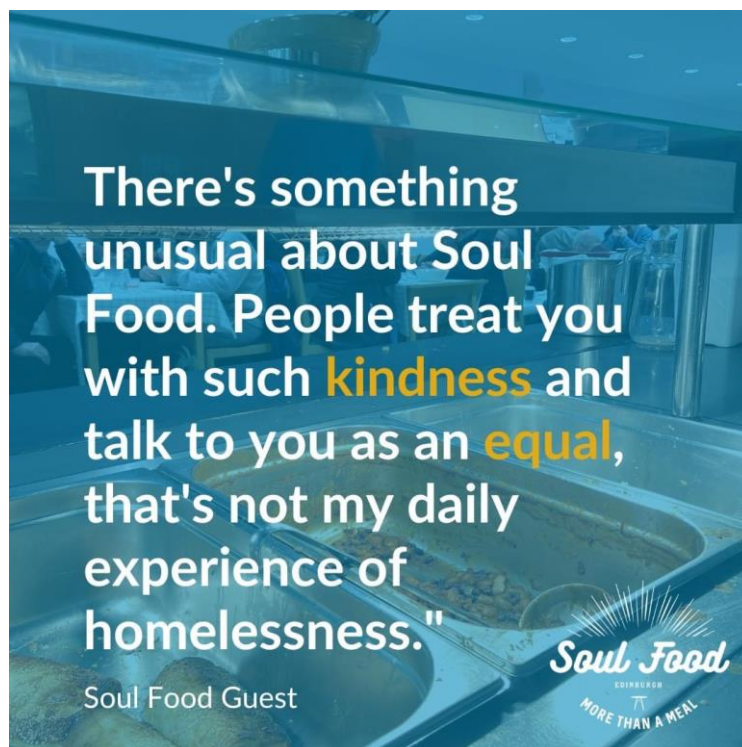




Soul Food Edinburgh

Trustees' Annual Report

Period From 01 April 2023 to
31 March 2024





Charity contact information

Soul Food Edinburgh

Scottish Charity Number: SC048599

Address: 10/4 Albion Gardens, Edinburgh EH7 5NP



Website: www.soulfoodedinburgh.org

Instagram: [soul.food.edinburgh](https://www.instagram.com/soul.food.edinburgh)

facebook [SoulFoodEd](https://www.facebook.com/SoulFoodEd)



Charity Trustees

	Trustee name	Office (if any)	Dates acted if not for whole year
1		Chair	
2		Treasurer	
3			
4			Retired 22/11/23
5			

Objectives and activities

Charitable purposes

The charity is established to assist individuals in poverty or at risk of poverty, or who are in need by reason of age, ill-health, disability, financial hardship or other disadvantage by providing hot meals, accommodation, community support, signposting support, employment and skills training and drop-in cafes for such people whether they are homeless or otherwise vulnerable or in need and by providing such other support services as the trustees in their sole discretion consider appropriate, including (but not limited to) the provision of meals, clothing, education and guidance.

Summary of the main activities

Our main activity is hosting healthy, home-cooked meals in churches across the city of Edinburgh and also, recently in Livingston. We work with Life Church Edinburgh, Carrubbers Christian Centre, Mustard Seed Edinburgh, Central Church, Oxfangs Community Church, Edinburgh City Mission, St Mary's Episcopal Cathedral. Further afield, we work with Livingston United Parish Church and with B&A Church in Bristol.

There are meals held six days a week across the City of Edinburgh. We support all the churches who host Soul Food meals in the recruitment of volunteers, training of volunteers, financial support, signposting help, and day to day availability with the general running of their meals, if required.

An exciting initiative this year has been to develop a book group working alongside our partners at the Simon Community and Street Reads.

Structure, governance and management

Soul Food Edinburgh is governed by a constitution adopted 02 August 2018

Trustee recruitment and appointment

Soul Food Edinburgh is entirely managed by the Trustees, who act in a voluntary capacity, completely independent of any other body.

There are a minimum of three Trustees, who alone appoint their successors, on a rolling basis.

During the period of this report, [REDACTED], Scotland Director for Christian's Against Poverty, was appointed as an additional Trustee and [REDACTED] retired as a Trustee.

Achievements and performance

In 2023/4 Soul Food Edinburgh continued to provide hot, delicious, home-cooked meals whilst also offering some respite and support to anyone dealing with the challenges of homelessness, poverty, isolation, and loneliness. Our vision is centred around the power of the table. By setting a table and sharing a meal, Soul Food Edinburgh hopes to provide a context that offers a place of safety and security where people feel accepted, respected, valued, loved, and heard. We hope that the ordinary setting of a dining place becomes a space of life-changing relationship and community.

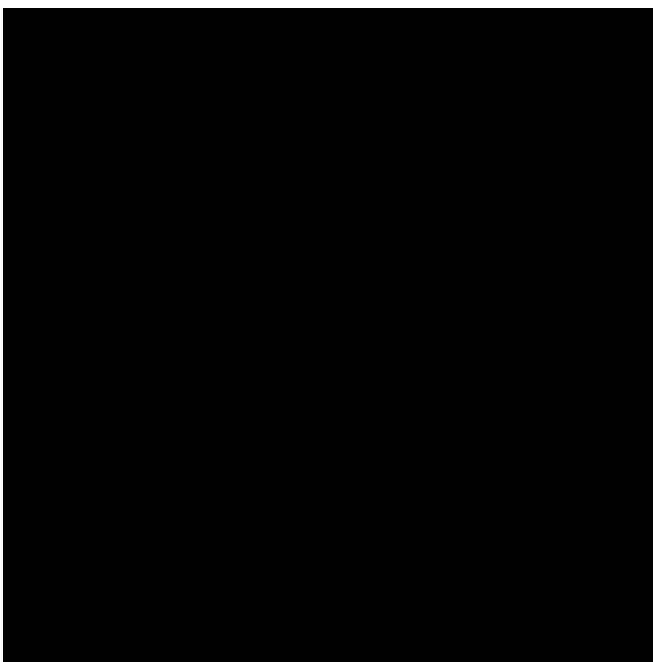


Every Soul Food meal offers the warmest of welcomes to all people, whatever their situation. No referrals are needed to access a meal, they are open to anyone in need of a free meal and a safe space to be. This year we continued our meals at Life Church Edinburgh, Carrubbers Christian Centre, Mustard Seed Edinburgh, Central Church, Oxfangs Community Church, Edinburgh City Mission, St Mary's Episcopal Cathedral, Livingston United Parish Church and with B&A Church in Bristol. Over 500 people a week attend a Soul Food Meal. Most are living with the pressures of unsure housing arrangements. All have been hit hard by the cost-of-living crisis. Many live with uncertain mental health or the effects of addiction. Especially

for our older guests, the issues of loneliness and isolation remain a challenge. In the last 12 months we have provided more than 25,000 meals. One guest commented, 'You have an incredible reputation in this city. You are known for your kindness.' Another, 'There's something unusual about Soul Food. People treat you with such kindness and talk to you as an equal. That's not my daily experience of homelessness.'



Recognising that a meal meets the immediate need of hunger but does not address the long-term challenges that guests could be experiencing, we talk of being 'more than a meal'. Through the offer of friendship and community, we continue to offer specific support to individuals. In the past year anything from helping to open bank accounts, filling in forms, signposting to benefit and housing advice, providing supermarket vouchers, gas and electricity top ups, decorating flats and tech support. This has been achieved through our excellent volunteer teams and our partnerships with charities and other relevant organisations. We continue to work hard in training our volunteers, so that volunteering at Soul Food continues to be a life-giving and life-enhancing experience. And throughout the year we offered training on how best to support and walk alongside our guests, practical food hygiene courses and naloxone training. We have also visited churches and community groups to help them understand how they can run community meals.



An exciting initiative this year has been to develop a book group working alongside our partners at the Simon Community and Street Reads. Up to 30 people regularly attend this group. With a cup of tea and a slice of cake, a lively discussion about the latest read is had. It is a much-appreciated addition to our work.

At the time of writing this report we are in a time of transition. Some of the venues we have been so grateful to use are not going to be available to us anymore. This means new venues along with new ways of doing Soul Food are being searched for. This will have a financial implication to the charity as we will have to start paying rent for our venues and fully paying for our new meals. Up to this point our venues have been free and provided at least 50% of the costs of the meals. This means we will be looking at new ways to raise the extra finance needed to cover our costs. It also means we are reviewing the staffing of Soul Food expecting to increase the staff team.

We continue to be grateful for all our guests, volunteers and trustees for getting us this far and we are looking forward to seeing how things develop over the next 12 months.

Financial review

A full financial statement is attached as Appendix to this report

Movement on Funds	Balance at 31 March 2023	Incoming Resources	Outgoing Resources	Balance at 31 March 2024
	£	£	£	£
Unrestricted Funds	2,969	34,725	-31,593	6,101
Restricted Funds	4,192	30,000	-20,631	13,561
Totals	7,161	64,725	-52,224	19,622

Statement of the charity's policy on reserves

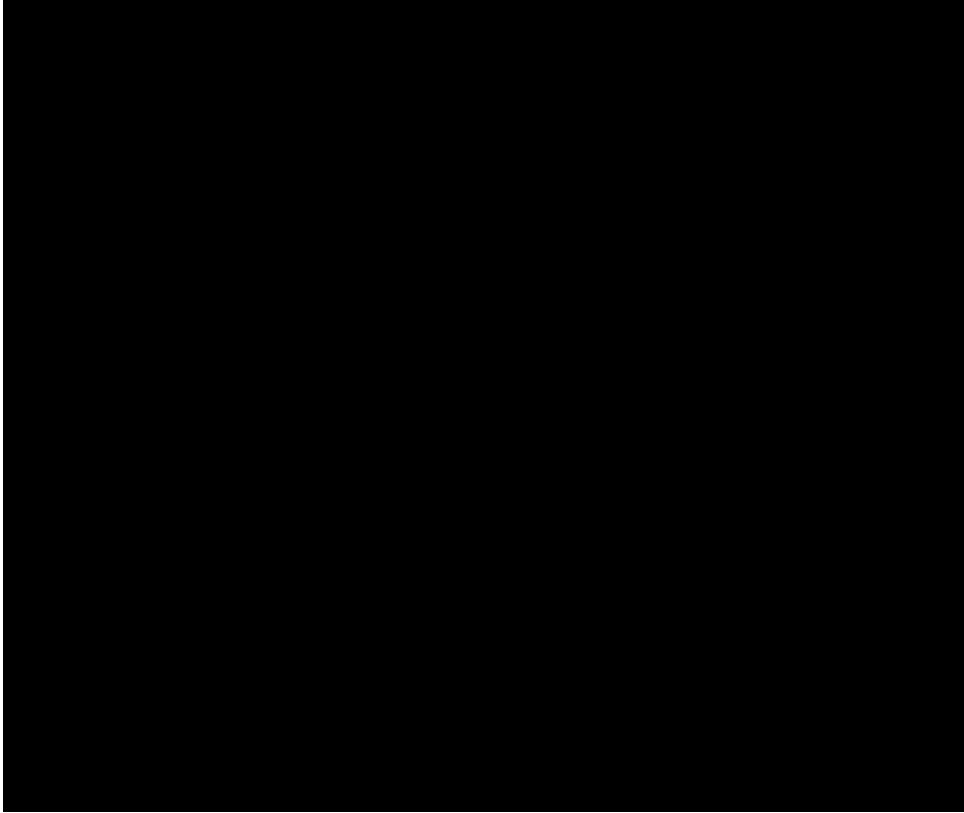
Soul Food Edinburgh employ no staff and hold no assets. Therefore, there is minimal need for reserves other than to ensure restricted funds are used for the purposes specified by the respective donors.

Details of any deficit

During the year of this report, there was a net surplus of £12,461 (previous year deficit £5242). Although there was £10,800 of restricted funds carried forward for distribution in the next financial year, there was, nevertheless, a small surplus for the year.

Declaration

Signed on behalf of the charity trustees:



Financial Statements

For the year ended 31st March 2024

Independent Examiner's Report to the Board of Trustees of Soul Foods Edinburgh

I report on the accounts of the charity for the year to 31st March 2024.

Respective responsibilities of the Trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006(as Amended).

The trustees consider that the audit requirement of Regulation 10(1)(a) to (c) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006(as amended). 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 seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

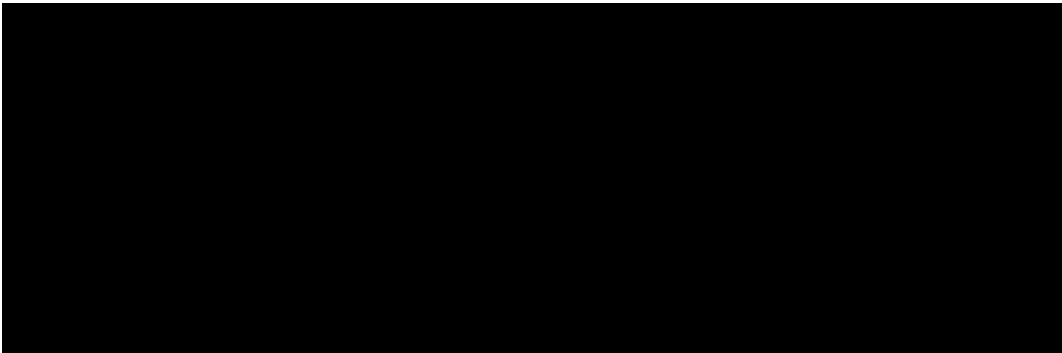
Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with Section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations; and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Appendix

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

		2023-24			Period ended 31 March 2023
	Notes	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
Receipts		£	£	£	£
Donations received	2	27,998	30,000	57,998	59,345
Sales of merchandise		618	0	618	390
Sales of event tickets		0	0	0	1,095
HMRC (gift aid claimed)		5,019	0	5,019	5,215
other		1,090	0	1,090	45
Total Receipts		34,725	30,000	64,725	66,090
Payments					
Consultancy	3	-25,500	-2,000	-27,500	-32,870
Website and branding		-592		-592	-764
Pants			-310	-310	-365
Meals			-168	-168	-235
Soultalk Costs		-70		-70	-1,465
Print and Postage		-721		-721	-596
Donations to SF meals			-17,500	-17,500	-31,700
Soul Food families			-633	-633	-776
Books			-20	-20	
Commission on donations		-625			
Miscellaneous		-4,086		-4,068	-2560
Total Payments		-31,594	-20,631	-52,225	-71,331
Net Surplus for the Year		3,131	9,369	12,500	-5,241
Reconciliation of Funds					
Total Funds Brought Forward		2,968	4,192	7,160	12,402
Net Surplus for the Year		3,131	9,369	12,500	-5,241
Total Funds Carried Forward		6,099	13,561	19,660	7,161

Statement of Balances

Current Assets

		As at 31 March 2024	Period ended 31 March 2023
Cash at bank	5	19,661	7,161
Petty cash	5	0	0
Total Cash	5	19,661	7,161
Total Assets		19,661	7,161

Reserves

Unrestricted funds	6	6,100	2,969
Restricted funds	6	13,561	4,192
Total Funds	6	19,661	7,161

Notes to the Financial Statements

1. Principal Accounting Policies

a. Basis of Preparation:

The financial statements have been prepared under the historical cost convention and are consistent with Accounting Standards and the recommended practice for charities.

b. Cash Flow Statement:

The Charity has taken advantage of the exemption from preparing a cash flow statement.

2. Donations Received

	Year Ended 31 March 2024			Period ended 31 March 2023
	Unrestricted Receipts	Restricted Receipts	Total Receipts	
	£	£	£	£
Donations received comprise:				
Donations for Soul Food meals, clothing etc	0	30,000	30,000	35,000
Donation for underwear (pants)	0	0	0	
Soul Food Families	0	0	0	2,500
Books	0	0	0	20
Other donations	27,998	0	27,998	21,825
Totals	27,998	30,000	57,998	59,345

3. Consultancy Fees

Soul Food Edinburgh had no employees during the year. Consultancy payments totalling £27,500 were made to [REDACTED] and [REDACTED] a connected person of [REDACTED] a Trustee.

4. Taxation

Soul Food Edinburgh, being a registered charity, is exempt from corporation tax.

5. Movement on Cash Balances	Balance at 31 March 2023	Incoming Resources	Outgoing Resources	Balance at 31 March 2024
	£	£	£	£
Cash at bank	7,161	64,725	-52,224	19,662
Petty cash	0	0	0	0
Totals	7,161	64,725	-52,224	19,662

6. Movement on Funds	Balance at 31 March 2023	Incoming Resources	Outgoing Resources	Balance at 31 March 2024
	£	£	£	£
Unrestricted Funds	2,969	34,725	-31,593	6,101
Restricted Funds	4,192	30,000	-20,631	13,561
Totals	7,161	64,725	-52,224	19,662