

Food For Thought
Scottish Charity No SCO 47239

Trustees' Report and Accounts for the period from 01 September 2024 to 31 August 2025

Current Trustees

Sharon Rowatt – Chairperson

Jack Dyer – Treasurer

Helen Ferguson - Secretary

David Keown – Board Member

Morag O'Neil – Board Member

Neil Hanson - Board Member

Tina Kemp – Board Member

Norma Moore – Board Member

Independent Examiner

Jonathan Herriott CGMA, ACMA

Bankers

Royal Bank of Scotland

Contact Address

St Augustine's Community Hall

St Mary's Way

Dumbarton

G82 1LL

Food For Thought

Scottish Charity No SCO 47239

Receipts and Payments for the period to 31 August 2025

		2025	2024
		Total Funds	Total Funds
	Notes	£	£
Income			
Donations	1	9,670	18,481
Grants	2	108,125	59,120
Catering		3,931	-
Room Hire		270	4,403
Total Income		121,996	82,004
Expenditure			
Payments relating directly to charitable activities	3	114,638	96,472
Statement of Balances as at 31 August 2025		7,357	(14,469)
Bank and Cash in Hand			
Opening Balances	4	10,853	25,322
Surplus/(Deficit for the year)		7,357	(14,469)
Closing Balances		18,211	10,853
Reserves			
General Fund			
Closing Balances		18,211	10,853

The association has no other investments, assets,
or material Liabilities

Approved by the Trustees and signed on their
behalf



Sharon Rowatt
Chairperson
2025

Food For Thought

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Independent Examiners Report to the Trustees

I report on the accounts of the charity for the year ended 31 August 2025 which are attached.

Respective responsibilities of trustees and examiners

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. The charity trustees consider that the audit requirement of Regulation 10(1)d 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 examiners statement

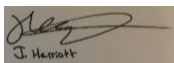
My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanation from the trustees concerning any such matter. 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 statement

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



J. Herriott

Jonathan Herriott CGMA, ACMA

Independent Examiner

26th May 2026

Food For Thought

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Notes to the financial statements

1. Donations are gratefully received from the local and wider community in support of the aims and objectives of Food for Thought.

Food for Thought successfully delivered essential services to approximately 62 referring agencies including more than half from West Dunbartonshire Council. We provided emergency food parcels to 7547 single adults and 1920 families throughout this reporting year.

2. Grants totalling £108,125 were gratefully received from West Dunbartonshire Council, Robertson Trust, National Lottery, Foundation Scotland, Neighbourly/Sainsbury's during the year.

3. Expenditure for the accounting period of 1st September 2024 to 31st August 2025

	£
Wages	43,048
Rent	5,473
Administration	6,424
Food Supplies	51,461
Van	2,964
Utilities	5,268
Total Expenditure	114,638

4. **Basis of preparation**

The financial statements have been prepared under the historical cost convention. They have been prepared in accordance with the Charities Statement of Recommended Practice (SORP 2005), the Charities Accounts (Scotland) Regulations 2006, and applicable Accounting Standards.