foodwise seeks to assist a wide range of people from young mothers to people with dependency or addiction issues. Therefore full attendance of courses can be somewhat difficult to achieve, bearing in mind the complexities of the lives and challenges faced by some of the attendees.

The trustees are very pleased with how the courses have been received as illustrated through comments received from participants during the year.

Quotes from participants:

"Before this course I would buy frozen ready meals/pizzas etc." (Westborough Course)

"We weren't just shown a meal, we were told other ways to use the skills/sauces etc. to make other meals". (Westborough Course)

"Coming into this course I was scared of going into the kitchen as I found it extremely daunting. Gracie has not only given me some lovely healthy meals to be able to prepare but a confidence and sense of pride that I am finally able to provide for my daughter. Knowing she will always be welcome in the kitchen with Mummy, [my daughter] will never have to be afraid of the kitchen like I was and this alone has made this course worth its weight in gold." (Westborough Course)

"It has been a wonderful course and has help[ed] me with confidence in cooking skills" (Westborough Course)

"..the trainer is very knowledgeable and very good at what she does" (Westborough Course)

"I will use the information I gathered on this course to cook cheap and tasty meals at home for next to nothing." (Westborough Course)

"I'm definitely going to do the recipes we've done." (Lighthouse course)

"I would love to receive emails for recipes and any information on budgeting/cooking on a budget etc." (Lighthouse Course)

Food Coaches & Partnership Manager

Linda Aston moved to pastures new at the end of December 2016 and was replaced by Ruth Boughton in early March 2017. We are very grateful to Linda for her enthusiasm and determination in developing Foodwise in its early days and wish Linda every success in the future.

Ruth has joined the team and settled in very quickly developing her role within the Guildford Community. Ruth brings great experience and people skills which will benefit the charity as it continues to grow.

Becky, our Partnership Manager, has continued to develop her role and enabled the Charity to expand its reach within the local community. We are delighted to say that Gracie, Becky and Ruth combine as a great team with a real heart for the people we serve.

Foodwise (TLC) Limited
TRUSTEES' REPORT
For the Year Ended 30 April 2017 (continued)

Registered company no.: 09561460

Registered charity no.: 1164890

Financial Review

The Charity has reported a net small surplus of £368 for the year in line with the current policy of targeting a break-even outturn each year. The surplus has been transferred to unrestricted funds which totalled £2,199 at the balance sheet date. Support costs increased during the year, primarily because the Charity employed a Partnership Manager to help the Charity's growth and activity and develop links with the community and partners to link to potential participants of the courses.

Foodwise is still in its early stage of development and is funded by one main corporate entity which provides charitable donations to fund the activities of the Charity. As the Charity grows, it will seek to widen its funding base through online donations and other sponsorships. The Charity is currently considering adding online donation options to its website, which it hopes will be operational later this year.

Income from sponsorship and charitable donations increased this year to just over £17,000 to cover the costs of operating the charity. The main expenditures of the Charity are the costs of the Food Coaches, the Partnership Manager and food ingredients supplied on the courses run throughout the year.

The Charity runs its courses primarily from the Lighthouse in Woking, churches, schools and government buildings, all of which have been provided free of charge. Insurance for property is provided by the owners of the property with the Charity incurring costs for public liability and associated covers.

The primary corporate donator has confirmed its willingness to continue its financial support for the foreseeable future.

The Charity has not yet prepared a Reserves Policy as it is still in early development as an organisation and charity. The Trustees are aware of the need to establish an appropriate policy and a plan to implement it, as it becomes more established.

Future Developments

The co-ordination of the Partnership Manager role alongside multiple Food Coaches shows great potential and we continue to develop this operational structure. Our focus is to strengthen the relationships with our referral partners, with a key focus on schools. We have identified a need to feed certain children during school holidays, when free school meals are not available. We are seeking to expand our activities in this regard over the next year.

Our key aim is to improve cooking skills to improve the eating habits of people on lower incomes. Our further aim is to run courses with loneliness and dietary needs as a central focus. Again we will consider how all these core aims can work in harmony and best assist those relevant to the specific course.

We will seek to diversify the sources and number of donors providing the income for the charity, as well as its effectiveness in fulfilling its aims to ensure that funds are well spent and deliver real results and assistance for the people who seek, or are in need, of our help.

Foodwise (TLC) Limited
TRUSTEES' REPORT
For the Year Ended 30 April 2017 (continued)

Registered company no.: 09561460

Registered charity no.: 1164890

Structure, Governance and Management

Foodwise is incorporated as a company limited by guarantee and is governed by its memorandum and articles of association.

Trustees are appointed by a majority vote of the existing board of trustees. The trustees who served during the period and up to the date of signing the report and accounts were:

Name	Date of Appointment	Date of resignation
Martin Vodden (Chair)	26 April 2015	
Kay Clapp	26 April 2015	
Michelle Cupples	28 September 2015	

Sharon Vodden acts as Company Secretary.

No trustee received any remuneration or expenses from the company during the year for acting as a trustee (2016 - £nil).

The registered address of the company and service address for the charity is

3 The Grove
Chipperfield Road
Kings Langley
Hertfordshire
WD4 9JF

The trustees would like to thank all those that support and assist the charity in its endeavours, without which it could not provide the help that so many need.

Approved by the Board of Trustees and signed on its behalf on 20 November 2017 by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited

Registered company number: 09561460

STATEMENT OF FINANCIAL ACTIVITIES

Registered charity number: 1164890

Including summary Income and Expenditure Account**For the Year Ended 30 April 2017**

		12 months to 30 April 2017	Period from 25 April 2015 to 30 April 2016
	£	£	£
INCOME			
Donations		17,100	15,350
Total Income		<u>17,100</u>	<u>15,350</u>
EXPENDITURE			
Charitable activities:			
Course delivery costs	11,252		12,485
Support costs	4,266		140
Governance costs	315		394
Depreciation	899		500
Total Expenditure		<u>16,732</u>	<u>13,519</u>
NET INCOME FOR THE YEAR/PERIOD		<u><u>368</u></u>	<u><u>1,831</u></u>

All the charity's income and expenditure and activities relate to unrestricted funds.

RECONCILIATION OF FUNDS**For the Year Ended 30 April 2017**

	2017 Unrestricted Funds £	2016 Unrestricted Funds £
Balances b/f at 1 May	1,831	-
Net movement in funds for the year /(period)	368	1,831
Balances c/f at 30 April	<u><u>2,199</u></u>	<u><u>1,831</u></u>

The notes on page 8 form part of these accounts

Foodwise (TLC) Limited
BALANCE SHEET
As at 30 April 2017

Registered company number: 09561460

Registered charity number: 1164890

	£	£	£
FIXED ASSETS			
Tangible fixed assets	3	1,296	1,000
Total fixed assets		<u>1,296</u>	<u>1,000</u>
CURRENT ASSETS			
Cash at Bank		903	1,081
Total current assets		<u>903</u>	<u>1,081</u>
CURRENT LIABILITIES			
Creditors (amounts falling due within one year)			
Accruals		-	250
Total current liabilities		<u>-</u>	<u>250</u>
NET CURRENT ASSETS		<u>903</u>	<u>831</u>
TOTAL NET ASSETS		<u><u>2,199</u></u>	<u><u>1,831</u></u>
FUNDS OF THE CHARITY			
Unrestricted Funds		2,199	1,831
		<u><u>2,199</u></u>	<u><u>1,831</u></u>

For the year ending 30 April 2017, the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question 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 the 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.

The notes on page 8 form part of these accounts.

These financial statements were approved by the Board of Trustees on 20 November 2017 and were signed on behalf of all the trustees by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
NOTES TO THE ACCOUNTS
For the Year Ended 30 April 2017

Registered company number: 09561460

Registered charity number: 1164890

1 Accounting Policies

Basis of Preparation

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

The accounts have been prepared in accordance with the Statement of Recommended Practice; Accounting and Reporting by Charities preparing their accounts with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and with Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and with the Charities Act 2011.

Recognition of Income

Income is recognised when the charity has entitlement to the funds.

Depreciation

Items or sets of items with a cost exceeding £500 and an expected useful life exceeding one year are capitalised and depreciated on a straight line basis over their expected useful life which is estimated to be:

Kitchen utensils - 3 years

2 Comparative Amounts

The company was incorporated on 25 April 2015 and adopted a year end of 30 April. The first accounting period ran from 25 April 2015 to 30 April 2016 and accordingly the comparative amounts shown in these financial statements relate to that period.

3 Tangible Fixed Assets

	Kitchen Utensils
	£
Cost	
At 1 May 2016	1,500
Additions	1,195
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At 30 April 2017	2,695
	<hr/>
Depreciation	
At 1 May 2016	500
Charge for the Year	899
	<hr/>
At 30 April 2017	1,399
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Net Book Value	
At 30 April 2017	1,296
	<hr/>
At 30 April 2016	1,000
	<hr/>

Foodwise (TLC) Limited
NOTES TO THE ACCOUNTS
For the Year Ended 30 April 2017

Registered company number: **09561460**

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All tangible fixed assets are unrestricted.