Company number
SC158165

Charity number
SC024843

The Food Train Limited

(*a charitable company limited by guarantee*)

Report and Financial Statements

31 March 2024

The Food Train Limited
Report and accounts
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The Food Train Limited
Company Information

Registered company number
SC158165

Scottish charity number
SC024843

Directors
J Dalziel
H Blackwell
D Brady
E Connor
R Davis
B Hedley
C McIntyre
T Munro
S Macfarlane

Secretary and Chief Executive
Roseanne McLuskie

Accountants
Lowland Accountancy Ltd
107 Irish Street
Dumfries
DG1 2NP

Auditors
Carson & Trotter
Chartered Accountants
123 Irish Street
Dumfries
DG1 2PE

Bankers
Bank of Scotland
91 High Street
Dumfries
DG1 2BN

Solicitors
Gillespie Gifford and Brown LLP
135 King Street
Castle Douglas
DG7 1NA

Registered office
118 English Street
Dumfries
DG1 2DE

The Food Train Limited
Trustee's Annual Report (incorporating the Directors' Report)

The directors have pleasure in presenting their report and the audited financial statements of the charity for the year ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in the notes to the financial statements and comply with the charity's Memorandum and Articles of Association, applicable law and the requirements of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019.

Charitable Objectives and activity

The objective and principal activity of the Charitable Company is the provision of practical and social services to older people. The aim of the charity is to support older people to eat well, live well and age well, and seeks to help them live in their own homes for as long as they wish and are able. In providing day to day practical help, the charity can achieve its long-term mission of improving the wellbeing of older people in Scotland.

In 2023 the Directors of Food Train created a business plan and route map for the charity to meet its aims and objectives for the period 2023 – 2026. The business plan outlines the short and long terms goals and actions as well as a growth plan for the charity over the three-year period.
The business plan is available at
https://www.thefoodtrain.co.uk/wp-content/uploads/2024/03/B_Plan_2023_26.pdf

Over the last year, Food Train supported an average of 2536 older people each week via one of the services listed below:

Shopping Delivery Service- Food Train – Clackmannanshire, Dumfries & Galloway, Dundee, Falkirk, Glasgow, Perth & Kinross, Renfrewshire, Scottish Borders, Stirling & West Lothian.

Teams of local Volunteers and Staff from each branch collect a shopping list from customers using a variety of different methods depending on customer needs. Some shopping lists are collected by telephone or in person from the individual themselves. Volunteers and staff will support the Member to establish a weekly shopping basket. Some are collected from family members or Carers via email. Teams of Volunteer shoppers then attend one of our partner shops and make up the individual orders where it is then transported by two Volunteer delivery teams who are known to the customer on a chosen delivery day. The Delivery team then unpack and put the shopping away if required.

Home Support Service - Food Train 'At Home' (Dumfries & Galloway, Falkirk, West Lothian)

Teams of local Volunteers assist members with a variety of household tasks that have become difficult e.g. Inside window cleaning, defrosting fridge/ freezer, renewing light bulbs, changing bedding or light domestic tasks that are not covered by domestic cleaning services.

Befriending Service - Dumfries & Galloway, Falkirk, West Lothian

This service offers a combination of regular phone calls, home visits, day trips, events and clubs either on a one-to-one basis or group activities. Members in each branch help create a regular calendar of events and trips to suit their diverse range of tastes.

Eat Well Buddy - West Lothian, Falkirk & Stirling

This service provides a volunteer for intensive support to help members who need to improve their nutrition and hydration intake. Help is provided to compile a shopping list and meal plan including snacks and drinks as guided by advice from our registered dietician.

Library Service - West Lothian

This service offers a combination of routine deliveries of library books that are selected on members preferences. Library books are collected and delivered to Members. For Members who are less able to read for themselves our Volunteers spend some time reading with members.

Shopping Buddy Service – West Lothian & Falkirk

This service offers supported group outings to supermarkets to enable older people who want to do their own shopping but are unable to do so.

Home From Hospital Service – Falkirk

This service provides adults who are being discharged from hospital with a food pack full of nutritious food and drink supplies that will last people between 24 & 72 hours. The service also links patients with transport, medication, equipment, carer support, befriending services and grocery shopping supports.

Connects Services - National Service

Food Train Connects service is a way of reaching older people where we do not have a local branch. Volunteers support an older person in their local area on a 1;1 matched basis. The following services are offered:

- **Meal Makers** – A matched Volunteer Cook makes and shares a portion of their own home cooked food with an older person in their local area. The Volunteer Cook then delivers the food and spends some time getting to know the older person and provides a regular service.
- **Phone Friends** – A matched Volunteer calls an older person on a weekly basis and chats for around 20 to 30 minutes to combat loneliness and isolation.
- **Shopping Friends**- A local matched Volunteer collects a shopping list on a weekly basis and delivers the shopping to the older person or accompanies an older person to support them to do their own shopping.

Achievements and performance

In the last year:

- **1355** individuals donated their time to volunteer with Food Train
- Our dedicated volunteers donated a total of 226,698 volunteer hours to provide essential services such as shopping, delivery driving, delivery helpers, befrienders, minibus drivers, cooks, officer helpers and order collectors
- We estimate that the cost of voluntary time equates to around **£2.7 million** had it not been provided by volunteers
- 36,664 volunteer hours were spent directly on reducing social isolation. This includes 159 Group outings, 1822 one to one home visits, 343 Eat Well Buddy Visits, 452 Library deliveries and 2764 telephone calls
- A total of 53,870 deliveries of fresh food and groceries were made to members during the year (*61,567 were made in 2023*)
- £2,991,789 spent by members on fresh food and groceries across the year. (*The Spend for 2023 was £2,646,450*)
- 14,952 home cooked meals were provided to members by Volunteer Cooks during the year (*18,678 meals in 2023*)

Malnutrition

- We screened 1169 older people for risk of malnutrition
- 17% of those people screened indicated that they were at risk of malnutrition
- 174 professionals attended our bespoke training on raising the issue of malnutrition facilitated by our in-house Dietitian, Jen
- 83% of professionals who attended our training had never attended malnutrition training before

- 112 people completed our bespoke Care at Home E-Learning module

Other achievements:

- We have achieved the Investing in Volunteers Award which recognises Food Train's good practice in volunteer management
- Active participants in the Prevention of Malnutrition and Dehydration Short Life Working Group
- Leading voice in Scotland promoting eating well for older people, reducing risk and prevalence of malnutrition
- We have secured additional funding to expand our electric fleet and support our net zero efforts
- Opened up a Pop-up café in our Dumfries Hub to provide hot and nutritious lunches
- Continued to screen all new Food Train members for malnutrition risk factors and provide training and awareness sessions to our partner agencies
- Grown our corporate volunteering partnerships across the central belt

Cost of Living

Impact on Older People

The cost of living continues to significantly affect Food Train and its members. In 2023 we conducted our annual members survey and asked our members if the cost of living had caused them to make changes to the way they eat:

- 36% of respondents stated that they had cut back on non-essential items.
- 23% of respondents stated they had switched to cheaper brands
- 20% of respondents stated they had cut back on their grocery shopping
- 20% of respondents told us they were cooking less

In addition to this, 44% of the respondents told us that they were heating their house less, 48% were using their appliances less to save money and 9% were struggling to pay their heating bills.

This is a concerning picture for our older people across Scotland, cutting back on food, cooking less healthy meals and not heating their homes is causing a greater risk of malnutrition and more complex health problems.

Impact on the Charity

Our charity continues to see the devastating impacts caused by the soaring costs of rent, fuel and energy as well as reductions in grants from health and social care partnerships and charitable foundations and charitable donations. This has resulted in reductions in the services that we offer, a reduction in staffing hours and the scaling back of our fleet and activities delivered.

The Food Train Limited
Trustee's Annual Report (incorporating the Directors' Report)

Financial Review

The organisation's net Surplus for the year was £152,814 (prior year Deficit £301,182) after spending £2,051,691 (prior year: £2,453,112) on charitable activity and fund raising.

Principal funding sources

- The Charity's main source of funding during the financial year 2023-2024 for Shopping, At Home and Library services derives from contracts with Health & Social Care Partnerships in the following areas: Dumfries & Galloway, Dundee, Falkirk, Renfrewshire, Scottish Borders, Stirling and West Lothian.
- The Scottish Government, Fife and Scottish Borders Health and Social Care Partnerships contributed funding towards Meal Makers.
- The Scottish Government funded the delivery of our Eat Well Age Well Service.
- The National Lottery Community Fund supported the continuation of our Glasgow branch for 2023, and Befriending activity in Dumfries & Galloway & West Lothian.
- Funding received from Players of the Postcode Lottery provided funds that supported core national costs, the delivery of the Connects Service and contributed funds towards the Glasgow, Stirling, Dundee, Renfrewshire, Scottish Borders and Eat Well Age Well Services.
- Funding received from Rank Foundation and Garfield Weston contributed to our national support costs.
- Funding received from SGN (Scottish Gas Network) supported us to deliver a service that provided energy Advice and Income Maximisation support in Glasgow, Renfrewshire and East Renfrewshire.
- Funding from the Energy Saving Trust paid for the purchase and installation of electrical charging equipment and two vans.
- Local grants helped support activities across the Branches such as expanding and adding new services, upgrading vans, renewing shopping boxes and volunteer uniforms.
- The Charity generated a significant proportion of its own income through service charges.

Many local groups, retailers, businesses and individuals very generously donated time, money and sponsorship throughout the year. This vital element of income enhances the work of Food Train in local communities. We would like to express our thanks and gratitude to each one of our funders, donors and supporters. Food Train would not exist without this much-valued support.

The Directors of Food Train would like to express their gratitude to our wonderful staff for their continued dedication and hard work year on year. Our staff really do go that extra mile to ensure the good work of the Charity continues.

Food Train would not be able to deliver its vital services without the amazing Volunteers who kindly donate their time each day to support our older people. As a Board of Directors, we are humbled by everyone's efforts, and we would like to take the opportunity to say thank you and acknowledge the impact that each Volunteer creates.

At the end of this financial year, it's all change at Food Train as we say goodbye to 2 longstanding Board members Mhadi Hasan and Sean Connaughton as well as Chief Executive, Michelle Carruthers MBE, and Fran Throw, National Support Manager. We also welcome Roseanne McLuskie as new Chief Executive.

The Directors would like to express their heartfelt thanks and gratitude for their support and dedication to Food Train over the years and extend a warm welcome to Rosie as she joins the charity.

Reserves policy

The general fund represents the unrestricted funds arising from past operating results. The Board has established a policy whereby the unrestricted funds not invested in tangible fixed assets or earmarked for purchase of new vehicles should be equal to three months of the resources expended. At this level the Board feel that they would be able to continue the current activities of the charity in the event of a significant drop in funding. At 31 March 2024 our unrestricted funds were equal to approximately three months running costs.

The Reserves carried forward at the end of the financial year totalled £1,301,002 of which £629,865 is in the General Reserve and the remainder is in Restricted or Designated Funds.

Investment policy

The Board has established a policy of depositing surplus cash into Short Term Deposits to contribute to the unrestricted funds available to the organisation in support of activities for the members.

Plans for future periods

The Charity plans to continue supporting as many older people as possible from existing locations in Scotland within the financial, human and equipment resources available.

However, the ongoing cost of living crisis and funding reductions has resulted in funding gaps across some services and some provision being scaled back.

We will continue to explore opportunities for additional branches and continue to seek funding to provide members with the support they need and deliver on our ambitions three-year business plan (2023-2026). Our focus will continue to improve access to food, raise awareness to prevent malnutrition and to improve wellbeing for our members. We will ensure the voice of our older members are heard by decision makers and continue to campaign and advocate on their behalf.

In these uncertain financial times, we will continue to explore the viability of any diversification from our current core business to ensure the viability of charity going forward and to continue to meet the evolving needs of our older population.

The Food Train Limited
Trustee's Annual Report (incorporating the Directors' Report)

Structure, Governance and Management

Governing document

The organisation is a charitable company limited by guarantee, incorporated on 23rd May,1995. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up the members are required to contribute an amount not exceeding £1 each.

Directors

The following persons served as Directors during the year:

J Dalziel	Chair
H Blackwell	
D Brady	
S T Connaughton	
E Connor	
R Davis	
M Hasan	
B Hedley	
P Jackson	(retired 13 April 2023)
C McIntyre	
T Munro	

Following the end of the financial year M Hasan and S Connaughton both retired on 10 May 2024.

The following were co-opted as directors following the financial year:-

S Macfarlane	(appointed 6 May 2024)

Appointment of directors

The Directors of the Company are also charity trustees for the purposes of charity law and under the Company's Articles are known as members of the Board of Directors. There are eleven Board positions. One third of the Directors who have been longest in office since last appointed or reappointed shall retire from office each year and are eligible for re-election.

Director induction and training

The Directors keep the necessary skill requirements of Board Members under review.

- ensure that the company complies with its founding Articles, charity law and other relevant legislation
- contribute actively to the board's role in giving clear strategic advice to the company, setting overall policy, defining goals, setting targets and evaluating performance
- ensure the company's financial stability
- appoint the Chief Executive and monitor their performance

Induction of new Directors is facilitated primarily by the Chief Executive over a 4-6 month period and includes:

- A welcome pack with relevant reading materials
- Paired up with an existing trustee for peer support
- Participating in service delivery (where practical)
- Induction meeting with the Chief Executive

Directors keep the necessary skill requirements of Board Members under review using an annual skills review matrix. Directors have an agreed Code of Conduct they all sign up to.

Throughout the year Directors attend ad-hoc training events relevant to areas of compliance and topics which further the aims of the charity.

Organisation

The Board meets 6 times during the year and a Chief Executive is in place to plan, coordinate and oversee the day to day operations of the company. At Board meetings the board examines and agrees the broad strategy and areas of activity for the company, reviews risk and mitigating actions and examines the financial affairs of the company.

During the year Board meetings were held virtually and in person, providing flexible options for maximum participation and best use of funds. Food Train's staff team continued to meet virtually on a regular basis reporting to the board via email following those meetings.

Risk management

A review of the major risks to which the charity is exposed has been conducted with the assistance of external experts and a risk policy with live risk register was developed. Systems and procedures have been established as appropriate to mitigate the risks faced by the charity. The live risk register and associated systems and procedures are reviewed sequentially at every board meeting to meet the needs of the charity.

The Directors have noted the main strategic risks to the Company as:

- maintaining compliance with changing regulations and legislation
- ensuring the company's people have adequate structure, clarity, skills, expertise and vision to successfully forward plan and steer the Company for the benefit of its members
- ensuring that the Company does not have prolonged difficulty in delivering, or fails to deliver, its Charitable aims and objectives for members

Salary setting

The charity has a Pay Policy and uses the services of Croner Reward to provide salary benchmarking report every 5 years. This report includes benchmarking information for other employee benefits. The latest report received from Croner was received in January 2024.

Partnership working

The charity works with a wide range of groups and individuals across the public, private and voluntary sector, to maximise awareness raising and build broad reach for referrals of older people in need to its services.

The Food Train Limited
Trustee's Annual Report (incorporating the Directors' Report)

Statement of Directors' Responsibilities

The directors of The Food Train Ltd are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (Financial Reporting Standard 102 and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure of the charity for that period.

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP (2019)(FRS102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the Trustees' Annual Report and Financial Statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the accounts comply with the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity's constitution. The directors are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The trustees are responsible for the maintenance of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Disclosure of information to auditors

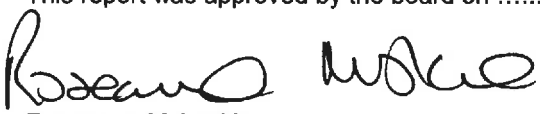
Each person who was a director at the time this report was approved confirms that:

- so far as they are aware, there is no relevant audit information of which the company's auditor is unaware; and
- they have taken all the steps that they ought to have taken as a director in order to make themselves aware of any relevant audit information and to establish that the company's auditor is aware of that information.

Small company provisions

The report of the directors has been prepared taking advantage of the small companies exemption of section 415A of the Companies Act 2006.

This report was approved by the board on 04/10/2024 and signed by its order.



Roseanne McLuskie
Company Secretary

The Food Train Limited
Independent auditors' report
to the Trustees and members of The Food Train Limited

Opinion

We have audited the financial statements of the Food Train Limited (the charitable company) for the year ended 31st March 2024 .

These comprise the statement of financial activities, the statement of financial position, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006, the Charities and Trustee Investment (Scotland) Act 2005 and Regulation 8 of the Charities Accounts (Scotland) regulations 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

Other information
The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006
In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the director's report for the purposes of the company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees'/Directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
We have nothing to report in respect of the following matters in relation to which the Companies Act 2006, the Charities and Trustees Investment (Scotland) Act 2005 Charities Accounts (Scotland) Regulations 2006 requires us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the trustees' report; or
- proper accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees
As explained more fully in the trustees' responsibilities statement on page 9, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 44(1)(c) of the Charities and Trustee Investment (Scotland) Act 2005 and under the Companies Act 2006 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, to detect material misstatements in respect of irregularities, including fraud. In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, we considered the following:

- Review of the financial statements disclosures and testing to supporting documentation to assess compliance with provision of relevant laws and regulations described as having a direct effect on the financial statements.
- Enquiring of management concerning actual and potential litigation and claims.
- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- Detailed and re-performance testing of specific controls and calculations.
- Reading minutes of meetings of those charged with governance.
- In addressing the risk of management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgments made in making accounting estimates are indicative of a potential bias.
- The audit team remained alert to any indication of fraud or non-compliance with laws and regulations throughout the audit.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

The Food Train Limited
Independent auditors' report
to the Trustees and members of The Food Train Limited

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with chapter 3 of part 16 of the Companies Act 2006 and to the charitable Company's trustees, as a body in accordance with Regulation 10 of the Charities Accounts (Scotland) Regulations 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Roderick S Williamson BA CA

Roderick Williamson BA CA (Senior Statutory Auditor)

For and on behalf of Carson and Trotter, Statutory Auditor

123 Irish Street
Dumfries
DG1 2PE

15th October 2024

Carson and Trotter is eligible for appointment as auditor of the charitable company under regulation 10(2) of the Charities Accounts (Scotland) Regulations by virtue of its eligibility under section 1212 of the Companies Act 2006.

The Food Train Limited
Statement of financial activities
(including income and expenditure account)
for the year ended 31 March 2024

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2024 £	2023 £
Income from:					
Donations and legacies	2	106,885	-	106,885	150,240
Charitable activities	3	1,778,970	288,587	2,067,557	1,961,322
Other trading activities	4	18,686	-	18,686	34,369
Investments	5	6,913	-	6,913	4,346
Other income	6	4,464		4,464	1,653
Total income		1,915,918	288,587	2,204,505	2,151,930
Expenditure on:					
Raising funds	7	(1,433)	-	(1,433)	(7,069)
Charitable activities	8	(1,833,544)	(216,714)	(2,050,258)	(2,446,043)
Total expenditure		(1,834,977)	(216,714)	(2,051,691)	(2,453,112)
Net income/(expenditure) for the year	9	**80,941**	**71,873**	**152,814**	**(301,182)**
Reconciliation of funds:					
Total funds brought forward		1,014,528	133,660	1,148,188	1,449,370
Total funds carried forward		£1,095,469	£205,533	£1,301,002	£1,148,188

The Statement of Financial Activities includes all gains and losses in the year

All of the above amounts relate to continuing activities

The prior year Statement of Financial Activities is provided in note 21

The notes on pages 17 to 30 form part of these financial statements

The Food Train Limited
Company number SC158165

Statement of Financial Position
as at 31 March 2024

	Notes		2024 £		2023 £
Fixed assets					
Tangible assets	11		643,324		637,625
Current assets					
Debtors	12	83,986		80,465	
Cash at bank and in hand	13	863,889		776,653	
		947,875		857,118	
Creditors: amounts falling due within one year	14	(290,197)		(346,555)	
Net current assets			657,678		510,563
Total assets less total liabilities			£1,301,002		£1,148,188
The funds of the charity					
Restricted income funds	16		205,533		133,660
Unrestricted income funds	17		1,095,469		1,014,528
Total charity funds			£1,301,002		£1,148,188

The financial statements have been prepared in accordance with the special provisions for small companies under section 415A of the Companies Act 2006.

J Dalziel
Director
Approved by the board on ..04/10/2024

The notes on pages 17 to 30 form part of these financial statements

The Food Train Limited
Statement of Cash Flows
for the year ended 31 March 2024

	2024 £	2023 £
Operating activities		
Net Income/(expenditure) for the financial year	152,814	(301,182)
Adjustments for:		
Gain on sale of fixed assets	(7,880)	(31,631)
Depreciation	123,916	116,230
Increase in debtors	(3,521)	(44,876)
Decrease in creditors	(56,358)	(123,929)
	208,971	(385,388)
Cash generated by/(used in) operating activities	208,971	(385,388)
Investing activities		
Payments to acquire tangible fixed assets	(136,836)	(67,762)
Proceeds from sale of tangible fixed assets	15,101	39,250
Cash used in investing activities	(121,735)	(28,512)
Net cash generated/(used)		
Cash generated by/(used in) operating activities	208,971	(385,388)
Cash used in investing activities	(121,735)	(28,512)
Net cash generated/(used)	87,236	(413,900)
Cash and cash equivalents at 1 April	776,653	1,190,553
Cash and cash equivalents at 31 March	863,889	776,653
Cash and cash equivalents comprise:		
Cash at bank and in hand	863,889	776,653

1 Summary of significant accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) (issued in October 2019) and the Charities Accounts (Scotland) Regulations 2006 (as amended) and the Companies Act 2006.

The charity constitutes a public benefit entity as defined by FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

The financial statements are presented in Sterling which is the functional currency of the charity and rounded to the nearest £1.

The financial statements are prepared on a going concern basis. In making their assessment, the Trustees have reviewed the overall financial position. The charitable company has a strong net current asset position and the continuing support of its trustees. At the time of signing these accounts, the trustees have considered the residual impact of Coronavirus Covid 19 and the difficult wider economic climate on the going concern position. They consider that the charitable company will continue to operate for a period of at least 12 months from the date of signing these accounts due to the support and resources available to it.

Fund accounting

Unrestricted funds are available for use at the discretion of the directors in furtherance of the general objectives of the charitable company.

Designated funds are unrestricted funds earmarked by the directors for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are subject to restrictions on their expenditure imposed by the donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each Restricted Fund is set out in the Restricted Funds note.

The Directors are satisfied that all Funds received, other than those identified as Restricted Funds, relate directly to the core purposes of the charitable company and are not subject to restrictions beyond the general objectives of the charitable company and accordingly, they are accounted for as "Unrestricted Funds".

Income recognition

All income is included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received. The following specific policies are applied to particular categories of income:

Income from grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred.

For donations to be recognised the charity will have been notified of the amounts and settlement date, often in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

Investment income is included when receivable.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS102).

Expenditure recognition

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise the costs of merchandise sold and associated support costs.
- Expenditure on charitable activities includes the costs of operating our delivery system and the associated support costs.
- Grants paid are payments made to third parties in the furtherance of the charitable objects of the Charity. In the case of an unconditional grant offer this is accrued once the recipient has been notified of the grant award.
- Other expenditure represents those items not falling into any other heading.

Expenditure includes any VAT which cannot be fully recovered and is reported as part of the expenditure to which it relates.

Support and governance costs

Support costs are those functions that assist the work of the charitable company but do not directly represent charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the activities of the charitable company.

Governance costs comprise all costs involving the public accountability of the charity and its compliance with regulation and good practice. These costs include costs related to statutory audit and costs relating to board meetings.

As there is only one activity of the charity all support and governance costs relate to this.

Income from trading activities

Income from trading activities is measured at the fair value of the consideration received or receivable, net of discounts. Income from trading includes revenue earned from the sale of promotional merchandise and from the rendering of non-charitable services. Income from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Income from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Tangible fixed assets and depreciation

All fixed assets are recorded at cost less accumulated depreciation.

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Buildings:	2% straight line
Office equipment:	25% on the reducing balance
Motor vehicles:	25% on the reducing balance
Vehicle equipment:	25% on the reducing balance

Short life assets costing less than £2,500 are fully charged as expenditure in the year of acquisition.

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Operating Lease

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Pensions

The charitable company operates a defined contribution pension scheme for the benefit of its employees. The assets of the scheme are held separately from those of the charity. The annual contributions payable are charged to the statement of financial activities.

Termination payments

Termination payments are recognised as an expense in the Statement of Financial Activities immediately. Termination payments are recognised as a liability and expense only when the Charitable Company is required to do so.

2 **Income from donations and legacies**	**2024**	**2023**
	£	**£**
Donations	95,495	142,511
Subscriptions	11,390	7,729
	106,885	150,240

In addition to the above financial contributions, approximately 226,700 hours time was donated by volunteers working as drivers, delivery helpers, home support helpers, in-store shoppers, befrienders, library book delivery, cooks and office workers. The value of this voluntary work is estimated to be around £2,700,000.

All Income from donations and legacies in both 2024 and 2023 is unrestricted

3 Income from charitable activities

	Unrestricted Funds	Restricted Funds	Total Funds 2024 £	Total Funds 2023 £
Delivery Charges	394,874	-	394,874	310,653
provided by government and other charities				
Scottish Government	125,300	-	125,300	184,615
Local Authorities	711,123	-	711,123	830,702
NHS	256,908	-	256,908	259,387
National Lottery Community Fund: Befriending	-	65,071	65,071	68,653
National Lottery Community Fund: Improving Lives	-	75,000	75,000	-
Energy Saving Trust	-	103,516	103,516	-
Rank Foundation	25,000	-	25,000	-
Scottish Gas Network	-	45,000	45,000	-
Foundation Scotland	20,000	-	20,000	-
Players of the People's Postcode Lottery	200,000	-	200,000	200,000
Other grants	45,765	-	45,765	107,312
	1,384,096	288,587	1,672,683	1,650,669
Total income from charitable activities	1,778,970	288,587	2,067,557	1,961,322

Grants from Local authorities include the value of office accommodation, estimated at £3,000, provided at no charge.

Of the income from charitable activities in 2023 £1,892,669 was unrestricted and £68,653 was restricted.

4 Income from other trading activities

	2024	2023
	£	£
Fundraising events	6,735	10,535
Sponsorships and other income	11,951	23,834
	18,686	34,369

All Income from other trading activities in both 2024 and 2023 is unrestricted.

5 Investment income

	2024	2023
	£	£
Bank interest	6,913	4,346

All investment income in both 2024 and 2023 is unrestricted.

6 Other income

	2024	2023
	£	£
Rental of office space	4,464	1,653

All other income in both 2024 and 2023 is unrestricted.

7 Expenditure on raising funds

	2024	2023
	£	£
Cost of promotional goods	-	5,732
Other costs	1,433	1,337
	1,433	7,069

All expenditure on raising funds in both 2024 and 2023 is unrestricted.

8 Expenditure on charitable activities	2024 £	2023 £
Direct costs		
Other direct costs		
Employee costs	778,485	936,948
Motor vehicle expenses	134,061	144,469
Vehicle leasing/hire charges	1,075	1,338
Travel and subsistence	7,405	13,808
Depreciation of vans and charging equipment	117,635	109,949
Loss/(Gain) on disposal of vans	(7,880)	(31,631)
Volunteer expenses	32,233	40,127
Other project costs	20,251	35,227
Total other direct costs	1,083,265	1,250,235
Support costs		
Employee costs	617,925	740,259
Training	7,777	10,023
Travel and subsistence	6,838	12,055
Establishment costs	119,730	144,473
Printing, stationery & postage	39,157	52,118
Advertising	1,421	4,540
Website & IT	76,297	101,987
Professional fees	6,897	6,600
Equipment	4,164	19,199
Telephone	42,038	45,252
Insurance	8,836	10,186
Bank charges	16,317	16,738
Depreciation	6,281	6,281
Other support costs	5,121	11,023
	958,799	1,180,734
Governance costs:		
Audit fees	5,020	5,070
Accountancy fees	2,500	2,500
Management committee meeting expenses	661	2,131
Other legal and professional	13	5,373
	8,194	15,074
Total support costs	966,993	1,195,808
Total expenditure on charitable activities	2,050,258	2,446,043

Expenditure on charitable activities (*continued*)

In addition to the above financial costs approximately 267,000 hours time was donated by volunteers working as drivers, delivery helpers, home support helpers, in-store shoppers, befrienders, library book delivery, cooks and office workers. It is estimated that the cost of this voluntary time would have been around £2,700,000 had it not been provided by volunteers.

Of the total expenditure on charitable activities in 2024 £1,833,544 was unrestricted and £216,714 was restricted.

Of the total expenditure on charitable activities in 2023 £2,338,749 was unrestricted and £114,363 was restricted.

9 Net income/(expenditure) for the year

	2024	2023
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	123,916	116,230
Operating lease rentals - plant and machinery	6,259	6,259
Operating lease rentals - land and buildings	83,205	91,342
Auditors' remuneration for audit services	5,020	5,070
Key management personnel remuneration	94,857	110,407

10 Staff costs

	2024	2023
	£	£
Wages and salaries	1,247,744	1,478,096
Termination payments	-	18,342
Social security costs	91,486	116,038
Other pension costs	57,180	64,731
	1,396,410	1,677,207

Termination payments in 2023 related to an Employment Tribunal award.

Key management personnel comprise the Chief Executive Officer and the Deputy Chief Executive.

The number of employees who received total employee benefits (excluding employer pension costs) of more than £60,000 is as follows:

	Number	Number
£60,001 - £70,000	1	1

Average number of employees during the year	Number	Number
Senior management team	6	6
Administration and support	51	57
	57	63

The average number of employees during the year, calculated on the basis of full time equivalents was 51 (2023 - 51).

11 Tangible fixed assets

	Land and Buildings *At cost* £	Delivery vans *At cost* £	Equipment *At cost* £	Total £
Cost or valuation				
At 1 April 2023	314,053	951,711	35,613	1,301,377
Additions	-	127,056	9,780	136,836
Disposals	-	(49,261)	-	(49,261)
At 31 March 2024	314,053	1,029,506	45,393	1,388,952
Depreciation				
At 1 April 2023	6,281	639,255	18,216	663,752
Charge for the year	6,281	110,841	6,794	123,916
On disposals	-	(42,040)	-	(42,040)
At 31 March 2024	12,562	708,056	25,010	745,628
Carrying amount				
At 31 March 2024	301,491	321,450	20,383	643,324
At 31 March 2023	307,772	312,456	17,397	637,625

12 Debtors

	2024 £	2023 £
Trade debtors	56,736	53,188
Other debtors	5,811	15,890
Prepayments and accrued income	21,439	11,387
	83,986	80,465

13 Cash held as custodian trustee on behalf of customers

Cash at Bank and in hand includes monies that have been received from clients in respect of their shopping purchases. These funds are held in separate "shopping" bank accounts in trust for clients. The money is paid to the shop when payment is requested.

	2024 £	2023 £
Cash held for customers	164,686	199,591

14 Creditors: amounts falling due within one year

	2024 £	2023 £
Trade creditors	169,978	201,327
Other taxes and social security costs	36,917	38,143
Accrued holiday pay	17,208	19,688
Other creditors	3,039	8,727
Deferred income	54,435	71,170
Accruals	8,620	7,500
	290,197	346,555
Deferred income reconciliation		
At 1 April 2023	71,170	100,000
Amount released to the Statement of Financial Activities	(71,170)	(100,000)
Amount deferred in the year	54,435	71,170
At 31 March 2024	54,435	71,170

Deferred income represents grants that have been received in the current year specifically to be used in the following financial year.

15 Net debt reconciliation

	B/fwd £	Cashflows £	C/fwd £
Cash at bank and in hand	776,653	87,236	863,889
Prior year net debt reconciliation			
Cash at bank and in hand	1,190,553	(413,900)	776,653

16 Restricted income funds	B/fwd	Income	Expenditure	C/fwd
	£	£	£	£
Scottish Power Electric Vans	127,640	-	(31,912)	95,728
Energy Saving Trust: Equipment	4,454	103,516	(27,331)	80,639
SGN Connections Fund	-	45,000	(28,334)	16,666
Befriending - National Lottery Community Fund	1,566	65,071	(66,637)	-
National Lottery Community Fund (Improving Lives programme)	-	75,000	(62,500)	12,500
	133,660	288,587	(216,714)	205,533
Prior year restricted income funds				
Scottish Power Electric Vans	170,184	-	(42,544)	127,640
Energy Saving Trust	6,390	-	(1,936)	4,454
Befriending - National Lottery Community Fund	2,796	68,653	(69,883)	1,566
Asda Foundation - Minibus	5,828	-	-	-
- Transfer to General Fund	(5,828)			
	179,370	68,653	(114,363)	133,660

The Scottish Power Electric Vans fund represents investment during 2019-20 in electric vans and charging equipment paid for by a grant from Scottish Power. Additional funding has been provided to help meet the costs associated with these vans and equipment.

The Energy Saving Trust Equipment Fund is to pay for the purchase and installation of electrical charging equipment and two vans.

The SGN Connections Fund is to help meet staffing costs.

The Befriending - National Lottery Community Fund is to support a continuing Befriending service and purchase a minibus with the help of grants from the National Lottery Community Fund.

The National Lottery Community Fund (Improving Lives programme) contributes to staffing costs and other support costs at our Glasgow Branch.

The "Asda Foundation Minibus" Fund was for the purchase and preparation of a Minibus for use in Befriending activities. The minibus was sold in 2023 and the net proceeds transferred to the General Fund.

17 Unrestricted income funds

	B/fwd £	Income £	Expenditure £	C/fwd £
General Fund	514,041	1,897,699	(1,781,875)	629,865
Designated fund:				
Building Fund	307,772		(6,281)	301,491
Equipment Fund	192,715	18,219	(46,821)	164,113
	1,014,528	1,915,918	(1,834,977)	1,095,469
Prior year unrestricted income funds				
General Fund	759,136	2,083,277	(2,297,623)	514,041
- Transfer from Asda Minibus fund	5,828			
- Transfer to Building Fund	(36,577)			
Designated funds:				
Building Fund	277,476		(6,281)	307,772
- Transfer from General Fund	36,577			
Equipment Fund	227,560		(34,845)	192,715
	1,270,000	2,083,277	(2,338,749)	1,014,528

18 Defined contribution pension scheme

The Charity operates a defined contribution pension scheme for all qualifying employees. The assets of the Scheme are held separately from those of the charity in an independently administered fund.

The charge to the statement of financial activities in respect of the defined contribution scheme was £57,180 (2023: £64,731).

19 Analysis of net assets between funds

	Tangible fixed assets £	Net current assets £	Total £
Restricted income funds			
Scottish Power Electric Vans	95,728	-	95,728
Energy Saving Trust	81,992	(1,353)	80,639
SGN Connections Fund	-	16,666	16,666
National Lottery Community Fund		12,500	12,500
	177,720	27,813	205,533
Unrestricted income funds			
Designated funds	465,604	-	465,604
General fund	-	629,865	629,865
	465,604	629,865	1,095,469
Total funds	643,324	657,678	1,301,002

Prior Year analysis of net assets between funds

Restricted income funds			
Scottish Power Electric Vans	127,640	-	127,640
Energy Saving Trust	5,807	(1,353)	4,454
Befriending - National Lottery Community Fund	3,691	(2,125)	1,566
	137,138	(3,478)	133,660
Unrestricted income funds			
Designated funds	500,487	-	500,487
General fund		514,041	514,041
	500,487	514,041	1,014,528
Total funds	637,625	510,563	1,148,188

20 Other financial commitments

Total future minimum lease payments under non-cancellable operating leases:

	Land and buildings 2024 £	Land and buildings 2023 £	Other 2024 £	Other 2023 £
Falling due:				
within one year	58,073	49,608	6,413	5,582
within two to five years	14,515	13,315	11,023	15,034
	72,588	62,923	17,436	20,616

21 Prior Year Statement of Financial Activities (including income and expenditure account)

	Notes	Unrestricted Funds	Restricted Funds	Total Funds 2023
		£	£	£
Income from:				
Donations and legacies	2	150,240	-	150,240
Charitable activities	3	1,892,669	68,653	1,961,322
Other trading activities	4	34,369	-	34,369
Investments	5	4,346	-	4,346
Other income	6	1,653	-	1,653
Total income		2,083,277	68,653	2,151,930
Expenditure on:				
Raising funds	7	(7,069)	-	(7,069)
Charitable activities	8	(2,331,680)	(114,363)	(2,446,043)
Total expenditure		(2,338,749)	(114,363)	(2,453,112)
Net income/(expenditure) for the year		(255,472)	(45,710)	(301,182)
Transfers between funds		5,828	(5,828)	-
Net movement in funds		(249,644)	(51,538)	(301,182)
Reconciliation of funds:				
Total funds brought forward		1,264,172	185,198	1,449,370
Total funds carried forward		£1,014,528	£133,660	£1,148,188

22 Related party transactions

No members of the Board of Directors received any remuneration during the year. No Travel costs were paid to any director (2023: £10 to one director). Other expenditure in relation to training and holding meetings of the Board of Directors totalled £ 661 (2023: £1,071).

No director or other person related to the charitable company had any personal interest in any contract or transaction entered into by the charity during the year.

23 Controlling party

The Charitable Company is under the control of its Board of Directors.

24 Legal form of entity and country of incorporation

The Food Train is a private charitable company limited by Guarantee and incorporated in Scotland. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.