

MID NORFOLK FOODBANK

England & Wales · Charity number 1151547

Details

Status Registered

Legal form CIO

Registered 2013-04-05

Register [View on the Charity Commission register](#)

Contact

Address Wellspring Family Centre
35 Neatherd Road
Dereham
Norfolk
NR19 2AE

Phone 07542106107

Email info@midnorfolk.foodbank.org.uk

Activities

Objects: TO RELIEVE PERSONS IN THE UNITED KINGDOM AND ELSEWHERE IN THE WORLD WHO ARE IN CONDITIONS OF NEED, HARDSHIP OR DISTRESS (BENEFICIARIES) IN SUCH WAYS AS THE TRUSTEES SHALL FROM TIME TO TIME THINK FIT.

Activities: Provide emergency food boxes to local people who have found themselves in financial crisis and unable to afford to buy food for themselves and their family.

Classification

- **How:** Provides Services, Other Charitable Activities
- **What:** General Charitable Purposes, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Norfolk

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£43,943	£43,461	-	-
2024-06-30	£86,758	£77,064	-	-
2023-06-30	£52,386	£27,163	-	-
2022-06-30	£31,936	£26,259	-	-
2021-06-30	£44,252	£25,206	-	-

Trustees

Name	Role	Appointed
Gwyneth Wilson	Chair	2025-11-12
Candida Jill Rogers		2021-02-02
Dr Trevor Charles Theobald PhD, MBA		2020-01-08
graham edwards		2024-08-28
jean shaw smith		2024-08-28
thomas stephens		2024-08-28

MID NORFOLK FOODBANK

England & Wales - Charity number 1151547

Accounts



Trustees' Annual Report for the period

Period start date			Period end date				
From	01	July	2024	To	30	June	2025

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Graham Edwards	Chairman	28 August 2024 - date	
2	Jean Shaw Smith	Treasurer (TRF)	28 August 2024 - date	
3	Candida Jill Rogers	Safeguarding Officer		
4	Trevor Charles Theobald			
5	Tom Stephens		28 August 2024 - date	
6	David Pearson	(Retired)	1 July - 6 Nov 2024	
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent Examiner		

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	CIO Foundation Constitution adopted 01 March 2019
How the charity is constituted <i>(eg. trust, association, company)</i>	CIO Foundation approved by the Charity Commission on 22 March 2019
Trustee selection methods <i>(eg. appointed by, elected by)</i>	In accordance with Constitution Section 10. By recommendation from the existing trustees.

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- Trustees' consideration of major risks and the system and procedures to manage them.

Mid Norfolk Foodbank is constituted as a stand-alone Charitable Incorporated Organisation and operates as a member of the Trussell network of food banks. Our policies and procedures are guided by the Franchise Agreement and Operating Manual of Trussell and all statutory legislation.

The Foodbank is registered with the Information Commissioner and Food Standards Agency.

The Trustees meet quarterly and are responsible for the strategic direction and policies of the CIO. The Trustees are also responsible for the financial and legal administration of the CIO. The Trustees are supported by a small management team of volunteers, with one paid member of staff (Operations Manager).

The Foodbank is deemed to be a low-risk project which can be terminated at short notice with no detriment to the charity or trustees. The accounts show that the annual operating costs of the Foodbank are covered by reserves to sustain the project for at least 2 years for the benefit of local people in need.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the CIO is:

(1) To relieve persons in the United Kingdom and elsewhere in the world who are in conditions of need, hardship or distress (beneficiaries) in such ways as the trustees shall from time to time think fit.

(2) Nothing in the Articles shall authorise an application of the property of the charity for purposes which are not charitable in accordance with section 7 of the Charities and Trustee investment (Scotland) Act 2005 and/or section 2 of the Charities Act (Northern Ireland) 2008

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The principal purpose of Mid Norfolk Foodbank is to provide three-day emergency food boxes and low-level signposting to local people who have found themselves in financial crisis and unable to afford to buy food for themselves and their family.

After several years of significant increase in numbers mainly due to the ongoing cost of living crisis, our 3 centres in Dereham, Fakenham and Swaffham have seen a decrease in the use of the service this year (-9.3%).

We have a team of more than 65 volunteers across the network without whom we would not be able to maintain our service. Many, though not all, of these volunteers have links with local churches and all 3 centres run out of church buildings. During the year we were supported by several supermarkets and were blessed with many donations of money, much of it from individuals who were unable to donate food and chose to give towards the running costs of the charity.

Throughout the year we have given out food to more than 5,000 people, 40% of whom were children.

We have been supported by a steady inflow of food donated by individuals, schools, churches, other community organisations and local businesses. We have also been supported by Tesco, Waitrose, Morrisons and the East of England Cooperative Society supermarkets, who have allowed us to collect food at their stores on a regular basis with permanent collection points in store.

We continue to operate our warehouse on Rashes Green in Dereham where donations are sorted and stored and the food parcels are packed.

We are grateful to the Wellspring Family Centre in Dereham, the Baptist Church in Swaffham and the Salvation Army in Fakenham who continue to provide rooms for the Distribution Centres to operate during the week, free of charge.

The Foodbank operates on a voucher scheme and the number of local care agencies issuing vouchers, such as Breckland District Council, is steadily increasing. The Trussell data system enables clients to quickly obtain an electronic voucher by calling or visiting an agency while also seeking longer term support or wraparound care depending on the reason for their crisis.

During the year we were successful in receiving other grants to be

able to help food bank clients with their energy costs. These grants amounted to £5,500 which enabled us to help about 40 households with their domestic fuel bills through the issuing of digital energy vouchers.

The Trustees believe the Foodbank continues to be a real success, not only in serving local people, but also in bringing local churches and the community together to serve the community in a simple and practical way.

The charity continues to raise the funds it needs to carry out its objectives from a variety of sources, including grants and donations.

The financial results for the year are set out in the accounts that accompany this report.

The Trustees have had due regard to the Charity Commission guidance on public benefit. They recognise that it is their responsibility to ensure that the benefits are offered in Dereham, Fakenham and Swaffham and the surrounding areas.

Additional details of objectives and activities (Optional information)

The Foodbank would not have been successful if it weren't for the continued support we have had from many of the local churches (but not exclusively) in providing volunteers who man the distribution centres and help in the warehouse. The Trustees express their sincere appreciation to everyone.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

1. Although extra pressure has been placed on the running of the Foodbank because of the cost-of-living crisis, the financial security of the project has been maintained through careful management of funds. The distribution centres in Dereham, Swaffham and Fakenham have been provided rent free by Wellspring Family Centre, Swaffham Baptist Church and Fakenham Salvation Army.

2. Mid Norfolk Foodbank's sole purpose is to collect food from local people and distribute it to other local people in need through emergency food boxes. Over the accounting period we have collected 45,500kg of non-perishable food and given out 46,000kg.

3. Over the year we have had a volunteer base of approximately 65 and a management team of 8. All volunteers and management give their time free of charge, except for the Operations Manager who is employed for 22 hours a week to carry out the day-to-day administrative duties and manage the warehouse.

4. The charity's founder and chair of trustees David Pearson retired at the end of 2024 and his 13 years' dedicated service was marked with a send-off when he was thanked by the incoming chair Graham Edwards. Two further trustees have been recruited so there is currently a board of five. With the help of Trussell, the board and management have begun working towards drawing up a Strategic Plan. This plan will set out its objectives on ending hunger today, together and forever while tackling hunger and hardship at a societal level.

Section E

Financial review

Brief statement of the charity's policy on reserves

We hold cash at bank of £94,553.01 Of this £2,001.85 is carried forward as restricted funds for food and energy vouchers. These funds are held in order to meet any change in circumstances, for example to employ further staff or rent extra space. We intend to keep at least 2 years of funding in reserve.

Details of any funds materially in deficit

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

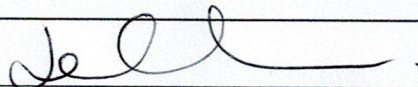
Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)



Full name(s)

JEAN SHAW SMITH

Position (eg Secretary, Chair, etc)

Trustee Responsible for Finance (TRF)

Date

1/3/2026.



Receipts and payments accounts

CC16a

For the period from	Period start date 01-Jul-24	To	Period end date 30-Jun-25
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation & Legacies	34,768	-	-	34,768	38,358
Gift Aid	3,675	-	-	3,675	-
Cost of Living Fund	-	-	-	-	40,400
Grants- Other	-	5,500	-	5,500	8,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	38,443	5,500	-	43,943	86,758
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	38,443	5,500	-	43,943	86,758
A3 Payments					
Operating Fees	-	-	-	-	40
Professional Services	18,031	-	-	18,031	14,096
Packaging	1,387	-	-	1,387	1,356
Travelling expenses	562	-	-	562	549
Storage	1,770	-	-	1,770	2,127
Insurance	668	-	-	668	2,306
Printing/Postage/Stationery	1,030	-	-	1,030	732
Food Purchase	-	4,498	-	4,498	7,147
Van Running Costs	1,625	-	-	1,625	-
Grant repayment	-	-	-	-	1,880
Premises	7,526	-	-	7,526	8,496
Fuel Vouchers	-	4,000	-	4,000	3,000
Utilities	552	-	-	552	779
Rebranding	632	-	-	632	-
Sundries	1,180	-	-	1,180	2,046
Sub total	34,963	8,498	-	43,461	44,554
A4 Asset and investment purchases, (see table)					
Motor Vehicle	-	-	-	-	32,510
	-	-	-	-	-
Sub total	-	-	-	-	32,510
Total payments	34,963	8,498	-	43,461	77,064
Net of receipts/(payments)	3,480	- 2,998	-	482	9,694
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	89,071	5,000	-	94,071	84,377
Cash funds this year end	92,551	2,002	-	94,553	94,071

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	92,551	2,002	-
		-	-	-
		-	-	-
	Total cash funds	92,551	2,002	-
(agree balances with receipts and payments account(s))		OK	OK	OK

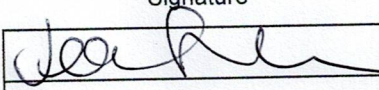
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	motor vehicle		32,510	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	JEAN SHAW SMITH	1/3/26



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Mid Norfolk Foodbank

**On accounts for the year
ended**

30 June 2025

**Charity no
(if any)**

1151547

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **30/06/2025**.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

Date:

13/01/2026

Name:

Richard Chalkley

**Relevant professional
qualification(s) or body
(if any):**

Address:

Freshfields, Harkers Lane

Swanton Morley

Dereham, NR20 4PA

Section B

Disclosure

Only complete if the examiner needs to highlight 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.

The previous years accounts (1st July 2023 – 30th June 2024) included items for the 1st July 2024 totalling £1048.84. To adjust this the accounts for this financial year excluded these items.

	<p>30 June 2025</p> <p>Charity no (if any)</p> <p>1181247</p>
<p>1-2</p>	
<p>Date: 13/01/2025</p>	<p>Signed: _____</p>
	<p>Name: Richard Chikley</p>
	<p>Relevant professional qualification(s) or body (if any):</p>
	<p>Address: Freshfields, Harkers Lane</p>
	<p>Swanton Morley</p>
	<p>Derham, NR20 4PA</p>

MID NORFOLK FOODBANK

England & Wales - Charity number 1151547

Accounts



Trustees' Annual Report for the period

Period start date			Period end date				
From	01	July	2023	To	30	June	2024

Section A Reference and administration details

Charity name Mid Norfolk Foodbank

Other names charity is known by

Registered charity number (if any) 1151547

Charity's principal address

Wellspring Family Centre
 35 Neatherd Road
 Dereham
Postcode NR19 2AE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Pearson	Chairman		
2				
3	Candida Jill Rogers	Safeguarding Officer		
4	Trevor Charles Theobald			
5				
6				
7				
8				
9				
10				
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12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent Examiner	Mr Toby Rouse	3 Stigands Gate, Dereham, NR19 2HF

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

CIO Foundation Constitution adopted 01 March 2019

How the charity is constituted
(eg. trust, association, company)

CIO Foundation approved by the Charity Commission on 22 March 2019

Trustee selection methods
(eg. appointed by, elected by)

In accordance with Constitution Section 10. By recommendation from the existing trustees.

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- Trustees' consideration of major risks and the system and procedures to manage them.

Mid Norfolk Foodbank is constituted as a stand-alone Charitable Incorporated Organisation and operates as a member of the Trussell Trust Network of foodbanks. Our policies and procedures are guided by the Franchise Agreement and Operating Manual of the Trussell Trust and all statutory legislation.

The Foodbank is registered with the Information Commissioner and Food Standards Agency.

The Trustees meet quarterly and are responsible for the strategic direction and policies of the CIO. The Trustees are also responsible for the financial and legal administration of the CIO. The Trustees are supported by a small management team of volunteers led by David Pearson. Suzanne Bushby is retained on a self-employed basis as Operations Manager

The Foodbank is deemed to be a low risk project which can be terminated at short notice with no detriment to the charity or trustees. The accounts show that the annual operating costs of the Foodbank are covered by reserves to sustain the project for at least 3 years for the benefit of local people in need.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the CIO is:

(1) To relieve persons in the United Kingdom and elsewhere in the world who are in conditions of need, hardship or distress (beneficiaries) in such ways as the trustees shall from time to time think fit.

(2) Nothing in the Articles shall authorise an application of the property of the charity for purposes which are not charitable in accordance with section 7 of the Charities and Trustee investment (Scotland) Act 2005 and/or section 2 of the Charities Act (Northern Ireland) 2008

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The principal purpose of Mid Norfolk Foodbank is to provide emergency food boxes to local people who have found themselves in financial crisis and unable to afford to buy food for themselves and their family.

After several years of significant increase in numbers helped due to the ongoing cost of living crisis, our 3 centres in Dereham, Fakenham and Swaffham have seen a steady increase in the use of the service this year

We have a team of over 70 volunteers across the network without whom we would not be able to maintain our service to many more people in need. Many, though not all, of these volunteers have links with local churches and all 3 centres run out of church buildings. During the year we were supported by several supermarkets and were blessed with many donations of money, much of it from individuals who were unable to donate food.

Over the year we have given out food to around 5600 people 40% of who were children.

We have been supported throughout the year by a steady inflow of food donated by individuals, schools, churches and other organisations. We have also been supported by Tesco, Waitrose, Morrisons and the East of England Cooperative Society supermarkets, who have allowed us to collect food at the stores on a regular basis with permanent collection points in store We continue to operate our warehouse on Rashes Green in Dereham.

A significant change to the way we collect and distribute food this year has been the purchase of an electric van, made possible through a grant from the Community Organisations Cost of Living Fund delivered by the National Lottery Community Fund

We continue to be grateful to the Wellspring Family Centre in Dereham, the Baptist Church in Swaffham and the Salvation Army in Fakenham who continue to provide room for the Distribution Centres operated during the week, free of charge.

The Foodbank operates on a voucher scheme and the number of local care agencies issuing vouchers, such as the Breckland Council, has steadily increased as we have become better known. We now have over 90 agencies, who deal with those in crisis in the local community, who can now issue a voucher that will feed those in need. Most agencies now use electronic vouchers when referring

clients to us.

During the year we were successful in receiving other grants to be able to help people with energy costs. These grants amounted to £6000 and we were able to help roughly 136 households with their domestic fuel bills.

The Trustees believe that Foodbank continues to be a real success, not only in serving local people, but also in bringing local churches together to serve their community in a simple and practical way. The support to the community has been recognised by the award of platinum jubilee citizen by the Dereham Town Council to two of our founder members.

The charity continues to raise the funds it needs to carry out its objects from a variety of sources including grants and donations.

The financial results for the year are set out in the accounts that accompany this report.

The Trustees have had due regard to the Charity Commission guidance on public benefit. They recognise that it is their responsibility to ensure that the benefits are offered in Dereham, Fakenham and Swaffham and the surrounding areas.

Additional details of objectives and activities (Optional information)

The Foodbank would not have been successful if it weren't for the continued support we have had from many of the local churches (but not exclusively) in providing volunteers who man the distribution centres and come to help in the warehouse. The Trustees express their sincere appreciation to everyone.

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

1 Although extra pressure has been placed on the running of the Foodbank because of the cost of living crisis, the financial security of the project has been maintained through careful management of funds.

Distribution Centres in Dereham, Swaffham and Fakenham have been provided rent free by Wellspring Family Centre, Swaffham Baptist Church and Fakenham Salvation Army.

2. Mid Norfolk Foodbank's sole purpose is to collect food from local people and distribute it to other local people in need through emergency food boxes. Over the accounting period we have collected 49500 kg of non-perishable food and given out 49300 kg.

3. Over the year we have had a volunteer base of approximately 70 and a management team of 6. All volunteers and management give their time free of charge. There are no paid employees attached to the Foodbank although one volunteer is paid on a self-employed basis to carry out administrative duties and manage the warehouse on a part time basis.

Section E Financial review

Brief statement of the charity's policy on reserves

We hold cash at bank of £94071. Of this £5000 is carried forward as restricted funds for fuel and food. These funds are held in order to meet any change in circumstances, for example the need to employ staff or rent extra space. We currently pay one volunteer on a self-employed basis to carry out administrative duties and this will have an impact on our reserves. However we intend to keep at least 2 years of funding in reserve.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

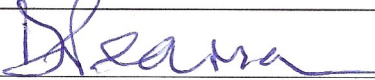
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	David Pearson	
Position (eg Secretary, Chair, etc)	Chairman	
Date	8/8/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

MID NORFOLK FOODBANK

1151547

Receipts and payments accounts

CC16a

For the period from	Period start date 01-Jul-23	To	Period end date 30-Jun-24
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation & Legacies	38,358	-	-	38,358	49,067
Gift Aid	-	-	-	-	3,319
Cost of Living Fund	-	40,400	-	40,400	-
Grants- Other	-	8,000	-	8,000	14,879
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	38,358	48,400	-	86,758	67,265
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	38,358	48,400	-	86,758	67,265
A3 Payments					
Operating Fees	40	-	-	40	40
Professional Services	14,096	-	-	14,096	11,691
Packaging	1,356	-	-	1,356	2,529
Travelling expenses	549	-	-	549	189
Storage	2,127	-	-	2,127	1,590
Insurance	953	1,353	-	2,306	382
Printing/Postage/Stationery	732	-	-	732	855
Food Purchase	1,810	5,337	-	7,147	6,231
Grant repayment	1,880	-	-	1,880	1,350
Premises	8,496	-	-	8,496	8,325
Fuel Vouchers	-	3,000	-	3,000	6,879
Utilities	779	-	-	779	651
Sundries	846	1,200	-	2,046	1,330
Sub total	33,664	10,890	-	44,554	42,042
A4 Asset and investment purchases, (see table)					
Motor Vehicle	-	32,510	-	32,510	-
	-	-	-	-	-
Sub total	-	32,510	-	32,510	-
Total payments	33,664	43,400	-	77,064	42,042
Net of receipts/(payments)	4,694	5,000	-	9,694	25,223
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	84,377	-	-	84,377	59,154
Cash funds this year end	89,071	5,000	-	94,071	84,377

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	94,071	-	-
		-	-	-
		-	-	-
	Total cash funds	94,071	-	-

(agree balances with receipts and payments account(s))

Agreement Error	Agreement Error	OK
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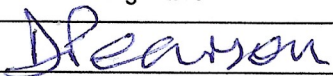
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	motor vehicle		32,510	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	David Pearson	8/8/24



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Mid Norfolk Foodbank

**On accounts for the year
ended**

30 June 2024

**Charity no
(if any)**

1151547

Set out on pages

1-2

1-2 (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 30/06/2024

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

Date:

8/8/2024

Name:

Mr Toby Rouse

**Relevant professional
qualification(s) or body
(if any):**

Association of Accounting Technicians (retired)

Address:

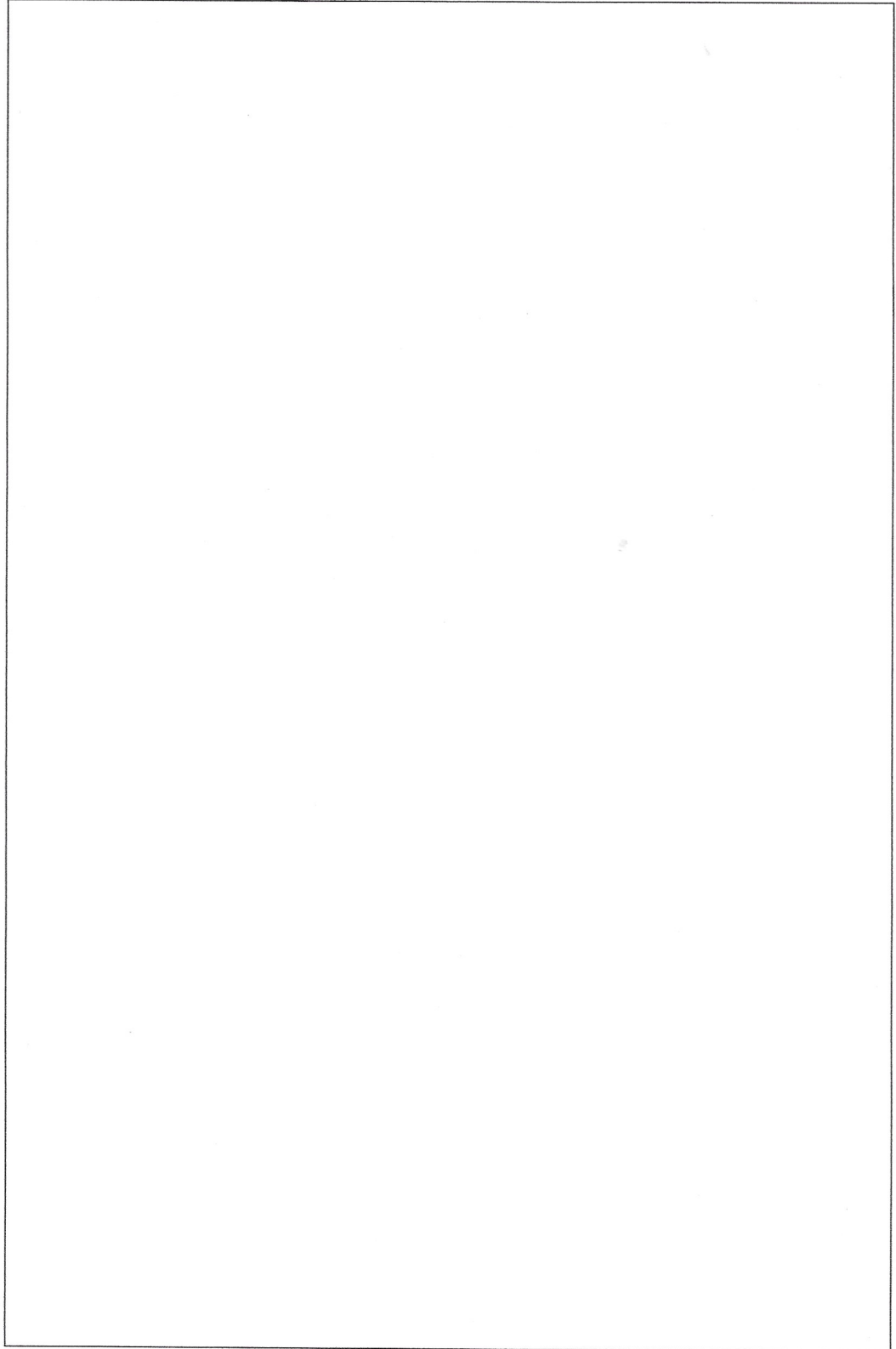
3 Stigards Gate

Dereham

Norfolk, Nr19 2HF

Only complete if the examiner needs to highlight 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.



MID NORFOLK FOODBANK

England & Wales - Charity number 1151547

Accounts



Trustees' Annual Report for the period

	Period start date			Period end date		
From	01	July	2022	To	30	June 2023

Section A Reference and administration details

Charity name Mid Norfolk Foodbank

Other names charity is known by

Registered charity number (if any) 1151547

Charity's principal address

Wellspring Family Centre
 35 Neatherd Road
 Dereham
 Postcode NR19 2AE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Pearson	Chairman		
2				
3	Candida Jill Rogers	Safeguarding Officer		
4	Trevor Charles Theobald			
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent Examiner	Mr Toby Rouse	3 Stigands Gate, Dereham, NR19 2HF

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

CIO Foundation Constitution adopted 01 March 2019

How the charity is constituted
(eg. trust, association, company)

CIO Foundation approved by the Charity Commission on 22 March 2019

Trustee selection methods
(eg. appointed by, elected by)

In accordance with Constitution Section 10. By recommendation from the existing trustees.

Additional governance issues (Optional information)

You may choose to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- Trustees' consideration of major risks and the system and procedures to manage them.

Mid Norfolk Foodbank is constituted as a stand-alone Charitable Incorporated Organisation and operates as a member of the Trussell Trust Network of foodbanks. Our policies and procedures are guided by the Operating Manual of the Trussell Trust and statutory legislation.

The Foodbank is registered with the Information Commissioner and Food Standards Agency.

The Trustees meet quarterly and are responsible for the strategic direction and policies of the CIO. The Trustees are also responsible for the financial and legal administration of the CIO. The Trustees are supported by a small management team of volunteers led by David Pearson. Suzanne Bushby is retained on a self-employed basis as Operations Manager

The Foodbank is deemed to be a low risk project which can be terminated at short notice with no detriment to the charity or trustees. The accounts show that the annual operating costs of the Foodbank are covered by reserves to sustain the project for at least 3 years for the benefit of local people in need.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the CIO is:

(1) To relieve persons in the United Kingdom and elsewhere in the world who are in conditions of need, hardship or distress (beneficiaries) in such ways as the trustees shall from time to time think fit.

(2) Nothing in the Articles shall authorise an application

of the property of the charity for purposes which are not charitable in accordance with section 7 of the Charities and Trustee investment (Scotland) Act 2005 and/or section 2 of the Charities Act (Northern Ireland) 2008

The principal purpose of Mid Norfolk Foodbank is to provide emergency food boxes to local people who have found themselves in financial crisis and unable to afford to buy food for themselves and their family.

This year there has been a marked increase in numbers helped due to the ongoing cost of living crisis. Our 3 centres in Dereham, Fakenham and Swaffham have seen a stark increase in the use of the service with a 52% increase over the year.

We have a team of over 70 volunteers across the network without whom we would not be able to maintain our service to many more people in need. Many, though not all, of these volunteers have links with local churches and all 3 centres run out of church buildings. During the year we were supported by several supermarkets and were blessed with many donations of money, much of it from individuals who were unable to donate food.

Over the year we have given out food to around 5300 people, 1800 more than the previous year.

We have been supported throughout the year by a steady inflow of food donated by individuals, schools, churches and other organisations. We have also been supported by Tesco, Waitrose and the East of England Cooperative Society supermarkets, who have allowed us to collect food at the stores on a regular basis. With the exception of Morrisons all the major supermarkets have permanent collection points in store.

We continue to operate our warehouse on Rashes Green in Dereham.

We are grateful to the Wellspring Family Centre in Dereham, the Baptist Church in Swaffham and the Salvation Army in Fakenham who continue to provide room for the Distribution Centres operated during the week, free of charge.

The Foodbank operates on a voucher scheme and the number of local care agencies issuing vouchers, such as the CAB, has steadily increased as we have become better known. We now have over 90 agencies, who deal with those in crisis in the local community, who can now issue a voucher that will feed those in need. Most agencies now use electronic vouchers when referring clients to us.

During the year we were successful in receiving grants to be able to help people with energy costs. These grants amounted to £6800 and we were able to help roughly 136 households with their domestic fuel bills.

The Trustees believe that Foodbank continues to be a real success, not only in serving local people, but also in bringing local

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

churches together to serve their community in a simple and practical way. The support to the community has been recognised by the award of platinum jubilee citizen by the Dereham Town Council to two of our founder members.

The charity continues to raise the funds it needs to carry out its objects from a variety of sources including grants and donations.

The financial results for the year are set out in the accounts that accompany this report.

The Trustees have had due regard to the Charity Commission guidance on public benefit. They recognise that it is their responsibility to ensure that the benefits are offered in Dereham, Fakenham and Swaffham and the surrounding areas.

Additional details of objectives and activities (Optional information)

The Foodbank would not have been successful if it weren't for the continued support we have had from many of the local churches (but not exclusively) in providing volunteers who man the distribution centres and come to help in the warehouse. The Trustees express their sincere appreciation to everyone.

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

1 Although extra pressure has been placed on the running of the Foodbank because of the cost of living crisis, the financial security of the project has been maintained through careful management of funds.

Distribution Centres in Dereham, Swaffham and Fakenham have been provided rent free by Wellspring Family Centre, Swaffham Baptist Church and Fakenham Salvation Army.

2. Mid Norfolk Foodbank's sole purpose is to collect food from local people and distribute it to other local people in need through emergency food boxes. Over the accounting period we have collected 58300 kg of non-perishable food and given out 60200 kg.

3. Over the year we have had a volunteer base of approximately 70 and a management team of 6. All volunteers and management give their time free of charge. There are no paid employees attached to the Foodbank although one volunteer is paid on a self-employed basis to carry out administrative duties and manage the warehouse on a part time basis.

Section E Financial review

Brief statement of the charity's policy on reserves

We hold cash at bank of £84377 all of which is unrestricted funds. These funds are held in order to meet any change in circumstances, for example the need to employ staff or rent extra space. We currently pay one volunteer on a self-employed basis to carry out administrative duties and this will have an impact on our reserves. However we intend to keep at least 2 years of funding in reserve.

Details of any funds materially in deficit

--

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

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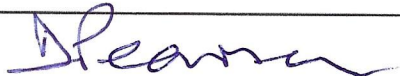
Section F Other optional information

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Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	David Pearson	
Position (eg Secretary, Chair, etc)	Chairman	
Date	16 August 2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

MID NORFOLK FOODBANK

1151547

Receipts and payments accounts

CC16a

For the period from	Period start date 01-Jul-22	To	Period end date 30-Jun-23
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation & Legacies	49,067	-	-	49,067	26,293
Gift Aid	3,319	-	-	3,319	2,143
Investment Income	-	-	-	-	-
Grants	-	14,879	-	14,879	3,500
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	52,386	14,879	-	67,265	31,936
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	52,386	14,879	-	67,265	31,936
A3 Payments					
Operating Fees	40	-	-	40	40
Professional Services	11,691	-	-	11,691	10,293
Packaging	1,529	1,000	-	2,529	1,308
Travelling expenses	189	-	-	189	450
Storage	1,090	500	-	1,590	1,507
Insurance	382	-	-	382	337
Printing/Postage/Stationery	855	-	-	855	422
Food Purchase	1,231	5,000	-	6,231	-
Van Hire	350	1,000	-	1,350	472
Premises	8,325	-	-	8,325	9,109
Fuel Vouchers	-	6,879	-	6,879	1,635
Utilities	651	-	-	651	-
Sundries	830	500	-	1,330	686
Sub total	27,163	14,879	-	42,042	26,259
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	27,163	14,879	-	42,042	26,259
Net of receipts/(payments)	25,223	-	-	25,223	5,677
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	59,154	-	-	59,154	53,477
Cash funds this year end	84,377	-	-	84,377	59,154

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	84,377	-	-
		-	-	-
		-	-	-
	Total cash funds	84,377	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

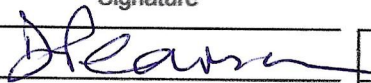
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	David Pearson	11-Jul-23



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Mid Norfolk Foodbank

**On accounts for the year
ended**

30 June 2023

**Charity no
(if any)**

1151547

Set out on pages

1-2

(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 30/06/2023 DD / MM / YYYY.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

Date:

17/08/23

Name:

Mr Toby Rouse

**Relevant professional
qualification(s) or body
(if any):**

Association of Accounting Technicians (retired)

Address:

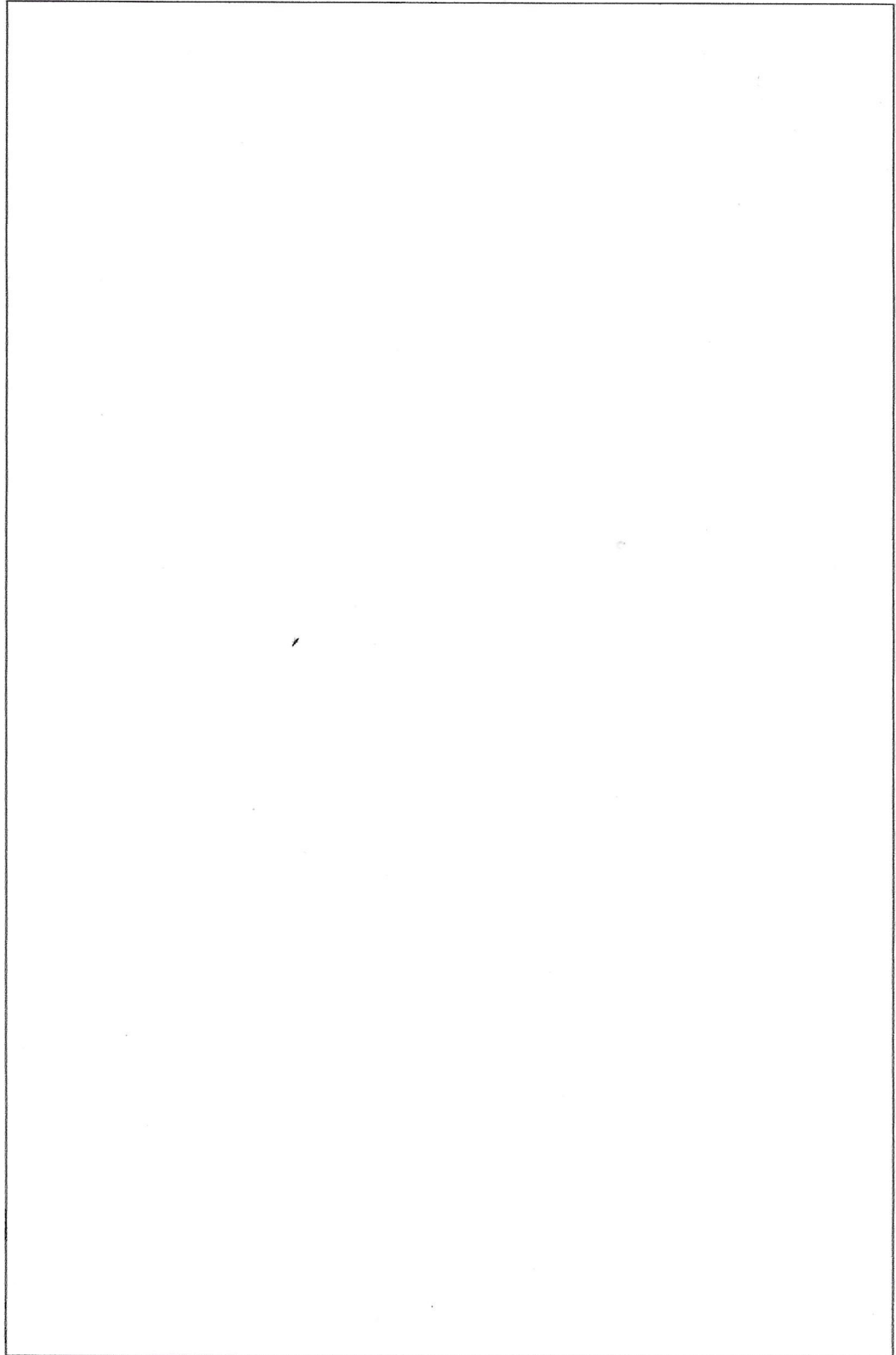
3 Stigards Gate

Dereham

Norfolk NR19 2HF

Only complete if the examiner needs to highlight 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.



MID NORFOLK FOODBANK

England & Wales - Charity number 1151547

Accounts



Trustees' Annual Report for the period

Period start date		Period end date		
From	01 July 2021	To	30 June 2022	

Section A Reference and administration details

Charity name

Mid Norfolk Foodbank

Other names charity is known by

Registered charity number (if any)

1151547

Charity's principal address

Wellspring Family Centre

35 Neatherd Road

Dereham

Postcode

NR19 2AE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Pearson	Chairman		
2	Andrew Frere Smith		Resigned February 2021	
3	Candida Jill Rogers		Appointed February 2021	
4	Trevor Charles Theobald		Appointed January 2020	
5	Clare Barker		Resigned April 2022	
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
------	-----------------------------------

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent Examiner	Mr Toby Rouse	3 Stigands Gate, Dereham, NR19 2HF

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	CIO Foundation Constitution adopted 01 March 2019
How the charity is constituted <i>(eg. trust, association, company)</i>	CIO Foundation approved by the Charity Commission on 22 March 2019
Trustee selection methods <i>(eg. appointed by, elected by)</i>	In accordance with Constitution Section 10. By recommendation from the existing trustees.

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • Trustees' consideration of major risks and the system and procedures to manage them. 	<p>Mid Norfolk Foodbank is constituted as a stand-alone Charitable Incorporated Organisation and operates as a member of the Trussell Trust Network of foodbanks. Our policies and procedures are guided by the Operating Manual of the Trussell Trust and statutory legislation.</p> <p>The Foodbank is registered with the Information Commissioner and Food Standards Agency.</p> <p>The Trustees meet quarterly and are responsible for the strategic direction and policies of the CIO. The Trustees are also responsible for the financial and legal administration of the CIO. The Trustees are supported by a small management team of volunteers led by David Pearson. Suzanne Bushby is retained on a self-employed basis as Operation Manager</p> <p>The Foodbank is deemed to be a low risk project which can be terminated at short notice with no detriment to the charity or trustees. The accounts show that the annual operating costs of the Foodbank are covered by reserves to sustain the project for at least 3 years for the benefit of local people in need.</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the CIO is:

(1) To relieve persons in the United Kingdom and elsewhere in the world who are in conditions of need, hardship or distress (beneficiaries) in such ways as the trustees shall from time to time think fit.

(2) Nothing in the Articles shall authorise an application of the property of the charity for purposes which are not charitable in accordance with section 7 of the Charities and Trustee investment (Scotland) Act 2005 and/or section 2 of the Charities Act (Northern Ireland) 2008

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The principal purpose of Mid Norfolk Foodbank is to provide emergency food boxes to local people who have found themselves in financial crisis and unable to afford to buy food for themselves and their family.

This year there has been a steady increase in numbers helped. With the support of our amazing group of volunteers we were able to maintain our service to many more people in need through our 3 centres in Dereham, Fakenham and Swaffham. During the year we were supported by several supermarkets and were blessed with many donations of money, much of it from individuals who were unable to donate food.

Over the year we have given out food to around 3500 people, a slight increase on the previous year. During the year we received 47 tons of food and gave out 54 tons in food parcels equivalent to 128000 meals.

We have been supported throughout the year by a steady inflow of food donated by individuals, schools, churches and other organisations. We have also been supported by Tesco, Morrisons and Waitrose and the East of England Cooperative Society supermarkets, who have allowed us to collect food at the stores on occasions during the year.

Due to restrictions on social contact and changes to their operations and use of space we had to suspend our engagement with Independence Matters although we are grateful for the continued availability of storage space at the centre. We continue to operate our warehouse on Rashes Green in Dereham.

We are grateful to the Wellspring Family Centre in Dereham, the Baptist Church in Swaffham and the Salvation Army in Fakenham who continue to provide room for the Distribution Centres operated during the week, free of charge.

The Foodbank operates on a voucher scheme and the number of local care agencies issuing vouchers, such as the CAB, has steadily increased as we have become better known. We now have over 90 agencies, who deal with those in crisis in the local community, who can now issue a voucher that will feed those in need. Most agencies now use electronic vouchers when referring clients to us.

The Trustees believe that Foodbank continues to be a real success, not only in serving local people, but also in bringing local

churches together to serve their community in a simple and practical way. The support to the community has been recognised by the presentation of a blue Plaque by the Lady Lieutenant of Norfolk.

The charity continues to raise the funds it needs to carry out its objects from a variety of sources including grants and donations.

The financial results for the year are set out in the accounts that accompany this report.

The Trustees have had due regard to the Charity Commission guidance on public benefit. They recognise that it is their responsibility to ensure that the benefits are offered in Dereham, Fakenham and Swaffham and the surrounding areas.

Additional details of objectives and activities (Optional information)

The Foodbank would not have been successful if it weren't for the continued support we have had from many of the local churches (but not exclusively) in providing volunteers who man the distribution centres and come to help in the warehouse. The Trustees express their sincere appreciation to everyone.

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

1. Although extra pressure has been placed on the running of the Foodbank, the financial security of the project has been maintained through careful management of funds.
 - Distribution Centres in Dereham, Swaffham and Fakenham have been provided rent free by Wellspring Family Church, Swaffham Baptist Church and Fakenham Salvation Army.
2. Mid Norfolk Foodbank's sole purpose is to collect food from local people and distribute it to other local people in need through emergency food boxes. Over the accounting period we have collected 53928 kg of non-perishable food and given out 46905 kg equivalent to 128000 meals given out.
3. Over the year we have had a volunteer base of approximately 70 and a management team of 6. All volunteers and management give their time free of charge. There are no paid employees attached to the Foodbank although one volunteer is paid on a self-employed basis to carry out administrative duties and manage the warehouse on a part time basis.

Section E

Financial review

Brief statement of the charity's policy on reserves

We hold cash at bank of £59154, all of which is unrestricted funds. These funds are held in order to meet any change in circumstances, for example the need to employ staff. We currently pay one volunteer on a self-employed basis to carry out administrative duties and this will have an impact on our reserves. However we intend to keep at least 2 years of funding in reserve.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

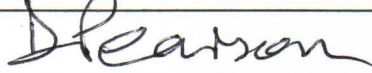
Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	David Pearson	
Position (eg Secretary, Chair, etc)	Chairman	
Date	07 August 2022	



CHARITY COMMISSION
FOR ENGLAND AND WALES

MID NORFOLK FOODBANK

1151547

Receipts and payments accounts

CC16a

For the period from	Period start date 01-Jul-21	To	Period end date 30-Jun-22
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation & Legacies	26,293	-	-	26,293	33,173
Gift Aid	2,143	-	-	2,143	2,043
Investment Income	-	-	-	-	36
Grants	3,500	-	-	3,500	9,000
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	31,936	-	-	31,936	44,252
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	31,936	-	-	31,936	44,252
A3 Payments					
Operating Fees	40	-	-	40	-
Professional Services	10,293	-	-	10,293	11,068
Packaging	1,308	-	-	1,308	926
Travelling expenses	450	-	-	450	-
Storage	1,507	-	-	1,507	2,009
Insurance	337	-	-	337	197
Printing/Postage/Stationery	422	-	-	422	201
Food Purchase	-	-	-	-	-
Van Hire	472	-	-	472	2,113
Premises	9,109	-	-	9,109	7,243
Fuel Vouchers	1,635	-	-	1,635	1,000
Sundries	686	-	-	686	449
Sub total	26,259	-	-	26,259	25,206
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	26,259	-	-	26,259	25,206
Net of receipts/(payments)	5,677	-	-	5,677	19,046
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	53,477	-	-	53,477	34,431
Cash funds this year end	59,154	-	-	59,154	53,477

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	59,154	-	-
		-	-	-
		-	-	-
	Total cash funds	59,154	-	-
(agree balances with receipts and payments account(s))		OK	OK	OK

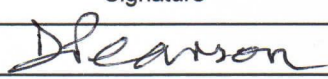
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets			-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	David Pearson	04-Aug-22



Section A

Independent Examiner's Report

Report to the trustees/ members of	Mid Norfolk Foodbank		
On accounts for the year ended	30 June 2022	Charity no (if any)	1151547
Set out on pages	1-2		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2022

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:  **Date:** 17/08/2022

Name: Mr Toby Rouse

**Relevant professional
qualification(s) or body
(if any):** Association of Accounting Technicians (retired)

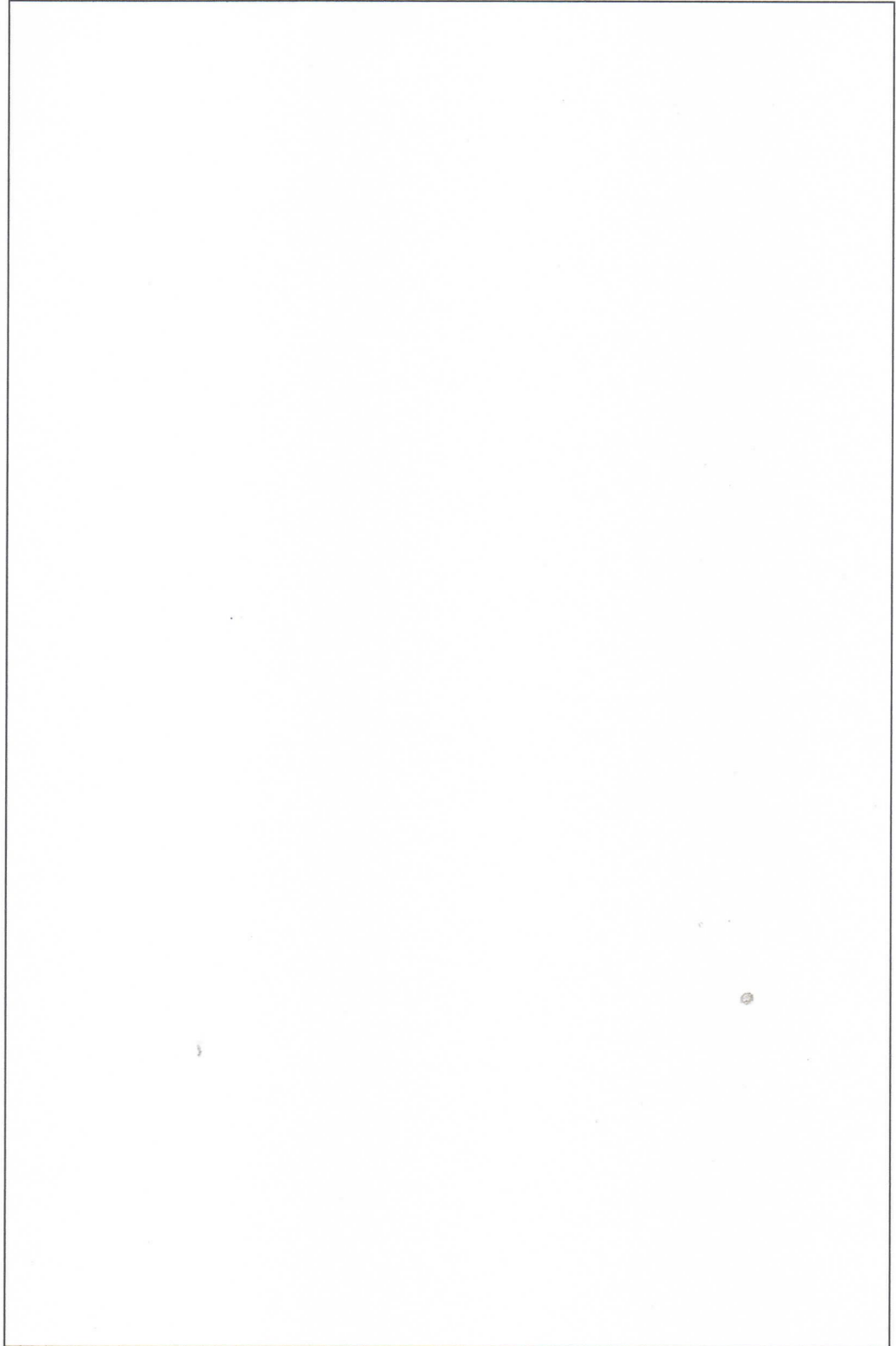
Address: 3 Stigards Gate

Dereham

Norfolk Nr19 2HF

Only complete if the examiner needs to highlight 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.



MID NORFOLK FOODBANK

England & Wales - Charity number 1151547

Accounts



Trustees' Annual Report for the period

		Period start date			Period end date		
From	01	July	2020	To	30	June	2021

Section A Reference and administration details

Charity name Mid Norfolk Foodbank

Other names charity is known by

Registered charity number (if any) 1151547

Charity's principal address

Wellspring Family Centre
 35 Neatherd Road
 Dereham
Postcode NR19 2AE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	David Pearson	Chairman		
2	Andrew Frere Smith		Resigned February 2021	
3	Candida Jill Rogers		Appointed February 2021	
4	Trevor Charles Theobald			
5	Clare Barker			
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
------	-----------------------------------

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address
Independent Examiner	Mr Toby Rouse	3 Stigands Gate, Dereham, NR19 2HF

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document <i>(eg. trust deed, constitution)</i>	CIO Foundation Constitution adopted 01 March 2019
How the charity is constituted <i>(eg. trust, association, company)</i>	CIO Foundation approved by the Charity Commission on 22 March 2019
Trustee selection methods <i>(eg. appointed by, elected by)</i>	In accordance with Constitution Section 10. By recommendation from the existing trustees.

Additional governance issues (Optional information)

<p>You may choose to include additional information, where relevant, about:</p> <ul style="list-style-type: none"> • policies and procedures adopted for the induction and training of trustees; • the charity's organisational structure and any wider network with which the charity works; • relationship with any related parties; • trustees' consideration of major risks and the system and procedures to manage them. 	<p>Mid Norfolk Foodbank is constituted as a stand-alone Charitable Incorporated Organisation and operates as a member of the Trussell Trust Network of foodbanks. Our policies and procedures are guided by the Operating Manual of the Trussell Trust and statutory legislation.</p> <p>The Foodbank is registered with the Information Commissioner and Food Standards Agency.</p> <p>The Trustees meet quarterly and are responsible for the strategic direction and policies of the CIO. The Trustees are also responsible for the financial and legal administration of the CIO. The Trustees are supported by a small management team of volunteers led by David Pearson. Michael Jones is retained on a self-employed basis as Operation Manager</p> <p>The Foodbank is deemed to be a low risk project which can be terminated at short notice with no detriment to the charity or trustees. The accounts show that the annual operating costs of the Foodbank have been distorted by the Covid crisis but there are sufficient funds to sustain the project for at least 3 years for the benefit of local people in need.</p>
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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

The object of the CIO is:

(1) To relieve persons in the United Kingdom and elsewhere in the world who are in conditions of need, hardship or distress (beneficiaries) in such ways as the trustees shall from time to time think fit.

(2) Nothing in the Articles shall authorise an application of the property of the charity for purposes which are not charitable in accordance with section 7 of the Charities and Trustee investment (Scotland) Act 2005 and/or section 2 of the Charities Act (Northern Ireland) 2008

The principal purpose of Mid Norfolk Foodbank is to provide emergency food boxes to local people who have found themselves in financial crisis and unable to afford to buy food for themselves and their family.

This year has been a particularly challenging one with the continuing crisis over the Covid 19 pandemic. With the support of our amazing group of volunteers we were able to maintain our service to many more people in need. Although we were able to keep our 3 centres open during the lockdown we also made many home deliveries to people needing to self-isolate.

During this period we were supported by several supermarkets and were blessed with many donations of money, much of it from individuals who were unable to donate food.

Over the year we have given out food to around 3300 people, a decrease on the previous year. During the year we received 50 tons of food and gave out 48 tons in food parcels equivalent to 114000 meals.

We have been supported throughout the year by a steady inflow of food donated by individuals, schools, churches and other organisations. We have also been supported by Tesco, Morrisons and Waitrose and the East of England Cooperative Society supermarkets, who have allowed us to collect food at the stores on occasions during the year. We particularly mention Tesco and Morrisons who have made bulk deliveries during the pandemic.

Due to restrictions on social contact imposed by the pandemic we had to suspend our engagement with Independence Matters although we are grateful for the continued availability of storage space at the centre. As a result we were able to secure a small industrial unit in Dereham as a warehouse, funded in part by Dereham Town Council and Breckland Council.

We are grateful to the Wellspring Family Centre in Dereham, the Baptist Church in Swaffham and the Salvation Army in Fakenham who continue to provide room for the Distribution Centres operated during the week, free of charge.

The Foodbank operates on a voucher scheme and the number of local care agencies issuing vouchers, such as the CAB, has steadily increased as we have become better known. We now have over 40 agencies, who deal with those in crisis in the local community, who can now issue a voucher that will feed those in

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

need. During the pandemic many of our agencies closed and we have instigated an electronic system for issuing vouchers.

The Trustees believe that Foodbank continues to be a real success, not only in serving local people, but also in bringing local churches together to serve their community in a simple and practical way.

The charity continues to raise the funds it needs to carry out its objects from a variety of sources including grants and donations. We are grateful for the support given in grants from Dereham In Need charity (food and fuel vouchers) and One Stop Shops (van hire).

The financial results for the year are set out in the accounts that accompany this report.

The Trustees have had due regard to the Charity Commission guidance on public benefit. They recognise that it is their responsibility to ensure that the benefits are offered in Dereham, Fakenham and Swaffham and the surrounding areas.

Additional details of objectives and activities (Optional information)

The Foodbank would not have been successful if it weren't for the continued support we have had from many of the local churches (but not exclusively) in providing volunteers who man the distribution centres and come to help in the warehouse. The Trustees express their sincere appreciation to everyone.

You may choose to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

- 1 Although extra pressure has been placed on the running of the Foodbank, the financial security of the project has been maintained through careful management of funds.
 - Warehouse facilities have been provided with support from Dereham Town Council and Breckland Council
 - Distribution Centres in Dereham, Swaffham and Fakenham have been provided rent free by Wellspring Family Church, Swaffham Baptist Church and Fakenham Salvation Army.
2. Mid Norfolk Foodbank's sole purpose is to collect food from local people and distribute it to other local people in need through emergency food boxes. Over the accounting period we have collected 50249 kg of non-perishable food and given out 47871 kg equivalent to 114000 meals given out.
3. Over the year we have had a volunteer base of approximately 70 and a management team of 6. All volunteers and management give their time free of charge. There are no paid employees attached to the Foodbank although one volunteer is paid on a self-employed basis to carry out administrative duties and manage the warehouse on a part time basis.

Section E

Financial review

Brief statement of the charity's policy on reserves

We hold cash at bank of £53477, all of which is unrestricted funds. These funds are held in order to meet any change in circumstances, for example the need to employ staff. We currently pay one volunteer on a self-employed basis to carry out administrative duties and this will have an impact on our reserves. However we intend to keep at least 2 years of funding in reserve.

Details of any funds materially in deficit

Further financial review details (Optional information)

You may choose to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

David Pearson

Full name(s)

David Pearson

Position (eg Secretary, Chair, etc)

Chairman

Date

07 August 2021



CHARITY COMMISSION
FOR ENGLAND AND WALES

MID NORFOLK FOODBANK

1151547

Receipts and payments accounts

CC16a

For the period from	Period start date 01-Jul-20	To	Period end date 30-Jun-21
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donation & Legacies	33,173	-	-	33,173	24,995
Gift Aid	2,043	-	-	2,043	-
Investment Income	36	-	-	36	21
Grants	2,000	7,000	-	9,000	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	37,252	7,000	-	44,252	25,016
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	37,252	7,000	-	44,252	25,016
A3 Payments					
Operating Fees	-	-	-	-	40
Professional Services	11,068	-	-	11,068	6,830
Packaging	926	-	-	926	1,132
Travelling expenses	-	-	-	-	-
Storage	2,009	-	-	2,009	852
Insurance	197	-	-	197	197
Printing/Postage/Stationery	201	-	-	201	55
Food Purchase	-	-	-	-	510
Van Hire	1,113	1,000	-	2,113	-
Premises	2,243	5,000	-	7,243	-
Fuel Vouchers	-	1,000	-	1,000	-
Sundries	449	-	-	449	50
Sub total	18,206	7,000	-	25,206	9,666
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	18,206	7,000	-	25,206	9,666
Net of receipts/(payments)	19,046	-	-	19,046	15,350
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	34,431	-	-	34,431	19,135
Cash funds this year end	53,477	-	-	53,477	34,485

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash at Bank	53,477	-	-
		-	-	-
		-	-	-
	Total cash funds	53,477	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Petty Cash	144	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	David Pearson	04-Aug-21



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Mid Norfolk Foodbank

**On accounts for the year
ended**

30 June 2020

**Charity no
(if any)**

1151547

Set out on pages

1-2

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30/06/2020

**Responsibilities and
basis of report**

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

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**Independent
examiner's statement**

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

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

Date:

20/08/2021

Name:

Mr Toby Rouse

**Relevant professional
qualification(s) or body
(if any):**

Association of Accounting Technicians (retired)

Address:

3 Stigards Gate

Dereham

Norfolk Nr19 2HF