

Developing lives, enriching community

2021-22





CONTENTS & VISION

●	Our Vision Statement	2
●	Introduction by Chief Executive Officer	3
●	Thank you & farewell Michael Roberts	4
●	Maybury Open Door	5
●	Harlow Foodbank & Bounty Club	6-7
●	Bump-to-Five	8
●	The Changing Minds Project	9
●	Tackling hardship in Harlow - A tough year	10-11
●	Our collaborations	12
●	MRCT Staff and Volunteers	13
●	Our Community Partnerships	14-15
●	Acknowledgements	16

Our vision is that everyone can belong and participate in their communities, knowing that they are significant, valued, included and wanted.

Our vision is that no one should go hungry, or without the means to bring up their children, heat their homes or live in dignity.

In that position should know that they are supported by those around them until things are good again.

Our vision is fueled by the belief that nobody is excluded, unwanted or overlooked by God, whose love is revealed through Jesus.

Guide to images on front cover:

Left to right—Bounty Club pick up at Brakes | Foodbank recipient at St Paul's | SES Christmas Party at Paringdon Sports Centre | Bump to Five at HTS River Way receives a Christmas donation from The Rent Guarantee Company | Maybury Open Door welcomes newcomers to their Christmas Party in Momples Road | Bump to Five donations supporting newly arrived Afghan refugees at Harlow Hotel | M18 Foods accept a new donation point in East Road | Church of Pentecost donating food to the Store House at Housham Hall Farm | Church Langley Tesco Christmas collection | MRCT Sale of Stansted Airport donated items at North Weald Market.



INTRODUCTION FROM OUR CEO



This past year saw a slow and steady emergence from the shadows of Covid.

We report here on the actions we took to lessen its impact on those most vulnerable: whose livelihoods hit rock bottom or resilience struggled in lockdown. In this year we kept our focus to help those most affected.

As a result our projects, our work, and our budgets continued to grow. We hope you will be gladdened to see all we are now doing to help Harlow and the villages. It has been a truly collective effort thanks to our amazing supporters and partners. Thank you!

Our focus is relatively simple: we want people to live in dignity, knowing they are cared for and valued. And when they have got the strength to do so, we hope they might offer that back, creating a cycle of hope.

This cycle of care and hope came into sharp relief when Michael Roberts, the man whose name we bear, passed away in March this year.

Not many people knew who Michael was. Many assume that he was the wealthy benefactor behind our charity. But that couldn't be much further from the truth...

Michael was a man born with Down's Syndrome who had next to no money, was mostly brought up in care - needing institutional support for daily living. Michael's speech was hard to understand, and yet his warmth, empathy and unreserved appreciation of those around him left everyone who met him feeling good about life. His faith, optimism and cheeky humour regularly lit up a room, without the need for words.

We are proud to carry Michael's name forward through the impacts of our many projects. On the next page we profile his life and contribution to our ongoing work. We hope that our actions proclaim the values and beliefs that Michael held, and communicated... with or without words. We hope that we can be as infectious as he was in making this world a better place! Thank you for inspiring us so much, Michael Roberts, rest in peace.

MRCT may be growing, but our work continues to be delivered effectively thanks to the selfless giving of those who work alongside our small staff team every day. Like a well-oiled machine the support of around 100 volunteers a week makes it all happen. We and Harlow owe them a great debt of gratitude. Similarly our

Trustees and wonderful Hon Treasurer Rob Carrington drive us forward with an inspiring consistency, dedication and vision. They ask all the tough questions that keep us sharp - thanks again!

But alongside that, it is hard to quantify just how many people help their neighbours through MRCT. The thousands of people who drop an item into the Foodbank basket, the Facebook supporters that pass on our requests for help, the hundreds of community partners, the businesses who give us surplus food, the advisors who come in to our settings to support clients and the amazing churches who lend us their premises and people: St Paul's, Harefield and the Salvation Army.

Fundamental to that comes the support of those who regularly donate money, whether monthly or annually, small or large, many anonymous, many collective like churches and businesses. At the end of every year our books balance and our faith increases. Thanks everyone!

This is the generosity that we hope Harlow will recognise as essential to building a strong and prosperous town, with kind and welcoming neighbours, friendly villages, safe places for our children to grow up and good-hearted governance.

All of these things take warmth, generosity, trust, hope and optimism: a faith that the goodness in others and the goodness in ourselves belong together, and can overcome.

For being part of this we thank our God and You.

**Together we make love and dignity happen.
What a great thing!**

Andy Thornton
Chief Executive Officer





THANK YOU & FAREWELL MICHAEL ROBERTS

The Michael Roberts Charitable Trust, has been running for nearly 25 years now.

In that period we have achieved things that could never have been imagined when our Co-Founders Gary & Teresa Knott stepped out in faith to establish the charity.

Typical of Gary & Teresa was their decision to name it after one of their inspirations: someone whose generosity and openness had inspired them hugely: Michael Roberts.

We are often asked who Michael Roberts is? People assume he was a rich man who generously gave money to those in need: the type that more normally have a charity named after them.

But in some ways Michael was the opposite.

He was a man born with Down's Syndrome, with no significant money to his name. His speech was quite unclear, but in his own way he generously handed out much more than money: he beamed out love, joy and happiness – in unreserved quantities. In him Gary & Teresa saw the image of the God that they all loved, emblematic of what the charity would go on to do.

In March '22, we are sad to say, Michael died at the age of 62.



Michael shared much of the journey of MRCT and we are forever grateful to him.

The picture here shows him in Poland in 1999 where at aged 40 he accompanied a delegation from MRCT to visit facilities in Poland. Care centres were being set up

tragically failed the needs of those orphaned and discarded. So many with learning difficulties and severe physical disabilities were found neglected, deprived of sensory stimulus. Michael's presence transformed the visit as his vitality showed what was possible for those overlooked and considered incompetent with Down's Syndrome there.

MRCT joined in the response to that by setting up an activity programme and sensory room in an existing residential home, not a new centre and employing and training Polish care workers to run it. This initially helped 'The 31 people behind the door' but the ethos then



spread further to help hundreds find their way.

We made a video of that journey – '31 People Behind the Door' – revealing the disturbing situation that was given a significant boost through our earlier work. You can watch it here. (QR)



Michael was also a core member of our Living Stones Drama Group. He loved acting, relishing his role as the snooty Bishop in the parable of the Good Samaritan. You can see this here (QR) in another archive video which captures this extraordinary group in the 1990s.



Michael went on to become a founder member and regular attendee of Maybury Open Door. He is remembered with great fondness by those who recall his effusive thankful speeches to guests who came to the centre – even though the content was very hard to discern. He was just 'a very kind, happy man'.

We are proud to keep Michael's name alive; honouring the joy that he brought to the world. He was the kind of person that easily gets overlooked. Yet so many were moved to tears when they met him, discovering something very precious through his immediacy and uninhibited empathy for them.

It is a comfort to picture Michael and Gary having a good catch-up in heaven, now that Michael has found his voice. Michael out of his wheelchair, talking effusively about those great years, and how The Maybury Open Door continues to bring to life their shared belief that everyone has something great to bring to this world. We all have a light to shine and share!

Thank You for a life beyond words, Michael Roberts.

We celebrate you – at home now with the God you loved so much: fully free.



MAYBURY OPEN DOOR



Maybury Open Door is our drop in centre which operates 3 days a week in two church venues in the town.

Maybury supports a wide range of adults including the elderly, people with a disability or learning difficulties, homeless, isolated people and others who just need to venture out and meet new friends.

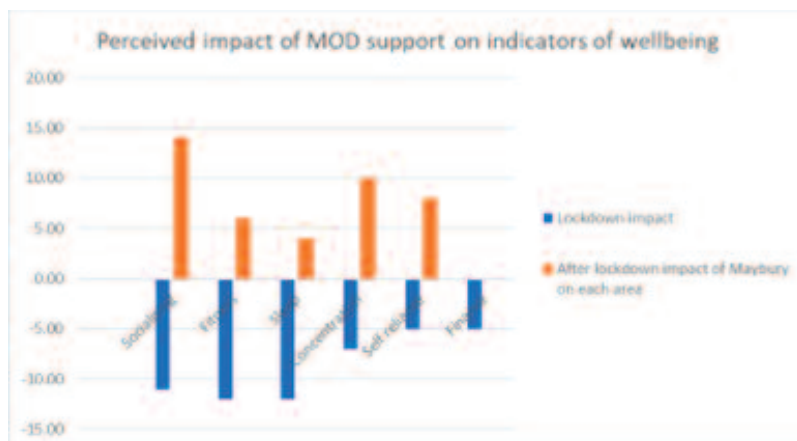
In a year dominated by Covid restrictions Maybury slowly got back to some of the old routines. We could open for longer hours, operating not just as support groups, but as a drop-in again. Christmas Parties were held at Harefield Church and St Paul's with guest singers and a communal meal - just before the new variant arrived and closed us down again for January.

Towards the end of March facemask regulations could be slackened and visitors could circulate more. All the regular games and pastimes could return, and though life in general had been harder, with attendees unable to talk face-to-face with Doctors, Psychiatrists or others in a position to help them, the Maybury team provided a place to feel safe and belong.

Our research throughout the year, when regulars returned after being confined to home, showed strong indications of the part Maybury previously played in their lives. Regular attendees felt that the lockdown had affected their sleep patterns, concentration levels, fitness and confidence to socialise. These lost faculties bounced back over the weeks they returned to Maybury although for some the impact is slower than others.

After a second disrupted year we would particularly like to thank our staff team and our regular volunteers for their dedication and flexibility. This project more than any other has needed to respond to the changes in our national life, and their constant concern for our regular attendees has been outstanding.

Similarly the funders who helped us create extra resources: The All Churches Trust, Harlow Health Centres Trust and partner churches at Harefield and St Paul's have been wonderful.



Special thanks...

Our thanks go again to the amazing staff and volunteers who have made Maybury such a special place for old friends and new, every week.

“

This has been great, I will definitely come back, thank you.

Glad to be back again.

The Team help me to keep things going in the right direction.

Coming here helps me with my routine, I don't know what I would do without the club.

”



HARLOW FOODBANK & BOUNTY CLUB



2021-22 saw our food projects work closer for the benefit of households in need.

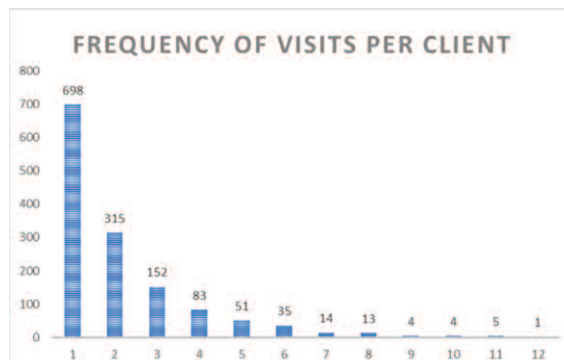
In the year previous to this, we saw an unprecedented hiatus with the complete lockdown at the arrival of Covid.

This year saw some let up in the first few months, until winter when numbers at the Foodbank slowly rose again. The activity in our Store House was very different from the previous year. We were inundated in 20/21, yet in 21/22 donations to us decreased but the demand increased.

Unlike the previous year when we were able to help out many other charities around the town, we had to stay focused on maintaining our stocks to ensure that the Foodbank honoured its commitment to voucher holders. We supplemented this with an increasing amount of fresh food from the Bounty Club, so that recipients received the standard package plus a choice of fresh fruit and vegetables - thanks to Brakes and Bidfood who continue to give us the pick of fresh items with around a week's dates left on them.

Our voucher count at the end of the year was around 83% on the previous (thankfully fewer needed our support) although it has subsequently risen to the same level in the 22/23 financial year as we report.

For the second year we were affected by the restraints on schools and businesses: where fewer attendees and restrictions on handling items led to lower giving at Harvest. We were grateful to many who responded to our



special appeal and used their ingenuity to gather food for those in need, despite the restrictions.

By Christmas the message was getting through that we were regularly having to buy food to support the dwindling levels of stock in the Store House, and our appeals in the town's supermarkets received great support at what turned out to be a highly demanding Christmas period.

We want to thank our volunteers (young and old) who gave their time over the year to gently persuade their shoppers to remember their neighbours at that time. Our ongoing thanks to Tesco and ASDA for welcoming us into their stores, and more than anything, the people of Harlow who have dug deep in support of their neighbours.



What does 182 tonnes of food look like?
Here is our Storehouse. When full it will hold around 40 tonnes on 110 palettes stacked to 4 foot high. We are emptying it around once every 3 months.





HARLOW FOODBANK & BOUNTY CLUB

How many times do people use the foodbank in a year?



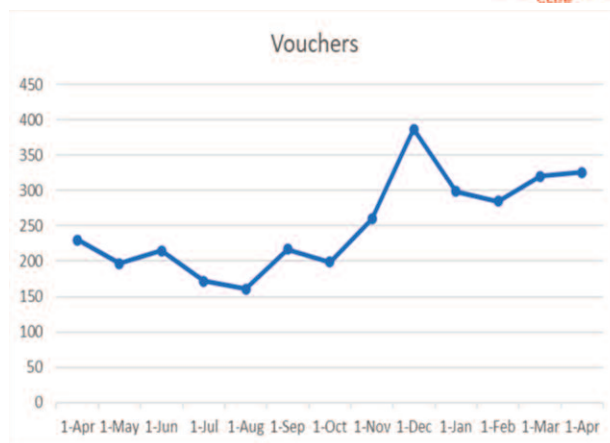
This is a question we are often asked. Some think that people become dependent on us—getting food from us and spending the equivalent money on the 'wrong kind of things'. Others think we will refuse to give any more food after they have been three times.

Our philosophy is that we are here to make sure that people can remain resilient and feel supported in times of crisis. Every food parcel is literally a gift from their neighbours, saying 'we're on your side'. Our job is to pass that on in the spirit it was given...

On the left here is our analysis of number of vouchers given per client: broadly similar to previous years.

As you can see, for most people the number of times they visit is one. Some (a tiny percentage) come over ten times, though seldom in a row... usually because they have hit hard times more than once in the year.

And for those who do numbers... the average is 2.16 times.



Foodbank food given out 2020—21
108,000 kg

7,045

individuals fed via 3,620 packages

83%

of food given in the previous exceptional year

74,000 kg

fresh food to the Foodbank, Harlow schools & charities

2,932

children getting 4 days' food portions



From fresh, to fridge, to Foodbank

Our ability to extend the work of the Bounty Club got a boost this year with a grant from the Sainsbury Foundation for a new industrial fridge, followed by two smaller recycled ones from Phoenix Resources.

Alongside our refrigerated pick-up van we can now keep temperatures low throughout, storing fresh meat as well as fruit and veg. This has helped us extend our fresh food offering into a new kind of Bounty Club in 22/23 operating for non-Foodbank families who can pay a £2.50 weekly membership for a large bag of food.





BUMP TO FIVE

What an amazing year unfolded!



Last year we reported on our preparatory work to launch a facility to support families by collecting and redistributing essential items for children: newborn to five years of age.

After our first appeal for items to redistribute we quickly filled the area in the Store House assigned for the project. The public were unceasingly generous with items, and it was clear that we needed more space as requests for support started coming in.

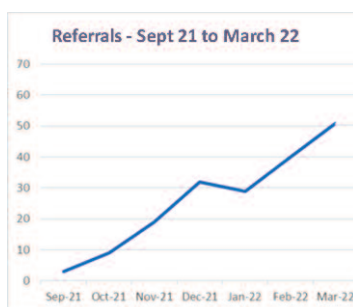
To our great delight HCT, Harlow's environmental service company who had helped us to store overflow food during Covid, agreed that we could operate from a large area in their premises. All items were shipped down to there and sorted to be packaged up by our volunteers.

We officially launched in September and by the end of March we had dealt with 200 referrals. These came from a number of agencies and professionals around the town as well as some self-referrals: either people who had found our service through the grapevine, or been given information on how to get support when they attended the Foodbank. Figures have since stabilised at around 50-60 referrals a month: three times our initial forecast.

The most common items that we are asked for are clothes, nappies and other small items—but as the table here indicates, by June this year we have given out a huge variety of items in hundreds of bundles

All of these items have been donated to us by members of the public, often from well outside Harlow, wanting to help other families.

Some of these items are surprisingly large, and can be a complete game-changer for families. An example would be the day we dropped off a cot and other items to a man who was separating from his wife and moving into a permitted development in the town. We learned that unless he had that equipment his baby would not have been able to come and visit him. But now we had helped keep the family together. What started as a physical item became a child knowing their two parents...



Most requested items:

Clothes	200
Nappies	171
Toiletries	90
Formula	65
Buggy/ pushchair	44
Cot	37
Shoes	25
Bedding	24
Bouncy chairs	22
Highchair	21
Moses basket	15
Blankets	13
Stair gate	12
Feeding bottles	12
Steriliser	10
Changing mats	9
Toys	6
Changing bags	6
Slings/ carriers	5
Bath	4
Play mat	2
Bed	1
Bunk bed	1
Walker	1
Chest of drawers	1
Baby monitor	1
Bibs	1
Grand Total	799



Bump To Five launched in September 2021 supported by HTS





THE CHANGING MINDS PROJECT

The Trussell Trust exists to end hunger, not run Foodbanks:
what's the difference?

Supported by Trussell Trust we have embarked on a 3 year project to 'Change Minds' about the need for Foodbanks.

You may think this means we want to get more food out to people. Of course, if they need it we do. But we would prefer people to not be going hungry.

We want to end hunger. If that means helping feed people, as a last resort we will.

So the Changing Minds project has begun its 3 year plan by simply collecting the stories of people coming

to the Foodbank. "What has led to you coming here today", our researcher Emma asked hundreds of people.

Around 70 sat down with her and told their stories in detail. We can't tell you who they are, but we can give you a flavour of common threads. The stories are painful if you have the heart to put yourself in their shoes.

In that sense, we hope people will begin to wonder how a rich country like ours can tolerate leaving people so vulnerable?

“ I make some clothes and I love cooking. I stretch everything I get as far as I can. I'm hoping to sew some Christmas bits and sell them on Facebook, to help out, but at the minute I've added up my bills and I either pay my direct debits or my children have a Christmas. I've got £33 after they're all paid. I don't know what to do, really. **”**

“Despite being terminally ill, even if I've been hungry, and even if I have to go out to work through it all, my children and my family will be fed and warm. The trip to the foodbank has saved us.”

“ Travelling in Harlow is really expensive. It's £5.60 for a day ticket for all three of us to travel to two different schools. The bus only comes once an hour. I seem to spend most of the day waiting for a bus. **”**

The chemo really had a big affect on my wellbeing – it has changed my personality and I find myself really short tempered. The government should be more realistic and stop cracking the whip. I want to be active and enjoy life but I feel that we are pointed towards things that will eventually lead us to feel bad. I'd like to do more to help people, because I think in life, that's all we can do.

“At 56, I've gone from working, having a home, having a wife, everything, to being here at the foodbank. It feels very shameful.”

“ Now I'm here at the foodbank I feel like a zero. When we were moved into our place in one of the permitted developments in Harlow we didn't have anything – no furniture or kitchen utensils. I had to buy all new school uniform and a TV. I have no one to turn to. All my money is gone. **”**

“When your circumstances change, like mine have, it greatly impacts all of your life, and leaves you with a bleak future. You lose friends because you lose the ability to socialise. Friends and family fall away.”

“ I have been a carer for 30+ years – I looked after my family members from the age of 13. I worked all through covid but last May it all became too much and I had to stop. I'd been working for seven days a week, juggling family commitments and it was all too much. I just couldn't do it anymore. The doctor signed me off for a while and then I just had to leave. I've gone from £600-700 a week to £258/month on Universal Credit. **”**

Next year these stories will be used to create a greater understanding of the predicaments of people who use our Foodbanks, through creating materials for Schools, Churches and Businesses. We believe that many of the public have little insight into the reality of life for those who come to us, and commonly believe false myths that lead to blame or an absolution of our collective responsibility to care for each other.

Would you prefer to be in a country that had no need of Foodbanks?



RESPONDING TO POVERTY IN HARLOW

Costs going up, benefits losing pace, things don't look good...

Last year we printed this graph of the relationship between levels of benefits and the cost of living.

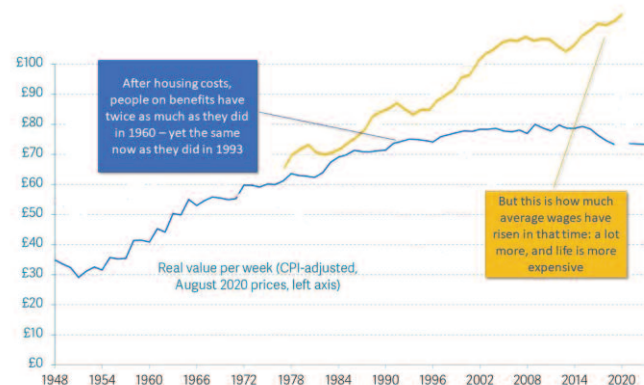
It shows how the levels of benefit support have continued to drop in real terms, year on year, leaving dependents in an increasingly fragile position. As our Changing Minds stories show, they are vulnerable to destitution should life deal them any unexpected knocks.

As a charity we don't take a party-political stance, but recognise that numbers like these represent collective decisions made at government level, well beyond our control.

We are members of the Harlow Poverty Alliance, a broad network of voluntary and statutory agencies working in Harlow. We meet monthly to discuss how we can help reduce local poverty and support those affected by it.

It is currently chaired by our CEO, and the Alliance felt a strong concern for those in the town as the financial year drew to a close. Why?

Predictions of inflation rising by 10% started to be broadcast. We were aware that our neighbours on benefits were already floundering after the £20 a week uplift during COVID was removed. If people were struggling then, what would happen if inflation added 10% to the living costs of those dependant on benefits? They would clearly need a 10% uplift just to standstill.



But this uplift didn't happen. In March the increase for April was set at worrying 3.1%. We contacted our MP Robert Halfon who kindly wrote to the Secretary of State responsible for benefits to express our concern and forwarded us back his reply: the benefit level rise is customarily benchmarked at the level of inflation in the previous September, which was 3.1%. Yet that was when the inflation level had been kept artificially low by state intervention in the economy during Covid.

Other factors compounded the situation in the town such as the removal of price caps on house rentals causing rent levels to rise for many. The war in Ukraine has compounded this, leaving us in financially perilous territory. We hardly need to mention 'the cost of living crisis' on this page as it is everywhere on our TV screens right now.



Looking at the coming year

The current trend for the Foodbank in 2022/23 indicates that 9-10,000 visitors will come in this year. This is 20% more than last year's 7,000. But alongside this we expect to distribute a further 15,000 low cost food bags to around 2,000 families at the Bounty Club, stopping them from slipping into crisis.

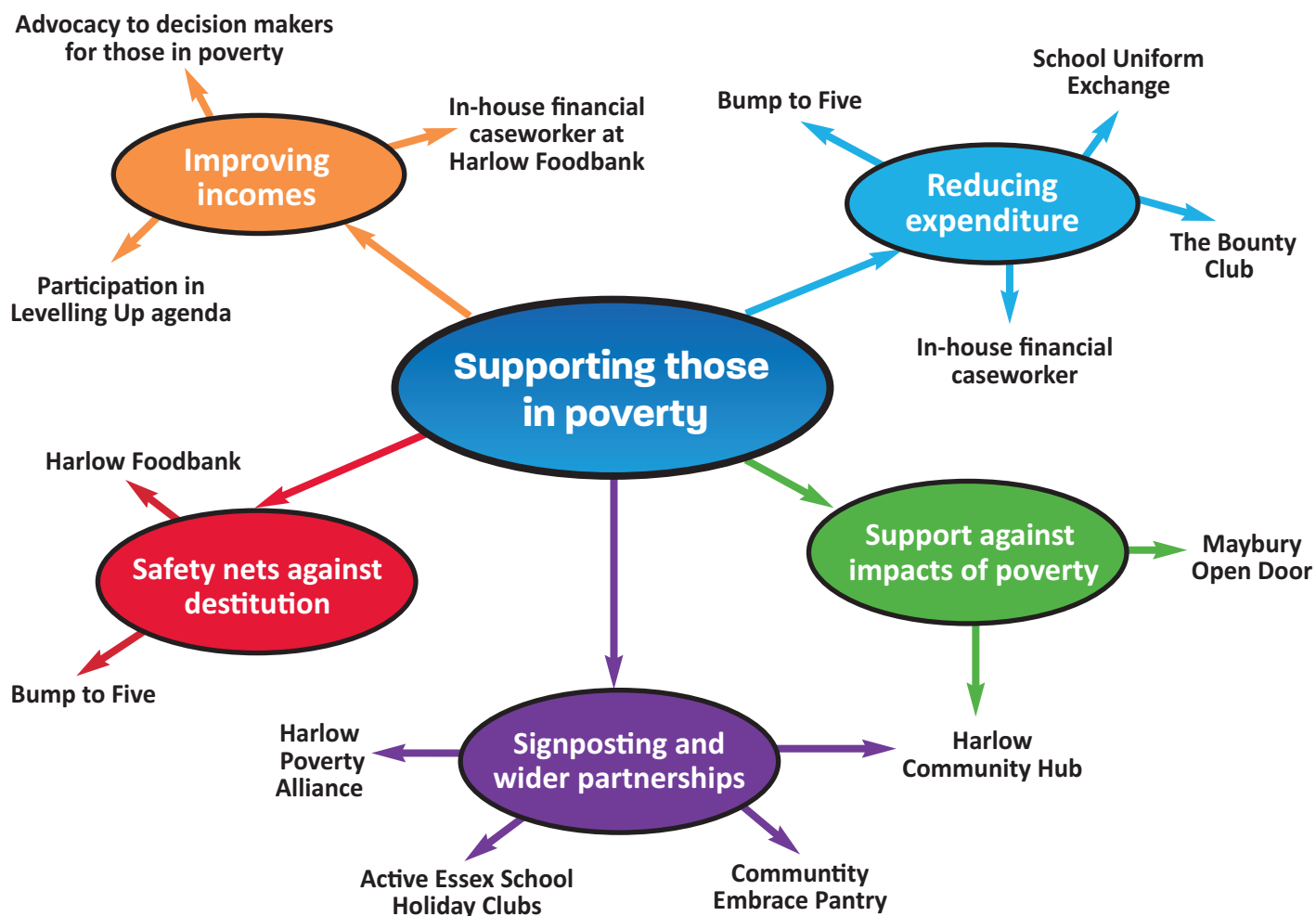
This pattern of inflation racing ahead of incomes will affect us all. At times like this we often say 'we are all in this together' but those nearest the breadline are 'in it' more than others and we will continue to work for them. However, there are only a few options that can be considered at this point:

- Improving incomes
- Reducing expenditure
- Providing a safety net for those made destitute
- Collaborating with others to ensure that support is there for people trying to withstand the many secondary impacts of poverty such as mental health issues.



RESPONDING TO POVERTY IN HARLOW

What are we doing in response to this?



How might you help?

- Come and join the conversations led by the Harlow Poverty Alliance—seeking grass roots ideas along with wider collaborations across the region.
- Consider how you / your institution, business, organisation might play your part to support those most affected at this time
- Pray for / cheer on the Harlow Poverty Alliance - helping all agencies to share their information, work together, innovate and destigmatise poverty. The sooner people access help and address any mounting problem, the better.



OUR COLLABORATIONS

MRCT is committed to working in partnerships. From the Foodbank which works alongside hundreds of voucher writers from agencies around the town, to one-off projects, we want to create the best outcomes for people in and around the town by working with all those with similar concern and hope.

Here is a snapshot of four that have made a difference in this past year.

Heart 4 Harlow

This is the joint churches' movement in the town. There are around 45 churches in Harlow and neighbouring villages, and many affiliate to this community who come together to pray and collaborate on projects that help different groups in the area.

Heart 4 Harlow members have been wonderfully supportive of MRCT over the years, we really treasure this.

This past year we supported the Heart 4 Harlow Awards: held in the Playhouse in April. These celebrated the great contribution of individuals and organisations to the social fabric of the town: from sports clubs to Chaplains, recognising the unique gifts that got us through the time of Covid.

For more information on Heart 4 Harlow please see www.heart4harlow.org.uk

The Harlow Community Hub

This was the name for the Council-run emergency support service set up at the start of Covid. When the pandemic began to decline we were aware of its great benefit. Many were affected when the Job Centre were told they could no longer write Foodbank vouchers. Where could people turn?

Thankfully Rainbow Services gathered a coalition of agencies and received support from Harlow Council to continue to promote a wide range of support, advice and signposting services to our constituents: from Foodbank vouchers to Mental Health to fuel vouchers and beyond. Core partners are:

Rainbow Services | Citizens Advice Harlow | Harlow Volunteer Centre | MIND in West Essex | ISS | MRCT

Harlow Poverty Alliance

Our CEO is Chair of this group which commenced during Covid and has since grown to incorporate most groups across the town who address issues related to poverty: currently 25 in total. The Alliance launched an inaugural conference in June '22 bringing more people together in support of those affected by poverty. Although not in the year we report on here – this event attracted a large audience and amassed widespread support, consolidating much that we had done over the previous year. A report from it is available in the news section of our web site.

The Trussell Trust

We are affiliates of the Trussell Trust whose work and impact has increased exponentially over the past few years. This has brought enormous benefits to our work, informing us of wider trends as well as directly funding projects to extend our impact, such as the Changing Minds Project and more recently in 2022 giving us the funding to host a Finance Caseworker in the Foodbank. Everyone attending the Foodbank will now be given the option to have direct support in assessing their financial situation: from correct levels of income and benefits to debt and budgeting advice. This is a fantastic boost to our work!



Harlow Community Hub
Support for people in crisis

Rainbow services

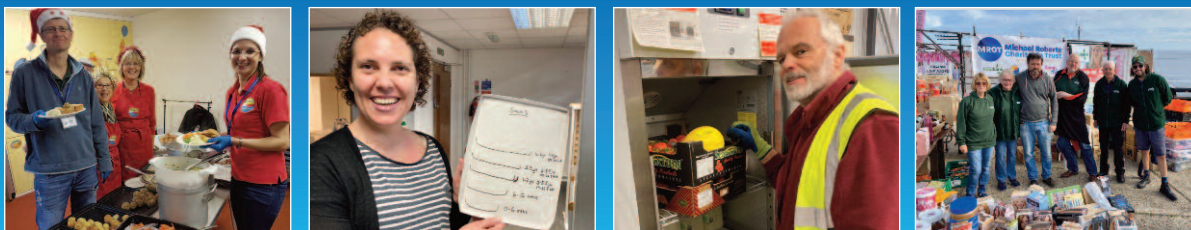
- Helpline 10am-2pm (01279 927005)
- Visit the Community Hub – Harvey Centre, St Pauls, Moot Hall.
- Visit our Pop Up Hub around Harlow
- Email: harlowcommunityhub@rainbowservices.org.uk

HARLOW POVERTY ALLIANCE
MORNING CONFERENCE
Addressing the causes and impacts of poverty in Harlow: taking stock & moving forwards
WHEN
June 24th, 2022 9am - 1.30pm
WHERE
Harlow Rugby Club
Luton Park, Neward Way CH20 2JG

ALL WELCOME
Free entrance - advance
ADVANCE TICKETS
WHO IS IT FOR?
Frontline workers
Community leaders
Policy makers
Those who help Harlow
Those affected by poverty
TOPICS
Understanding Debt
Credit
Benefits
Food
Housing
The lived experience of poverty in the town
Responding to requests of support
Learning up - what can we learn?
Preventing crisis
Working with Robert
Graham MP - how can we
make a difference?
BENEFITTING
People affected by poverty
in Harlow
Professional practice

WWW.EVENTBRITE.CO.UK (SEE QR!)





MRCT STAFF & VOLUNTEERS



Andy

David

Margaret



Patrick

Adrian

Marc



Trevor

Clair

Suzie



Karolina

Michael

Liz



Moira

Fernanda

Emma

Head Office

Andy Thornton – Chief Executive Officer, Company Secretary

David Evans – Director of Community Services

Margaret O'Donovan – Director of Operations

Harlow Foodbank

Patrick Coppeard – General Manager, Harlow Foodbank

Adrian Smith – Assistant Manager (Bank), St Paul's Satellite

Marc Edmans – MRCT Logistics & Operational Assistant

Bounty Club

Trevor Stanesby – Bounty Club Coordinator

Maybury Open Door

Clair Forway – Community Worker

Suzie Raraty – Community Worker

Karolina Sadowska – Community Worker

Michael Raven – Assistant Community Worker

Liz Bellworthy – Community Worker - Bank Worker

Moira Luff – Community Worker - Bank Worker

Bump-to-Five

Fernanda Champness – Bump to Five Project Manager

Changing Minds

Emma Batrick – Research and Campaigns – Changing Minds

MRCT Trustees

Jeanette Ehlers (Chair)

Pat Balkwill

Gary Pattimore

David Norkett

Teresa Knott (Co-Founder and Trustee)

Matt Parsons

Honorary

Robert Carrington – Honorary Treasurer



MRCT has ten times more volunteers than staff. It is impossible to stress how much our achievements depend on their hard work and good will—thanks so much to every one!

Our volunteers help with all the projects that you have read about, and we are always looking for more.

From sorting food or baby's items to picking up, working at Maybury, helping with a Supermarket day for a few hours every 6 months to being involved in a project or campaign group, there are so many ways to help us help others! Check out the volunteers page on our web site for full details of how, where and when you might get involved!

www.mrct.org.uk/get-involved/volunteer-3/



COMMUNITY PARTNERSHIPS

MRCT's work is a tremendous feat of collaboration from so many people who bring their goodwill to help people across the town. We are thankful to all those listed here (and we hope we haven't forgotten any!) for playing their part in supporting Harlow and the surrounding areas with us in the past year.



The Bounty Club operates a refrigerated van picking up three days a week from food wholesalers in order to get fresh food to individuals and organisations who support communities in need. This also enables us to give fresh food to recipients at our Foodbank. Picking up this food also avoids thousands of Kgs of fresh food going to landfills every year, redirecting it to those who otherwise could not afford it.



Bidfood provide a wide variety of surplus, short dated, soft drinks and fresh food for us to redistribute across the town. Through doing this they help schools, disadvantaged people and local agencies.



Brakes provide a wide range of surplus, short dated fresh food and meat, allowing us to access their stock and choose what we can distribute to partners, schools, individuals and the food bank.



Harlow Foodbank stops people going hungry by acting as a resource for frontline professionals who are supporting those in crisis across the town. Over 200 professionals and organisations can write vouchers which authorise their clients to pick up enough food for at least four days. Individuals can also ask the food bank for help, and they will always be helped and at the same time referred to a supportive agency to address the causes of their lack of money for food.



St. Paul's Church in the town centre hosts our food bank for four days a week. We could not operate without their fantastic support for us and for the people of Harlow. They are true allies and show constant flexibility and cooperation in our mission. Thanks so much!



The Salvation Army in Harlow are our second wonderful delivery partner. They operate the Foodbank on Wednesdays (until Christmas 2021 a day when Saint Paul's church was not open) deploying their team member Lorraine Evans and resources as true partners in our mission to support those in need. We are so grateful to them!



UK Salads have provided an assortment of fresh salad items each week which we can then distribute to clients at the food bank. their consistent support has helped thousands this year.



High Trees Packers' consistent generosity has enabled us to provide a supply of fresh potatoes through the food bank year on year. This is a hugely valuable resource to people in need.



Greenways Eggs continue to provide our food bank in Harlow town centre with a supply of fresh eggs each week which helps to complement the range of non-perishable food we give to all our food bank referrals. Thanks again to Jenny Fish for her great support.



Special thanks again to Tesco who have not only allowed us to pick up a huge amount of food from all the supermarkets around the town but they also top up the amount given by donors in the store with a further 20% of financial contribution to help with our running costs. They, and their customers have been phenomenal this year.



Thanks too to Sainsbury's for faithfully providing a place for their customers to contribute donations of food to our food bank, day in and day out. Thanks for keeping them safe when they overflowed many times this year!



Many thanks to Asda and their fab Community Champion Gemma in the Water Gardens for such warm cooperation in providing a basket for donations from their customers. Again, this year these overflowed and fresh ones were provided when full.



Lok'n'Store have supported our work since we opened in 2009 come up currently providing a drop off point for food donations throughout the year. This has been a consistent and fantastic resource, thanks so much!



Poundland have been an invaluable community partner since 2017. Providing a wide range of non-perishable foods, toiletries, household items, sweets and drinks, these add important extras to local people in crisis.



SES Group provided a hugely generous party for Harlow children who might not have had a present last Christmas. We acted as a go-between with local agencies who knew who they might be, and the staff team at SAS group went chose, bought, wrapped and gave out presents (and more) at a special event which also supported recently arrived Afghan refugees.



COMMUNITY PARTNERSHIPS



Land Sherriff's bought beautiful Body Shop cosmetic gifts for mum's (often the most overlooked) who came to the Foodbank – a very thoughtful treat... they also lend us their big vans for special occasions and come to volunteer in our Store House! Thanks Tyler, Vanda and team.



Thanks to iRead books for donating thousands of childrens, puzzle and colouring in books as bonus items for the FoodBank and also to other agencies we partner with across the town.



Maybury Open Door operates their drop in in two centres across the town. We thank our hosts St Paul's and Harefield Churches who so warmly and committedly work with us to provide this enduring safe space for attendees.



Based on the edge of town, the store house hosts our offices as well as a copious two-storey storage space for food and other items that are donated to us.

We cannot thank our partners, Lawsons builders, enough for sponsoring our vans, for renovating our store house by installing office spaces for the whole organisation, and this year by donating 72 steel girders that now underpin the 1st floor making it strong enough for the kind of quantities of food we are now storing and redistributing. Lawson's have given us a free van and forklift and service the forklift for us. This family-run business exemplify generosity and social responsibility and have inconspicuously changed so many lives in our town.



We are deeply grateful to Harlow Council and also to the Mulberry Trust for underpinning the costs of running the Store House.



We would like to thank Bristol Street Motors who diligently support us by offering free services and cost price repairs to our fleet of 3 vans. They keep us on the road!



Bump to Five takes in essential items for children, new-born to five years old, and sorts them into bundles of requested items, dispatching them to families who need them. These are mostly referred to us by caring agencies and professionals around the time, and some are self-referred from the Foodbank.



HTS continue to support us by lending us storage space for the Bump to Five project. This is a perfect space nearer the town centre so that stored items stay warm and dry, as do the volunteers who work so hard there.



The Michael Roberts Charitable Trust is the parent organisation that runs the projects operated above. Founded in 1997 by Teresa and Gary Knott, the Trust has flexibility to respond to a wide range of needs in Harlow and the surrounding areas.



We would like to thank the Trussell Trust, our associates in running the food bank. The Trussell trust runs a national network of food banks offering guidance through regional staff, materials, partnerships, data management, additional grants, networking, statistical analysis, national campaigning advice and solidarity.

We want to thank our colleagues at the Bishop Stortford food bank for our ongoing close working partnership. This allows us both to get the best out of working in neighbouring towns, sharing ideas and resources to the full.



We would like to thank all organisations in Harlow who partner with us by referring those in need to the food bank. These partnerships go much deeper than writing vouchers: we are in constant touch with frontline staff who advise us on the best way to respond and collaborate in addressing the needs of those facing poverty in Harlow.



In particular we would like to thank Rainbow Services, Harlow's central support charity for the other charities and agencies in the town. We thank them for their leadership in the voluntary sector, in the Community Hub and the consistently warm-hearted support they give when we need a friend!



ACKNOWLEDGMENTS



All Churches Hope Beyond Fund (funding support)
 ASDA (food collection point)
 Bidfood, Harlow (surplus fresh food supplies)
 Bishop's Stortford Foodbank (foodbank partner)
 Brakes, Harlow (surplus fresh food supplies)
 Bristol Street Motors (van servicing and repair)
 Burnt Mill Academy (student supermarket collections)
 CAF Resilience Fund (funding support)
 Church and School partners (general and harvest food donations)
 Church Langley Church (funding partner)
 Church of Holy innocents, High Beach (funding partner)
 Create Identitee (MRCT clothing)
 Customers at Mecca Bingo Harlow (Christmas Foodbank Donations)
 Essex Alliance of Local Councils (funding support)
 Essex Community Foundation (funding support)
 Free Cakes for Kids (celebration cakes for foodbank client's children)
 Freshwaters Church (funding partner)
 Front-Line Professional Agencies (community partners)
 Gateway Freedom Church (funding partner)
 Greenways Eggs (egg donations)
 Halifax (foodbank delivery point and cash collection boxes)
 Harefield Church, Harlow (free use of building)
 Harlow Autos Ltd (Foodbank van revamp)
 Harlow Council (Store House funding support)
 Harlow Health Centres Trust (funding support)
 Heart4Harlow (community partner)
 High Beach Church, Epping Forest (regular funding partner)
 High Trees Packers (potato donations)
 HTS Group, Harlow (storage space and waste disposal)

Laing Family Trust (Maybury Open Funder)
 Land Sherriff's (Christmas gifts for mums)
 Lawsons (Whetstone) Ltd (vehicle and equipment donations, office rebuild)
 LoknStore (foodbank delivery point)
 Masonic Charitable Foundation (Foodbank donation)
 Mayfield Farm Bakery (bread and rolls donations)
 Mulberry Trust, Harlow (significant funding support)
 Phoenix Resources Harlow (free use of town centre premises)
 Poundland Distribution Centre Harlow (food, toiletry and household donations)
 Rainbow Services (community partner)
 Robert Halfon MP
 Rodect Pest Control (pest control partner)
 Rotary Club of Harlow Tye (funding support)
 Sainsbury's, Harlow and Bishop's Stortford (foodbank collection point)
 Sainsbury's at Neighbourly (Foodbank Fridge)
 Salvation Army, Harlow (foodbank satellite centre on Wednesdays)
 Santander (foodbank delivery point)
 SES Group (Christmas gifts for children)
 St Paul's Church, Harlow (discounted use of building)
 Stansted Airport (London) (food, toiletry and gift donations)
 Stuart & Kathryn Tinney, Housham Hall Farm (landlords)
 Tesco, Harlow and Bishop's Stortford (foodbank collection point and cash top-up)
 The Rent Guarantee Company (Christmas Donations)
 Trussell Trust Foodbank Network (foodbank partner)
 UK Salads (salad donations)
 Waitrose, Bishop's Stortford (foodbank collection point)



Michael Roberts Charitable Trust

Store House, Unit 8, Housham Hall Farm, Harlow Road,
 Matching Tye, Harlow CM17 0PB
 Tel: 01279 724515 Email: enquiries@mrct.org.uk

www.mrct.org.uk

Registered Charity No: 1065006
 Registered Company No: 3439299



REGISTERED NUMBER: 03439299 (England & Wales)
CHARITY NUMBER: 1065006

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31st March 2022
for
The Michael Roberts Charitable Trust
Limited by Guarantee

The Michael Roberts Charitable Trust
(Limited by Guarantee)

Contents of the Financial Statements
for the year ended 31st March 2022

	Page
Charity Information	1
Report of the Trustees	2
Statement of Financial Activities	3
Balance Sheet	4
Trustee Statement	5
Notes to the Financial Statements	6 - 7
Income and Expenditure Account	8 - 9
Annual Review Statement	10

The Michael Roberts Charitable Trust
(Limited by Guarantee)

Charity Information
for the year ended 31st March 2022

TRUSTEES:

J Ehlers (Chair of Trustees)
P Balkwill
T A Knott
D C Norkett
G Pattimore
M Parsons (appointed 24th November 2021)

NB: Trustees are also Directors of the Company

REGISTERED OFFICE:

Unit 8
Housham Hall Farm
Harlow Road
Matching Tye
Harlow
CM17 0PB

REGISTERED COMPANY NUMBER: 3439299 (England and Wales)

ACCOUNTANTS:

Pigram & Co
43 Bluebell Drive
Stansted
Essex
CM24 8XP

REGISTERED CHARITY NUMBER: 1065006

BANK:

Barclays Bank Plc
14 The Water Gardens Centre
Harlow
Essex
CM20 1AN

The Michael Roberts Charitable Trust
(Limited by Guarantee)

Report of the Trustees
For the year ended 31st March 2022

The Trustees, who are also Directors of the Charity for the purpose of the Companies Act 2006, present their report together with the financial statements of the Company for the year ending 31st March 2022.

PRINCIPAL ACTIVITY

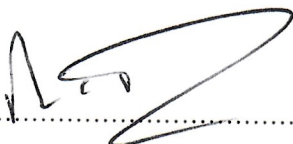
The principal activity of the Company in the year under review was that of a Christian Charity, working in the community with a wide range of people, including people with a learning / physical disability, people vulnerable and / or isolated through homelessness or being vulnerably housed and people in crisis with emergency food. The Company also worked with local fresh food companies assisting them to reduce their surplus food by picking it up and redistributing it into the local community to front-line professional care agencies.

The governing document is the Memorandum and Articles of Association of the Company.

All Trustees offer themselves for election at the forthcoming Annual General Meeting.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

ON BEHALF OF THE BOARD



..... Andrew Thornton

Dated: 29 / 7 / 22

THE MICHAEL ROBERTS CHARITABLE TRUST (LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 March 2022

	Notes	Unrestricted	Restricted Funds							2022	2021		
		General Fund	Maybury Open Door	Harlow Foodbank	Bump to 5	Storehouse Upkeep	Storehouse Rent/Utilities	Bounty Club	Changing Minds	Redundancy Reserve	Total	Total	
INCOME and ENDOWMENTS FROM:			£	£	£	£	£	£	£	£	£		
Donations & Legacies		42,869	27,938	115,061	2,195	2,800	26,500	612			217,975	265,749	
Localgiving Foundation Community Match Challenge											-	6,349	
Income from Charitable Activities									16,000		16,000	4,900	
Investment Income		90									90	325	
Other Income													
TOTAL INCOME and ENDOWMENTS			42,959	27,938	115,061	2,195	2,800	26,500	612	16,000	-	234,065	277,323
EXPENDITURE ON:													
Income Generation		2,566	-	-	-						2,566	2,333	
Expenditure on Charitable Activities													
Salaries		18,326	27,698	91,004	8,047			4,609			149,684	114,998	
Training			386	1,184							1,570	663	
Travel & Subsistence Expenses				797	267						1,064	364	
Rent/Utilities			1,476	1,344			19,405				22,225	22,517	
Telephone & Internet			99	1,074			3,213				4,386	2,398	
Printing, Postage & Stationery			357				2,048				2,405	1,942	
Motoring Costs				5,556				2,433			7,989	3,742	
Ongoing Costs - Craft, Cleaning, Food, Day-to-Day			2,557	13,405							15,962	5,154	
Localgiving Foundation Community Match Challenge											-	6,349	
Insurance & Professional				1,827			1,787	979			4,593	5,118	
New Equipment, Renewals & Upkeep				-	7,012	28,153					35,165	2,543	
Bank Charges				111							111	101	
Charitable Donations		1,150								5,280	1,150	1,500	
Changing Minds											5,280		
Depreciation	4	6						-			6	8	
Independent Examiner & Accountancy Fees	2	690									690	660	
TOTAL EXPENDITURE ON:			22,738	32,573	116,302	15,326	28,153	26,453	8,021	5,280	-	254,846	170,390
NET MOVEMENT IN FUNDS FOR THE YEAR			20,221	(4,635)	(1,241)	(13,131)	(25,353)	47	(7,409)	10,720	-	(20,781)	106,933
Balances brought forward at 1 April 2021		137,011	5	62,470	-	5,776	1,574	1,723	-		235,113	128,180	
Transfer between Funds		(43,024)	4,630	-	13,131	19,577	-	5,686	-		-	-	
BALANCES CARRIED FORWARD			114,208	-	61,229	-	-	1,621	-	10,720	26,554	214,332	235,113
AT 31 MARCH 2022													

The Michael Roberts Charitable Trust
(Limited by Guarantee)

Balance Sheet
As at 31st March 2022

	Notes	31 st March 2022		31 st March 2021	
		£	£	£	£
FIXED ASSETS	4				
Fixtures & Fittings					
Cost		6,242		6,242	
Less: Depreciation		<u>6,222</u>		<u>6,216</u>	
			20		26
Motor vehicles					
Bounty Club Van Cost		13,500		13,500	
Foodbank Van Cost		13,431		13,431	
Less: Depreciation		<u>26,931</u>		<u>26,931</u>	
			-		-
			20		26
CURRENT ASSETS					
Debtors – rent deposit	5	3,750		3,750	
Debtors – Gift Aid		1,408		716	
Cash at bank and in hand		<u>210,858</u>		<u>242,259</u>	
		216,016		246,725	
CURRENT LIABILITIES					
Amounts falling due within one year	6	<u>1,704</u>		<u>11,638</u>	
NET CURRENT ASSETS			<u>214,312</u>		<u>235,087</u>
NET ASSETS			<u><u>214,332</u></u>		<u><u>235,113</u></u>
FUNDS					
UNRESTRICTED FUNDS					
General			114,208		137,011
RESTRICTED FUNDS					
Foodbank			61,229		62,470
Storehouse Upkeep			-		5,776
Storehouse Rent/Utilities			1,621		1,574
Bump to 5	10		-		-10
Bounty Club	9		-		1,723
Redundancy Reserve			26,554		26,554
Maybury Open Door			-		5
Changing Minds			10,720		-
			<u><u>214,332</u></u>		<u><u>235,113</u></u>

This page forms part of these financial statements

The Michael Roberts Charitable Trust
(Limited by Guarantee)

Trustees Statement
For the year ended 31st March 2022

The charity is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2022.

The members have not required the Company to obtain an audit of its financial statements for the year ended 31st March 2022 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for:

- (a) ensuring that the Company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the Company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the Company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Trustees on 6th July and were signed on their behalf by:


.....
Jeanette Ehlers


.....
Gary Pattimore

The Michael Roberts Charitable Trust
(Limited by Guarantee)

Notes to the Financial Statements
for the year ended 31st March 2022

1. **STATUTORY INFORMATION**

The Michael Roberts Charitable Trust is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address can be found on the Charity Information page.

2. **ACCOUNTING POLICIES**

Basis of preparing the financial statements

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover represents donations and gifts, as analysed in the Statement of Financial Activities, measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance
Motor vehicles	- 33.3% on cost

Taxation

The Company is a registered charity as defined by the Charities Act 1960 and as such no taxation has been provided for in these accounts.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to profit or loss on a straight-line basis over the period of the lease.

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 6.

4. **TANGIBLE FIXED ASSETS**

	<u>Fixtures & Fittings</u>	<u>Motor Vehicles</u>	<u>Computer Equipment</u>	<u>Total</u>
COST:	<u>£</u>	<u>£</u>	<u>£</u>	<u>£</u>
At 1 st April 2021	6,242	26,931	615	33,788
Additions	-	-	-	-
At 31 st March 2022	<u>6,242</u>	<u>26,931</u>	<u>615</u>	<u>33,788</u>
DEPRECIATION:				
At 1 st April 2021	6,216	26,931	615	33,762
Charge for Year	6	-	-	6
At 31 st March 2022	<u>6,222</u>	<u>26,931</u>	<u>615</u>	<u>33,768</u>
NET BOOK VALUE				
At 31 st March 2022	<u>20</u>	<u>-</u>	<u>-</u>	<u>20</u>
At 31 st March 2021	<u>26</u>	<u>-</u>	<u>-</u>	<u>26</u>

This page forms part of these financial statements

The Michael Roberts Charitable Trust
(Limited by Guarantee)

Notes to the Financial Statements
for the year ended 31st March 2022

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31 st March 22	31 st March 21
	£	£
Tax recoverable	1,408	716
Rent deposit	<u>3,750</u>	<u>3,750</u>
	<u>5,158</u>	<u>4,466</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31 st March 22	31 st March 21
	£	£
Other creditors and accruals	1,704	1,638
Garfield Weston Grant	<u>-</u>	<u>10,000</u>
	<u>1,704</u>	<u>11,638</u>

7. RESTRICTED FUNDS

A full description of the restricted funds is contained in the Report of the Trustees. Financial details are contained in the Statement of Financial Activities on page 3.

8. HARLOW FOODBANK

Harlow Foodbank received non-perishable food donations totalling 103,566 Kg. During the year 108,309 Kg of non-perishable food was distributed to people in crisis and front-line professional agencies and at the Balance Sheet date 18,593 Kg of non-perishable food was held for distribution in 2022/23.

9. BOUNTY CLUB

The Bounty Club received and distributed 74,170 Kg of fresh chilled surplus food to front-line professional agencies, organisations, foodbank clients and charities in Harlow during the financial year.

10. BUMP TO FIVE

Commencing during this financial year our latest project redistributes donated items to families with children from new-born to five years old. In the last six months of the year we had thousands of items donated to build up a stock for the coming year, and items ranging from nappies and food to clothes, buggies, cots and cot beds supported we helped 142 families on low income, around 60% of which were referred from agencies and 40% self-referred.

Michael Roberts Charitable Trust
(Limited by Guarantee)

Income and Expenditure Account
for the year ended 31st March 2022

	Notes	31 st March 2022 £	£	31 st March 2021 £	£
Income					
VOLUNTARY SOURCES					
General Donations		42,869		50,448	
Maybury Open Door		27,938		22,157	
Harlow Foodbank	8	115,061		164,893	
Bump to 5	10	2,195		-	
Harlow Foodbank Storehouse Upkeep		2,800		9,000	
Harlow Foodbank Storehouse Utilities		26,500		26,500	
Bounty Club	9	612		4,000	
Changing Minds		16,000		-	
GROSS PROFIT			233,975		276,998
Other income					
Bank Interest		90		325	
			90		325
TOTAL INCOME AND ENDOWMENTS			234,065		277,323
Expenses					
DIRECT CHARITABLE EXPENDITURE					
Salary		149,684		114,998	
COMMUNITY SERVICES PROJECTS					
Maybury Open Door		2,557		-	
Harlow Foodbank	8	13,405		10,822	
Bump to 5	10	7,012		-	
Changing Minds		5,280		-	
Storehouse – new equipment, renewals, refurbishment		28,153		3,224	
			206,091		129,044
PROFIT/(LOSS) CARRIED FORWARD			27,974		148,279

This page does not form part of these financial statements

The Michael Roberts Charitable Trust
(Limited by Guarantee)

Income and Expenditure Account
for the year ended 31st March 2022

	31 st March 2022	31 st March 2021
	£	£
Brought forward	27,974	148,279
 OTHER EXPENDITURE		
Rent	22,225	22,517
Telephone & Internet	4,386	2,398
Printing, Postage & Stationery	2,405	1,942
Motoring Costs	7,989	3,742
Training	1,570	663
Accountancy	690	660
Donations	1,150	1,500
Publicity & Income Generation	2,566	2,333
Insurance & Professional	4,593	5,118
Bank Charges	111	101
Travelling	1,064	364
	48,749	41,338
	(20,775)	106,941
 Depreciation		
Fixtures & Fittings	6	8
Motor Vehicles	-	-
	6	8
 NET SURPLUS/(DEFICIT)	<u>(20,781)</u>	<u>106,933</u>

This page does not form part of these financial statements

The Michael Roberts Charitable Trust
(Limited by Guarantee)

Annual Review Statement

The attached Accounts for the year ended 31st March 2022 have been prepared from information, records and explanations supplied and in accordance with current guidelines.

No issues worthy of being reported to the Treasurer have arisen during the year.

I am satisfied that the deficit of Income over Expenditure of £20,781 represents the charity's activities for the period and that the carried forward monetary balances agree with the bank and building society accounts of the charity.

Signed:

Date:

Pigram & Co
43 Bluebell Drive
Stansted
Essex
CM24 8XP

The Michael Roberts Charitable Trust
(Limited by Guarantee)

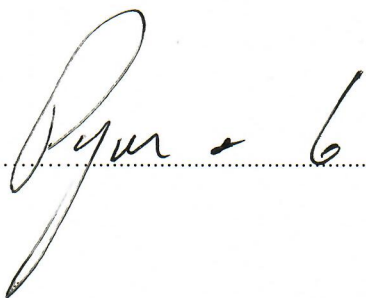
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No issues worthy of being reported to the Treasurer have arisen during the year.

I am satisfied that the deficit of Income over Expenditure of £20,781 represents the charity's activities for the period and that the carried forward monetary balances agree with the bank and building society accounts of the charity.

Signed:

A handwritten signature in dark ink, appearing to read 'Pigram & Co', written over a dotted line.

Date:

13th August 2022

Pigram & Co
43 Bluebell Drive
Stansted
Essex
CM24 8XP



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/
members of

The Michael Roberts Charitable Trust

On accounts for the year
ended

31st March 2022 Charity no
(if any) *1065006*

Set out on pages

3 - 9 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above
charity ("the Trust") for the year ended *31/03/2022*

Responsibilities and
basis of report

As the charity's trustees, you are responsible for the preparation of the
accounts in accordance with the requirements of the Charities Act 2011
("the Act").

I report in respect of my examination of the Trust's accounts carried out
under section 145 of the 2011 Act and in carrying out my examination, I
have followed all the applicable Directions given by the Charity Commission
under section 145(5)(b) of the Act.

Independent
examiner's statement

~~The charity's gross income exceeded £250,000 and I am qualified to
undertake the examination by being a qualified member of [insert name of
applicable listed body]]. Delete [] if not applicable.~~

I have completed my examination. I confirm that no material matters have
come to my attention in connection with the examination (other than that
disclosed below *) which gives me cause to believe that in, any material
respect:

- the accounting records were not kept in accordance with section 130
of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements
concerning the form and content of accounts set out in the Charities
(Accounts and Reports) Regulations 2008 other than any requirement
that the accounts give a 'true and fair' view which is not a matter
considered as part of an independent examination.

I have no concerns and have come across no other matters in connection
with the examination to which attention should be drawn in this report in
order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

[Signature]

Date:

13th August 2022

Name:

Justin Parnham FCCA

Relevant professional
qualification(s) or body

FCCA

(if any):

Address:

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

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

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