

Eat Up

For Period 01 August 2024 TO 31 July 2025

Charity Information

Trustees

Tommy Reid – Chair/Trustee

Andrew Roy – Treasurer/Trustee

Mariusz Stepień – Secretary/Trustee

Address

10 Mc Neil Drive

Holytown

Eurocentral

ML1 4UR

E-mail: boardofdirectors@eatupcharity.online

Tel: 03331887766

Mobile: 07426563463

Scottish Charity Number

SC048548

Eat up Trustees' Report

For Period 01 August 2024 - 31 July 2025

Introduction

Eat up is a small Scottish Charity (SC048548). Founded in 2017, Eat up Charity has made tremendous impact thanks to the help of members and volunteers in the Renfrewshire, Glasgow and North Lanarkshire community. The core of our work lies in the continuous passion and dedication we bring to the range of projects we take part in. Charity supports the community through food, furniture, social space, music and recreational activities.

Aims/Objectives

The prevention or relief of poverty, the advancement of citizenship or community development, the provision of recreational facilities, or the organisation of recreational activities, with the object of improving the conditions of life for the persons for whom the facilities or activities are primarily intended, the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage

Activities

The charity has spent the year developing its infrastructure to enhance the service it provided. It has done that through campaigns and fundraising. It carries out activities or services itself. The charity has expanded to Aberdeen, with its research hub and kitchen for those in need. The charity has advanced with the Euro central building holding events such as helping socialization and strengthening the community. The coffee mornings and the new community hub in Paisley have all helped bring the community together. The food service has done well as it's met the needs of the community relieving poverty. The charity has been involved in arts and exhibition space in Ayr, Tollcross, Galashiels, Stranraer, and Renfrewshire. Helping the Edinburgh fringe artists with space to rehearse. The charity also expanded its helping people with free office space to help local start-ups with a chance to move in to the business world and enhance their life chances. The charity has enhanced its reach through plugged in communities grants of electric vehicles which has helped get to Aberdeen and other long distance places. The charity has also helped sent items to Africa to help people in absolute poverty who have nothing. The charity managed to use buildings in Shawlands to help store and distribute the items to Africa. The impact has been significant. The Africa Plus programme is looking to expand and send more in 2026. The research in to poverty has begun to help the charity gain knowledge and process on how to work with more effectively and using the aims and objectives of the charity, make a difference and impact.

Statement of Responsibilities of Members

The committee members are responsible for the preparation of the accounts for each financial year, which gives a true and fair review of the state of affairs at the end of the year and of its results for that period. In preparing those accounts, the members are required to;

- Select suitable accounting policies and then apply them consistently.
- Make judgements and estimates that are reasonable and prudent
- State whether applicable accounting standards have been followed
- Prepare the accounts on the going concern basis unless it is inappropriate to assume that the scheme will continue

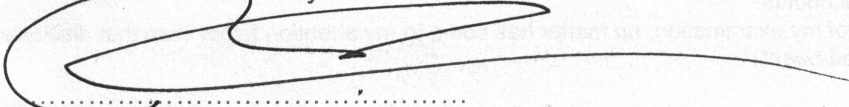
The committee members are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the project and which will enable them to comply with accounting procedures of The Law Reform (Miscellaneous Provisions) (Scotland) Act 1990 and The Charities Accounts (Scotland) regulations 1992. As a Scottish charity, they must also comply with the applicable terms and provisions of the Charities & Trustee Investment (Scotland) Regulations 2006. They are responsible for safeguarding the assets of the organisation and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.

We shall continue to work to deliver the successful assistance and help required by our service users to the consistently high standard we have been renowned for.

We would also like to take this opportunity to thank our volunteers and supporters from the whole community for their hard work throughout the year.

Signed on behalf of Eat Up

Trustee/Chair: Tommy Reid



Date: 08.12.2025

APPENDIX 3



		Independent examiner's report on the accounts v2						
Report to the trustees/members of	Charity name	EAT UP						
Registered charity number	SC048548							
On the accounts of the charity for the period	Period start date	Day	Month	Year	to	Day	Month	Year
		01	08	2024		31	07	2025
Set out on pages							(remember to include the page numbers of additional sheets)	
Respective responsibilities of 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) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). 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 examiner's statement	My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. 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	<p>In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]</p> <ol style="list-style-type: none"> which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> 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 <p>have not been met, or</p> <ol style="list-style-type: none"> to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached. 							
Signed:					Date:	08/12/2025		
Name:	MOHSAN SALEEM							
Relevant professional qualification(s) or body (if any):	IFA							
Address:	Pro Tax Accountants Saleem & Co Ltd							
	21 Underwood Road							
	Paisley							
	PA3 1TH							



APPENDIX 3

Disclosure section

Give here brief details
of any items that the
examiner wishes to
disclose

EAT UP

SC048548



Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	25	06	2018		04	02	2020
		01	08		2024	31	07

Section A Statement of receipts and payments

	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
A1 Receipts						
Donations	71,592	64,391			135,983	20,814
Legacies					-	-
Grants					-	-
Receipts from fundraising activities					-	-
Gross trading receipts					-	
Income from investments other than land and buildings					-	
Rents from land & buildings					-	
Gross receipts from other charitable activities					-	
					-	
A1 Sub total	71,592	64,391	-	-	135,983	20,814
A2 Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
A2 Sub total	-	-	-	-	-	-
Total receipts	71,592	64,391	-	-	135,983	20,814
A3 Payments						
Expenses for fundraising activities					-	
Gross trading payments					-	
Investment management costs					-	
Payments relating directly to charitable activities	62,973	64,229			127,202	19,919
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
Other					-	
					-	
A3 Sub total	62,973	64,229	-	-	127,202	19,919
A4 Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
A4 Sub total	-	-	-	-	-	-
Total payments	62,973	64,229	-	-	127,202	19,919
Net receipts / (payments)	8,619	162	-	-	8,781	895
A5 Transfers to / (from) funds						
Surplus / (deficit) for year	8,619	162	-	-	8,781	895

B1 Cash funds

B2 Investments

B3 Other assets

B4 Liabilities

B5 Contingent liabilities

Signature	Print Name	Date of approval
<i>Tommy Reid</i>	Tommy Reid	08 December 2025

EAT UP

SC048548

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Collections from Donors	71,592	64,391			135,983	20,814
					-	
					-	
					-	
Total	71,592	64,391	-	-	135,983	20,814

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £			Total current period to nearest £	Total last period to nearest £
National Lottery (van)	-	-			-	
National Lottery (covid grant)	-	-			-	
Baillie gifford (coffee cart)	-	-			-	
Robertso trust (van driver)	-	-			-	
Martin lewis (core costs)	-	-			-	
Neighboruly	-	-			-	
					-	
					-	
Total	-	-			-	-

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Receipts from Fund Raising	-				-	-
					-	
					-	
					-	
					-	
					-	
					-	
Total	-	-	-	-	-	-

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
					-	
					-	
Payments relating directly to charitable activities	62,973	64,229			127,202	19,919
					-	
					-	
					-	
					-	
					-	
					-	
Total	62,973	64,229	-	-	127,202	19,919

SC048548

Additional analysis (2)

5 Breakdown of unrestricted funds

	Unrestricted fund 1 - enter name of fund below	Unrestricted fund 2 - enter name of fund below	Unrestricted fund 3 - enter name of fund below	Unrestricted fund 4 - enter name of fund below	Total unrestricted funds	Total unrestricted funds last period
Receipts						
Donations	71,592				71,592	12,814
Legacies					-	-
Grants					-	-
Receipts from fundraising activities					-	-
Gross trading receipts					-	-
Income from investments other than land and buildings					-	-
Rents from land & buildings					-	-
Gross receipts from other charitable activities					-	-
Sub total	71,592	-	-	-	71,592	12,814
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	-
Proceeds from sale of investments					-	-
Sub total	-	-	-	-	-	-
Total receipts	71,592	-	-	-	71,592	12,814
Payments						
Expenses for fundraising activities	62,973				62,973	19,919
Gross trading payments					-	-
Investment management costs					-	-
Payments relating directly to charitable activities					-	-
Grants and donations					-	-
Governance costs:					-	-
Audit / independent examination					-	-
Preparation of annual accounts					-	-
Legal costs					-	-
					-	-
Sub total	62,973	-	-	-	62,973	19,919
Payments relating to asset and investment movements						
Purchases of fixed assets					-	-
Purchase of investments					-	-
Sub total	-	-	-	-	-	-
Total payments	62,973	-	-	-	62,973	19,919
Net receipts / (payments)	8,619	-	-	-	8,619	(7,105)
Transfers to / (from) funds						
					-	-
Surplus / (deficit) for year	8,619	-	-	-	8,619	(7,105)

Nature and purpose of funds

EAT UP

SC048548

Additional analysis (3)

6 Breakdown of restricted funds

	Restricted fund 1 - enter name of fund below	Restricted fund 2 - enter name of fund below	Restricted fund 3 - enter name of fund below	Restricted fund 4 - enter name of fund below	Total restricted funds	Total restricted funds last period
Receipts						
Donations	64,391	-			64,391	8,000
Legacies	-	-			-	
Grants	-	-			-	-
Receipts from fundraising activities	-	-			-	
Gross trading receipts	-	-			-	
	-	-			-	
Income from investments other than land and buildings	-	-			-	
Rents from land & buildings	-	-			-	
Gross receipts from other charitable activities	-	-			-	
Sub total	64,391	-	-	-	64,391	8,000
Receipts from asset & investment sales						
Proceeds from sale of fixed assets					-	
Proceeds from sale of investments					-	
Sub total	-	-	-	-	-	-
Total receipts	64,391	-	-	-	64,391	8,000
Payments						
Expenses for fundraising activities	64,229				64,229	-
Gross trading payments					-	-
Investment management costs					-	
Payments relating directly to charitable activities					-	
Grants and donations					-	
Governance costs:					-	
Audit / independent examination					-	
Preparation of annual accounts					-	
Legal costs					-	
					-	
					-	
Sub total	64,229	-	-	-	64,229	-
Payments relating to asset and investment movements						
Purchases of fixed assets					-	
Purchase of investments					-	
Sub total	-	-	-	-	-	-
Total payments	64,229	-	-	-	64,229	-
Net receipts / (payments)	162	-	-	-	162	8,000
Transfers to / (from) funds					-	
Surplus / (deficit) for year	162	-	-	-	162	8,000
Nature and purpose of funds						