

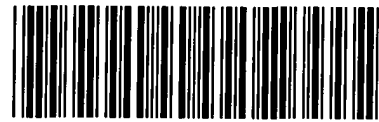
Registered company number: **09561460**
Registered charity number: **1164890**

Foodwise (TLC) Limited

A company limited by guarantee

Trustees' Report and Financial Statements
for the year ended **30 April 2019**

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COMPANIES HOUSE

Foodwise (TLC) Limited
TRUSTEES REPORT AND FINANCIAL STATEMENTS
For the Year Ended 30 April 2019

Contents

Trustees' and Directors' Report	2
Independent Examiner's Report	6
Statement of Financial Affairs (including Income and Expenditure Account)	7
Reconciliation of Funds	7
Balance Sheet	8
Notes to the Accounts	9

Foodwise (TLC) Limited

TRUSTEES' AND DIRECTORS' REPORT

For the Year Ended 30 April 2019

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 2019, its fourth year 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 www.foodwise.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 2018/19 Foodwise has continued to develop its activities to feed children within school holiday times and has run various lunch sessions during the year in association with St Andrew's and St Michael's Churches in the Woking area. Foodwise has decided to support this activity much more in the future, having identified a growing need within our country, with many families struggling more and more to sustain healthy living, during holiday periods when free school meals are not available. We need to prevent children going hungry in school holidays and we would appreciate any support to help us do this.

Foodwise (TLC) Limited
TRUSTEES' AND DIRECTORS' REPORT
For the Year Ended 30 April 2019 (continued)

Registered company no.: 09561460

Registered charity no.: 1164890

Achievements and Performance

Foodwise Cooking Courses 2018/19

In 2018/19 Foodwise ran 18 cooking courses varying in length between 4 - 6 weeks. Thirteen courses ran in Woking, four courses ran in Guildford and one in Leatherhead. We ran 56% of our courses with partners¹ and 44% were open to the general public².

Foodwise recognises attendance is better where we work with other organisations. It must be remembered that people attending our courses are often struggling with a variety of issues and their lives are complicated, which impacts our attendance figures.

Foodwise is now actively planning with TLG (Transforming Lives for Good, see www.tlg.org.uk) where we will look to deliver TLG "Make Lunch" courses through churches in our next financial year. This is challenging, as Foodwise itself cannot directly partner TLG, as it is a Church outreach charity. If you are an active church and are looking to support your community to feed children and their immediate family in the school holidays, please contact us immediately. Foodwise will employ a co-ordinator to manage these activities and work with the Local Authority to provide the support needed (both volunteers and financial support or underwrite much of this ourselves). We need more churches willing to support us in this role, to widen our reach.

Foodwise insights for the year:

Foodwise supports Kings College and Eikon (www.eikon.org.uk)

Foodwise has supported Eikon, running cooking sessions named "Food Matterz" from the kitchens and classrooms of Kings College. The children that participate are often young carers themselves. Training was provided by both Eikon and Foodwise staff, helping the children in budgeting and cooking skills alike. Several courses have been run successfully and Foodwise will continue to support Eikon in the future, whilst developing further its activities in the Park Barn area of Guildford.

Foodwise Group Courses

Foodwise undertook various courses in the Park Barn Centre of Guildford and the Lighthouse in Woking. Both of these centres are becoming permanent bases for public course delivery, but attendance is often unpredictable, as many attendees face personal challenges of a serious nature.

¹ Partnership courses are run in conjunction with another local organisation that works with hard to reach or vulnerable groups and who have identified that their clients will benefit from a cooking skills course. They provide the clients.

² General Foodwise courses are hosted by a local church and are aimed at the general public in need who can sign up by contacting the church or the Food Coach.

Foodwise (TLC) Limited
TRUSTEES' AND DIRECTORS' REPORT
For the Year Ended 30 April 2019 (continued)

Registered company no.: 09561460

Registered charity no.: 1164890

Other Events

In addition to the cooking courses, Foodwise ran a number of other events:

- St John's Church, Merrow has become a regular venue for course delivery and a valued partner.
- Foodwise supported Mind (www.mind.org.uk) delivering courses at the York Road Centre.
- We delivered courses aimed at young children at three other schools in the Woking area.
- We have continued to feed families by supplying free turkeys at Christmas time. This year we worked with New Life Church in Old Woking, providing turkeys to add to their hamper deliveries.
- We delivered courses to Syrian Refugee families at the Park Barn Centre arranged by Guildford Borough Council.

Financial Review

Foodwise is now better established and understands much of the challenges facing its delivery of services. Foodwise is still mainly funded by one 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 online donation facility through the charity's website is now operational.

Income from sponsorship and charitable donations remained fairly constant this year at a little over £25,000. The main expenditure of the Charity is the wages of its Food Coaches, Partnership Manager and food costs to supply the courses, run throughout the year. Course delivery costs were £14,982 (2018 - £14,814) and Support costs were £8,339 (2018 - £7,727). Net income for the year was £1,685 (2018 - £4,726) which was added to unrestricted reserves.

The Charity runs its courses primarily from the Lighthouse in Woking, churches, schools and local authority buildings, all of which are provided free of charge. Insurance for property is provided by the owners of the property, with the Charity insuring for public liability, employer liability and associated covers.

The primary corporate donor has confirmed its willingness to increase its financial support in the next financial year, to allow planned growth and has also restated its long-term support for the Charity, continuing to provide financial support for the foreseeable future.

The Charity has continued to increase its reserves during this financial year, to provide a buffer against any downturn in donations and safeguard its staff. A formal reserves policy will be determined by the trustees in due course.

Foodwise (TLC) Limited
TRUSTEES' AND DIRECTORS' REPORT
For the Year Ended 30 April 2019 (continued)

Registered company no.: 09561460

Registered charity no.: 1164890

Future Developments

Our focus is still to strengthen the relationships with our referral partners, with a key focus on schools, local authorities and larger charities. We are now investing time and resources to build a solid delivery of Lunch Clubs to feed families and children in school holiday periods, when free school meals are not available. We have identified TLG as a prime partner with a national reach and this will be our aim, to widen Foodwise's activities to reach many more premium pupil families, in the future, where the need is highest. This will require much higher staffing levels and the new Co-ordinator role will be pivotal in delivering "Make Lunch" clubs, both locally and nationally.

We have started discussing a potential long-term relationship with the Matrix Trust in Guildford, to provide support at their various activity centres and at The Hub in central Guildford, which is to be refurbished to provide further support to the youth of Guildford. See www.matrixtrust.com

If you have a heart for serving your community, we would love to hear from you, as we need more supporters whether paid or as a volunteer to support our Food Coaches.

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 throughout 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 (2018 - £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 3 January 2020 by



Martin Vodden
Chair of Trustees

Foodwise (TLC) Limited
INDEPENDENT EXAMINER'S REPORT
For the Year Ended 30 April 2019

Registered company no.: 09561460

Registered charity no.: 1164890

Independent Examiner's Report
to the Trustees of Foodwise (TLC) Limited ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 April 2019.

Responsibilities and Basis of Report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

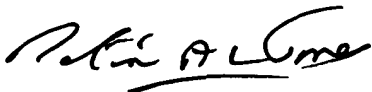
Independent Examiner's Statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities.

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.

Signed



Martin Jones BSc ACA
9 Jersey Close
Guildford, Surrey, GU4 7FJ

5 January 2020

Foodwise (TLC) Limited
STATEMENT OF FINANCIAL ACTIVITIES
Including Summary Income and Expenditure Account
For the Year Ended 30 April 2019

Registered company number: **09561460**

Registered charity number: **1164890**

	£	2019 £	2018 £
INCOME			
Donations		25,947	28,165
Total Income		<u>25,947</u>	<u>28,165</u>
EXPENDITURE			
Charitable activities:			
Course delivery costs	14,982		14,814
Support costs	8,339		7,727
Governance costs	137		-
Depreciation	804		898
Total Expenditure		<u>24,262</u>	<u>23,439</u>
NET INCOME FOR THE YEAR		<u><u>1,685</u></u>	<u><u>4,726</u></u>

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

RECONCILIATION OF FUNDS
For the Year Ended 30 April 2019

	2019 Unrestricted Funds £	2018 Unrestricted Funds £
Balances b/f at 1 May	6,925	2,199
Net movement in funds for the year /(period)	1,685	4,726
Balances c/f at 30 April	<u><u>8,610</u></u>	<u><u>6,925</u></u>

The notes on page 9 form part of these accounts

Foodwise (TLC) Limited
BALANCE SHEET
As at 30 April 2019

Registered company number: **09561460**

Registered charity number: **1164890**

	Note	£	2019 £	2018 £
FIXED ASSETS				
Tangible fixed assets	2		1,212	398
Total fixed assets			<u>1,212</u>	<u>398</u>
CURRENT ASSETS				
Cash at Bank		7,798		6,987
Total current assets		<u>7,798</u>		<u>6,987</u>
CURRENT LIABILITIES				
Creditors (amounts falling due within one year)		400		460
Total current liabilities		<u>400</u>		<u>460</u>
NET CURRENT ASSETS			<u>7,398</u>	<u>6,527</u>
TOTAL NET ASSETS			<u>8,610</u>	<u>6,925</u>
FUNDS OF THE CHARITY				
Unrestricted Funds			<u>8,610</u>	<u>6,925</u>
			<u>8,610</u>	<u>6,925</u>

For the year ending 30 April 2019, 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.

The notes on page 9 form part of these accounts.

These financial statements were approved by the Board of Trustees on 3 January 2020 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 2019

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
IT Equipment - 4 years

2 Tangible Fixed Assets

	IT Equipment £	Kitchen Utensils £	Total £
Cost			
At 1 May 2018	-	2,695	2,695
Additions	1,618	-	1,618
At 30 April 2019	1,618	2,695	4,313
Depreciation			
At 1 May 2018	-	2,297	2,297
Charge for the Year	406	398	804
At 30 April 2019	406	2,695	3,101
Net Book Value			
At 30 April 2019	1,212	-	1,212
At 30 April 2018	-	398	398

All tangible fixed assets are unrestricted.