

the food chain

Annual Review 2008

20 years of delivering meals and nutritional services to people living with HIV



Key Facts & Achievements

In 2008 The Food Chain...

Delivered 33,128 Meals

Delivered 589 Grocery Boxes

Delivered 548 Emergency Hampers

Gave 849 volunteers the opportunity to make a difference

Launched Eating Positively - a series of nutrition workshops and cookery classes for people living with HIV

Coped with increased food and fuel costs

Saw a huge increase in demand for our services

Employed a General Manager and a Public Health Nutritionist to help expand our services and impact

Marked our 20th anniversary

Our Organisational Priorities

In the coming year, The Food Chain will seek to extend our vision. We want to ensure that people living with HIV have access to essential food and nutritional information in order to stay well and lead healthy, independent lives.

Our priorities are:

To make sure we have stable funding streams in order to feed more people through our Sunday Meal, Grocery Box and Emergency Hamper services

To continue the successful roll-out of our new Eating Positively classes

To be recognised as the leading service provider and resource for HIV nutrition in London, and the UK

Charitable Income	440,765
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Grants	250,813
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Donations	102,033
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Fundraising	77,872
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Interest and other income	10,047
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Charitable Expenditure

Service provision	351,151
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which includes:

Meals (including grocery boxes and emergency hampers)	272,963
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Fundraising costs	45,500
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Governance costs	4,200
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Further information is available in The Food Chain's Annual Accounts

An Introduction from the Chair

The Food Chain celebrated an important anniversary in 2008: 20 years since we delivered our first Sunday meal on Christmas Day 1988. For the many medical professionals who have referred service users to us, the patrons, staff and supporters who have been involved with the organisation over these years, please accept my heartfelt thanks. I must also take this opportunity to thank our volunteers, whose dedication can be seen in every part of the organisation. Over the years, we estimate over 1.5 million hours have been donated by our many thousands of volunteers, with the Sunday meal service alone requiring at least 100 volunteers every week.

It is a journey we could not have made without all of you.

Marking our 20th Anniversary has been a bittersweet experience. Our story so far recognises just some of The Food Chain's remarkable achievements since 1988, and over the past year in particular. But the good news is always overshadowed by the huge challenge we still face.

New referrals continue to increase as more people are diagnosed with HIV. Over 7,000 new diagnoses were recorded in the UK last year. Many of the people who are referred for our services are very unwell and in a situation of desperate need. Stigma is still a real issue. And of course, those living in poverty and isolation are often hit hardest by the rising prices of food and fuel.

It is important to remember how far we have come since those dark days in the 1980s when friends died and a cure seemed impossible. While it's true that there still isn't a cure for HIV, the medical advances of the last 10 years have drastically changed the outlook for those living with the virus. With the availability of antiretroviral treatment – and good nutrition – it is now possible to live well with HIV.

Please join me in continuing to feed the fight against HIV.



Maggie Elliott
Chair of The Management Committee



Why is Nutrition so important for people living with HIV?

Good nutrition is vital for people living with HIV. Antiretroviral drugs can control HIV infection, but without a diet of good food, the immune system cannot effectively build itself, and the body cannot fight infections, weight loss and muscle wasting. Facial wasting as a result of lipodystrophy (a side effect of some drug regimes) and other visible signs of illness can lead to stigmatisation, discrimination and isolation for many service users.

Opportunistic infections as a result of HIV infection can lead to complications such as sores, loss of appetite and loss of motivation, affecting a person's ability to eat and their incentive to buy food. Many people find themselves housebound as a result of mobility problems, or tuberculosis or other highly infectious diseases.

Review of the Year

We are very pleased to announce two new services

independence. Over the past year we have set new objectives, extended our mission and v



New Services!

In 2008, we successfully piloted and are now rolling out Eating Positively, a series of nutrition workshops and practical cookery classes tailored to the needs of people living with HIV.

In 2009, subject to funding, we will introduce Supported Shopping - a service we have developed in response to feedback from our service users. Specially trained volunteers will offer assistance to service users (with shopping and preparing food) in their homes.

Our Objectives for Service Delivery

- 1 To provide immediate, emergency support to people living with HIV who are referred to us in poor health
- 2 To provide sustained critical care and tailored nutritional support to people living with HIV, to assist them to full health
- 3 To provide assistance and information to service users in order for them to make informed decisions, build confidence and break down the barriers to independence
- 4 To provide advice, teach practical skills and offer specific information to people living with HIV and their carers to ensure they have the tools to lead healthy, independent lives
- 5 To acknowledge that some service users will not reach full health and independence and work with partners to contribute to their palliative care, with respect and dignity

Our Mission

The Food Chain changes and saves lives, by ensuring people living with HIV have access to tailored nutrition services, provided free through a network of skilled volunteers.

Nutritional expertise is made available to a wider audience through publications and fact sheets, and information is shared with partner organisations to influence policy and improve the lives of people living with HIV.

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EMERGENC
Emergency Hampers,

The Pathway to Long-Term Hea

to support people living with HIV on the pathway to long-term health, wellbeing and independence, and planned the recruitment of 600 new volunteers to deliver these services.

Existing Food Delivery Services

We continue to deliver over 700 tailored meals, and 20 grocery box and emergency hamper deliveries every week as demand for our services continues to increase.

Some feedback from 2008...

“Your service is a unique resource and has given some very isolated and vulnerable people not just a delicious quality meal on a Sunday but has provided social contact when they see nobody otherwise.” **Referrer**

“This year since January has been one of the most difficult in my life. Besides dealing with HIV/AIDS since 1988 I have also been struggling with clinical depression and have had my benefits cut for no apparent reason. I have been housebound and ill, and going out, even for groceries has been a major chore full of anxiety. I am very grateful for the groceries that The Food Chain have provided. It’s difficult and humbling to be on this side of charity, and not only do I appreciate the groceries and supplies but also the dignity and support to.” **Service User**

The Challenges

The Food Chain and our service users faced multiple financial challenges in 2008.

The record increases in food prices have directly impact the cost of meals provided to service users by The Food Chain. The average cost of providing Sunday meals rose from around £3.00 to over £3.50 per person during the year.

In addition, rising costs of food and fuel have meant that many of our service users have had to make a choice – eat or stay warm – which has greatly increased demand for our services, with many more service users applying for services because they found themselves in financial difficulty.

The government support provided to people living with HIV was reorganised in 2008, with many of our service users facing benefit cuts, or having their benefits removed completely due to changes in the law.

New Services mean new Volunteering Opportunities

VICE
Positively,
Information

TANCE
ing and/or Grocery
ox

L CARE
Meal Delivery Service

Y SUPPORT
Meal Delivery Service

Health, Wellbeing and Independence

Positive Eating Assistants

An opportunity to assist our service users by helping deliver our new nutrition and cookery classes

Drivers

You can change lives by committing as little as one lunch time shift a month to deliver much-needed meals in south and east London

Subcommittee Members

Use your skills in finance, communications or nutrition by attending monthly evening meetings and helping to support our service delivery

Organisational Changes

Staff Changes

In July 2008, The Food Chain was pleased to welcome Andrew Davies as General Manager. His remit is to help us grow through the development of new services and ensuring that we have the stable streams of funding to support these ambitious plans.

Anna Denny was appointed as our first Public Health Nutritionist. She joined us on a part-time basis in November. Annie had been a volunteer for many years and now provides The Food Chain with essential in-house nutrition expertise for the first time. She will be coordinating our activities around nutrition across the organisation.

In 2009:

With the uncertain financial climate, we know that fundraising remains a central concern for all charities. To this end, The Food Chain will be hiring a full-time fundraiser in early 2009.

Workplan & Governance review

Staff and trustees have developed an 18-month work plan to oversee the changes required to introduce these new services. This plan complements the recent governance review undertaken by the organisation. As a result of both efforts, a new internal structure was introduced, and a new subcommittee, ESKIMO (Education, Skills, Meals & Outreach) that will focus on supporting the delivery of new services.

In 2009:

Staff and volunteers will continue to implement the work plan including initiatives to improve delivery of core services, refine internal procedures to accommodate the new services and develop the new services to address the evolving needs of people living with HIV.

Events

A variety of events took place throughout the year, raising 18% of our income, raising our profile and some providing top quality training to our volunteers.

Our lead cooks training day in September had the added bonus of some professional training from the chefs at Jamie Oliver's 'fifteen' restaurant.

The fourth annual Black Tie Dinner took place at The Wyndham Grand, Chelsea Harbour in November 2008 and raised just less than £25,000 – a remarkable achievement and a substantial increase on the successful 2007 dinner.

On World Aids Day (1 December), The Food Chain celebrated its 20th anniversary with a reception at South Africa House, Trafalgar Square for press, patrons and funders. The reception was followed by a performance of the Mozart Requiem at St Martin-in-the-Fields.

In 2009

This year we will be taking some time to mark our coming-of-age, our 21st birthday. From a volunteer party (with awards recognising those who are integral to our achievements) to our annual Black Tie reception and other celebrations, 2009 promises to be a year to remember at The Food Chain. We look forward to seeing you at any or all of these events.

The story since the first Sunday meal - Christmas 1988

From a single kitchen and one service, The Food Chain now offers four services to those living with HIV in London, along with nutritional information and recipes that are available to anyone worldwide with an internet connection.

Our Sunday meal service continues to grow, now provided from six borrowed kitchens. We expect to serve our 400,000th meal early in 2009.

With the introduction of new antiretroviral medication regimes, our service users found that their needs changed. Emergency hampers for those leaving hospital and grocery boxes were introduced.

This past year, we launched Eating Positively, a series of cooking, nutrition, shopping and budgeting courses for those needing the skills to lead more independent lives.

Our Supporters

Our achievements this year would not have been possible without the **financial support** of our generous grant-makers, corporate sponsors and individual donors

Grants

29th May 1961 Trust
Altria Group
Aston Mansfield Charitable Trust
Awards For All
BBC Children-in-Need
Big Lottery/Community Fund
Calmcott Trust
Cara Trust
City Bridge Trust
Coutts Charitable Trust
Derek Butler Trust
East London Nursing Society Trust
Elton John Aids Foundation
Evelyn Hodgson Memorial Trust
Global Strong Trust
Goldsmiths
Greenwich Charities
Hackney Parochial Trust
Hampton Fuel Allotment Charity
Hayles Charity
Help a London Child
Islington United Charities
Lewisham Parochial Charities
Mackintosh Foundation
Media Trust
Milton Damerel Trust
Monument Trust
Parador Charitable Trust
Peter Minet Trust
Peter Moores Foundation
Reubens Brothers Foundation
Richard Cloudesley Charity
Slaughter and May Charitable Trust
Sudborough Foundation
Thames Charitable Trust
United Way International
Vivian Child Trust
Anonymous Grant

Corporate Donations

BNP Paribas Securities Services
Charities Aid Foundation
Fresh and Wild
Gilead Services
GSK
Guinness Asset Management
HSBC
KPMG
Linklaters
Portman Travel
PWC
Royal Bank of Scotland
Sainsburys

Our Volunteers

At the last count, we had over 800 active volunteers donating their time, skills and experience to feeding the fight against HIV.

We are very proud to have a loyal base of volunteers who participate in every aspect of the work that we do, from shopping, menu planning, cooking, and delivering meals for our Sunday Meal Delivery Service, to raising funds, organising events and much more.

We would like to take this opportunity to thank them for their hours of hard work - worth almost £600,000 this year - as without their continuing efforts The Food Chain would cease to exist.

Our charitable income (year ending 31 March 08) was...

£440,766

57%	Grants and trusts
23%	Individual and corporate donations
18%	Community fundraising and events
2%	Interest and other income



**We need to raise at least
£88,000 more to deliver
our services this year**

The Food Chain

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Rhiannon McCorkindale, Research & Publicity
James Thulborn, Services Administrator

Trustees

Maggie Elliott, Chair
Caroline Hodge, Vice Chair
Alan Mathers, Vice Chair
Jeremy Oliver
Adam Pepper
Adrian Platt
Sue Richards
Sue Rogers
Edward Voelcker

Officers

Roger Birtles, Company Secretary
Sue Louise, Treasurer

Patrons

Dr Caroline Bradbeer
Michael Cashman MEP
Julian Clary
Jackie Clune
Sarah Jane Evans
Sheila Hancock
Jonathan Harvey
Gerhard Jenne
Dr Magaret Johnson
Sir Cameron Mackintosh
George Michael
Holly Penfield
Claudia Roden
Rt Hon Lord Smith of Finsbury
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Dr Mervyn Tyrer

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