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by 29/02/08

**Good Food Matters Ltd**  
(a company limited by guarantee)

**ANNUAL REPORT  
&  
FINANCIAL STATEMENTS**

**for the year ended 31 March 2007**

**Company Number: 05418543**

**Registered Charity number: 1111235**



## **Good Food Matters Ltd**

### **Reference and administrative details of the charity**

<b>Directors:</b>	Claudia Demuth Nilesh Ravel
<b>Secretary:</b>	Virtue Ryan
<b>Registered office: and administrative address</b>	21 Tylecroft Road London SW16 4BL
<b>Company Number:</b>	05418543
<b>Registered Charity number:</b>	1111235
<b>Project Manager:</b>	Evelyn Findlater

## **Good Food Matters Ltd**

# **ANNUAL REPORT & FINANCIAL STATEMENTS**

**for the year ended 31 March 2007**

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Registered Charity number: 1111235

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## **For the year 1<sup>st</sup> April 2006 to 31<sup>st</sup> March 2007**

The management committee is the governing body of Good Food Matters and the members listed below have all served in office for part or all of the year to the date of this report

### **1. Charitable Aims**

Advance the education of the public in the subject of cooking and growing healthy food  
Support disadvantaged young people to build healthier lifestyles, focusing on those facing lack of achievement at school, exclusion, in care, caring relatives for, ex-offenders or those at risk from antisocial behavior as well as disadvantaged children going through transition and those involved in teaching or providing nutrition to said people, in the UK.

Encourage the development of healthier lifestyles through the provision of practical training, education, information and support on nutrition, health and well-being to ensure said people develop more positive attitudes to health and equipping them to make more informed health and dietary choices leading to an improvement in their quality of life.

### **2. Chair's Report**

When it was suggested that I stand for Chair for Good Food Matters, I knew that it might involve work, but I don't think I realized just how much GFM and in particular Evelyn Findlater, the Project Manager achieves!

GFM has built up a strong local reputation gained and maintained through the hard work by both the Committee and the Project Manager. Over the past year, it has been a case of consolidation as funders have reinvested in the challenging yet rewarding task of teaching young people and children about good nutrition and how to enjoy cooking healthy, balanced dishes using well produced ingredients (organic whenever possible) in recipes that span the globe and are either modified or created by Evelyn Findlater.

## **Good Food Matters Ltd**

At the end of this year, there is the sense that the next year will bring much fruit and that the building up of local relationships, knowledge and expertise will bring reward; particularly in terms of healthy well-being for Croydon's residents, both young and old. Our key message – that good food really does matter - will reach the wider community who will be able to use this to build their appetite for healthy food, and through this build a healthy lifestyle

### **3. Legal and Admin Information**

Information required by the Charities (Accounts and Reports) Regulations 2000 r 7(3), 7(4) (a), (b), (c), (f), (j); and the Statement of Recommended Practice 30(c) appears on page 3-4 of this statement for the year to 31st March 2007

#### **Address:**

21 Tylecroft Road, London SW16 4BL

#### **Bankers**

Lloyds TSB BALHAM (309607)

### **4. Management of the Charity**

3 new trustees were elected at the Annual General Meeting July 2006, to replace outgoing trustees who had to resign for personal reasons. Claudia Demuth as Chair replaced Eslyn Petty, Niles Ravel took on the Treasurer role, replacing Sue Burr; and Virtue Ryan took over from James Malthuss as Secretary. All the trustees remained in post throughout the year. We held 4 formal committee meetings during this period, including one to consider strategic issues relating to the joint working with Croydon Youth Development Trust. Attendance at these meetings was 100%.

Further informal meetings were held during the evenings or weekends to deal with routine business as necessary, involving the chair and treasurer mainly.

During the year trustees considered whether more was needed to be undertaken around health and safety, and insurance. For this reason, we have installed a flame retardant ceiling and non-slip flooring in the kitchen based in CYDT, have brought our Public Liability Insurance up to date; and have insured our equipment too. We are now covered in case of fire and have buildings covers under CYDT, the charity with whom we share premises.

#### ***Claudia Demuth***

The management committee consists of the following members:

#### 1st June 2006 onwards

Chair	Claudia Demuth	21 Tylecroft Road, London SW16 4BL
Secretary	Virtue Ryan	21 Alfred Hurley House, Blackshaw Road, Tooting SW17
Treasurer	Niles Ravel	10 Ashburton Avenue, Croydon CRO 7JE

#### 1st April to 1st June 2006

Eslyn Petty (Chair); Sue Burr (Treasurer), and James Malthuss (Secretary)

## **Good Food Matters Ltd**

### **5. Progress on Strategic Aims**

#### **Developing young people through food**

We completed the kitchen development based at CYDT in September 2006. By mid December 2006, we had run 2 trial sessions with 8 young people who tested many recipes, enjoyed by other young referrals and staff based at CYDT!

Many young people do not eat a healthy diet and often buy cheap takeaways or have crisps and coke for lunch. The sessions were greatly enjoyed and they learnt the basics of what constitutes a healthy diet – using a wide variety of healthy ingredients e.g. wholemeal flour in delicious bakes, brown basmati rice in authentic curries; and pulses in hearty soups etc

Fads and disruptive behavior disappeared in the discipline of preparing and cooking food in our well-equipped kitchen, based in a major young people's charity in Whitehorse Road, Croydon. Scrubbing hands, donning aprons and having the right tools and clearly written out recipes created a calming environment in which the young cooks began to sound like teachers themselves, when encouraging their peers to try new foods and telling them why they need fibre, fresh fruit and vegetables!

From January to July 2007 a further 25 sessions were run with young people & children referred from three local Pupil Referral Units (Conningsby, Moving On (15 - 16 year olds) and Victoria House (9 - 12 year olds). Through this, students built their awareness of basic nutritional needs; how to prepare whole, balanced meals; how to prepare food safely; the importance of strict hygiene in the kitchen; and how to cook! Their enjoyment and enthusiasm, their ability to quickly learn new skills (even younger age groups), their willingness to work in pairs; and the development of their self-esteem and confidence was rewarding to see. Victoria House enjoyed the results so much, they have requested more sessions – negotiations are currently in progress

#### **Developing young people through healthy work**

Our 'Growing Project' for the Croydon Youth Offending Team took place on Pampisford Allotment in Croydon, starting in November 2006. We turned a 100 square metres of barren land into a fantastic, well-designed growing area, all undertaken by Evelyn Findlater (our Project Manager) alongside various local volunteers e.g. Community Reparation. Serious fundraising with local and London businesses led to the provision of 2 steel sheds, 1 poly-tunnel, fruit cages, a 3 bay recycling area and 20 raised beds all being erected within a short space of time, as well as the development of a mini orchard and edible hedge. By March 2007, works were completed with the support of Mansell. This partnership work has now been handed over to the YOT, who manages the site for their reparation group, as well as encouraging other volunteers and cookery users to visit the site and collect seasonal produce.

#### **Developing young people's awareness of healthy eating**

Croydon Youth Development Trust obtained a Croydon Council grant to run a Monday after-school class during 2007 to support young people and children with their nutrition – through the delivery of healthy cooking classes. Evelyn Findlater from GFM was employed as the cookery teacher, responsible for session content, preparation and progress reports, aided by a CYDT sessional youth worker responsible for referring and supporting students. Preparation

## **Good Food Matters Ltd**

for this project has taken some time but we expect this to start in June 2007, estimating that there will be 20 regular referrals to CYDT from other local agencies and schools

### **Other Activities**

From September to December 2006 our Project Manager networked widely within the voluntary sector, and with local government agencies to promote the cookery course, running taster sessions with target groups (young carers, young people at risk, young excluded people) which enabled the development of a clear and realistic course, suitable for different age groups and abilities. Through discussions held during the tasters, we also incorporated a wide range of foods familiar to different ethnic groups, particularly Black African, Caribbean and Asian; increasing the diversity of food choices being offered to local residents and users. GFM is in the process of developing its website which will enable students to keep in touch with each other and access recipes

*Evelyn Findlater*

### **6. Treasurer's Report**

The Trustees review financial matters at each of our formal committee meetings and at additional ad-hoc meetings when required. The Treasurer maintains a forecast for the remainder of the year and presents it to the Trustees at those meetings where its implications are considered and discussed.

Budget forecasts are made on a conservative estimate of what funding we are likely to attract to ensure financial viability and deliver on our agreed outcomes. During the year the committee reviewed the Reserves Policy and agreed that it should remain as it is, with a further review in three years' time. The accounts are presented annually to the membership for discussion and approval at the Annual General Meeting (held October 2007).

Although the charity has ended the year in the same position as it began, there are strong hopes for the future as new projects are appearing on the horizon, bringing with them much needed income to continue this vital work in South London. We have put in various applications to funders who are positively considering future work, which is being more carefully targeted towards young people in need

*The financial statements of the Society are prepared in accordance with the Charities (Accounts and Reports) Regulations 2000 and the Statement of Recommended Practice "Accounting and Reporting by Charities issued in October 2000 ("SORP"), and with applicable accounting standards. These financial statements are drawn up on the historical cost accounting basis.*

*Nilesh Ravel*



**For and on behalf of the Trustees of Good Food Matters**

**Claudia Demuth, Chair**

**5<sup>th</sup> October 2007**

# Good Food Matters Ltd

## 7. Detailed Financial Report

### Balance Sheet as at 31 March 2007

Fixed Assets		12,977
Current assets		
Bank	<u>630</u>	
	630	
Current Liability	<u>0</u>	
Net assets		<u>630</u>
		<u>13,607</u>

### Represented by

#### Funds

Funds Brought forward	9,974
Funding this year	18,406
Less: Funds expensed	<u>(14,774)</u>
	<u>13,607</u>

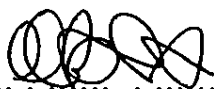
In approving these financial statements as trustees of the company hereby confirm:

For the year ended 31 March 2007 the company was entitled to exemption under section 249A(1) of the companies Act 1985 No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 249B(2). The directors acknowledge their responsibility for

- i) Ensuring the company keeps accounting records which comply with section 221
- ii) Preparing accounts which give a true and fair view of the state of affairs of the company as at end of its profit and loss for the financial year in accordance with section 226 and which otherwise comply with the requirements of the Companies Act relating to accounts, so far applicable to the company.

These financial statements are prepared in accordance with the special provisions of Part V11 of the Companies Act 1985 relating to small companies

The financial statements were approved by the Board on 5<sup>th</sup> October 2007 and signed on its behalf by



.....  
Claudia Demuth  
Director

## Good Food Matters Ltd

### 7. Detailed Financial Report (continued)

#### Funding and Expenditure Account as at 31 March 2007

	Kitchen Project	Growing Project	Total
<b>Funding</b>	17,906	500	18,406
<b>Less expenditure</b>			
Project manager Fees	7,809	444	8,253
Other Project Cost	222	410	632
Telephone	256	40	296
Travel	451	72	523
Repairs & Maintenance	6	0	6
Postage & Stationery	146	60	206
Cleaning	91		91
Training	36		36
Miscellaneous	316	90	406
Depreciation	3,375	951	4,326
	<u>12,708</u>	<u>2,067</u>	<u>14,774</u>
	<b>5,199</b>	<b>(1,566)</b>	<b>3,633</b>

## Good Food Matters Ltd

### 8. Tangible Fixed Assets

Projects	Kitchen Fix & fitting	Growing	Total
Cost			
At 1 April 2006	-	-	-
Additions	13,501	3,802	17,303
<b>At 31 March 2007</b>	<b><u>13,501</u></b>	<b><u>3,802</u></b>	<b><u>17,303</u></b>
Depreciation			
At 1 April 2006	-	-	-
Charge for the year	3,375	951	4,326
<b>At 31 March 2007</b>	<b><u>3,375</u></b>	<b><u>951</u></b>	<b><u>4,326</u></b>
Net Book Value			
<b>At 31 March 2007</b>	<b><u>10,126</u></b>	<b><u>2,852</u></b>	<b><u>12,977</u></b>

The fixed assets are held for direct charitable purposes

Tangible fixed assets are stated at cost less depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost on a straight line basis over their estimated useful lives

It is calculated at the following rates

Kitchen project	Over four years
Growing project	Over four years