



COLCHESTER FOODBANK ANNUAL REPORT

CHALLENGING HUNGER & COVID-19

September 2022



Supported by:
Mayor of Colchester
Deputy of the Cinque Port Liberty of Brightlingsea

Printed on Recycled paper
Cover art by: Rebecca Osborne

“We know that poverty and hunger in the UK isn’t right, and Colchester Foodbank works tirelessly to address the underlying issues causing more people to need the food bank than ever before. They are fully committed to Trussell Trust’s vision to end the need for food banks by having committed to end the need for their services by 2030. But until that is achieved, the team is continuing to diligently support the community and help those most in need, to ensure that no-one in the district goes hungry. I am so thankful for the hard-work and dedication of the team that make the food bank the positive, dignified place that it is.”

Rebekah Hill

Area Manager for Essex, The Trussell Trust

CONTENTS

WHAT PEOPLE SAY	4
OUR GOVERNANCE	6
Our Chair of Trustees' Message	7
Our CEO's Message	8
Our Structure	10
Our Trustees	14
Our Memberships	16
Our Specialist Advisors to the Trustees	17
Our Patrons	17
OUR STRATEGY	18
Our Vision	18
Community Listening	20
Our Strategic Priorities	22
Community Cooperation	23
Community Participation	23
OUR WORK & POSITIVE IMPACT	24
Our Values	24
Our Clients	25
Voucher Report	26
Client Services Delivery Report	28
Warehouse Report	36
Our Sites	w40
Our Volunteers	52
Training	55
OUR RECOGNITION & AWARDS	62
OUR VOUCHER ISSUING AGENCIES AND PARTNERS	66
PR REPORT	72
OUR FINANCES	74
Treasurers Report	74
Independent Examiners Report	75
Annual Accounts	76
A BIG THANK YOU	98

WHAT PEOPLE SAY



I just wanted to say how grateful I am for your continued support and kindness to my customers. I do not always get the time or opportunity to express my gratitude but it is appreciated. Thank you, You are all amazing!!

Michaela Fulleylove Work Coach, Department for Work and Pensions



It's clear to me the staff and volunteers at the foodbank run an efficient operation in which users are treated with compassion and respect. The foodbank doesn't work in a silo and has a number of partner charities and agencies they work with to assist people, who often have multiple needs. I was particularly impressed to learn first hand how people with learning disabilities help to create craft and stimulation packs for children and those struggling with what most of us take for granted with our homelife.

Darius G Laws
Colchester Conservative group leader,
Colchester Borough Council.



Since joining CBH in late 2021 I've visited Colchester Foodbank's hub as well as the Greenstead satellite. I've been incredibly impressed by the work of the foodbank, the dedication and commitment of its volunteers and the vital support it's providing to local people in need.

Philip Sullivan BSc (Hons) MSc FRICS CertCIH
Chief Executive, Colchester Borough Homes





The important work of the foodbank has never been so vital given the current state of the economy, inflation, energy prices and downward pressures on all household incomes. Please do all you can to support this much needed organisation.

Martin Goss Lib Dem Group Leader, Colchester Borough Council.



The work of the Colchester Foodbank has never been more important. Sending our heartfelt thanks to the whole team at Colchester Foodbank for their help to families in need in such difficult times. The difference you make to your community is immeasurable, not only in the goods you provide but in the respect, support and love that's evident in everything you do. Thank you.

Elaine Hindal
Chief Executive of The British
Nutrition Foundation



Colchester foodbank is a real lifeline for residents. In an ideal world we would not need the foodbank but across communities in Colchester they support people most in need not only with food but helping to ensure that families get the support they need over the longer term too. The staff and volunteers are part of a network of support in Colchester and deserve all our thanks for their continued hard work.

Councillor Adam Fox
Deputy Leader of the Council and Portfolio
Holder for Local Economy and Transformation
Leader of the Labour Group



Colchester Foodbank play an invaluable role in the community, and I have had the great pleasure of working with them through my role at the University of Essex. They have been an excellent partner to work with on multiple projects, and we have been developing our collaboration over several years. For example, they have shared their experiences and work with our students, inspiring many of them, and they have campaigned with a far-reaching impact on living wage which has had a big influence on the Living Wage campaign in Essex. We have learnt a lot from their insight and work, and I look forward to continuing to build a strong collaboration.

Dr Rebecca Warren, PhD, FHEA Lecturer in Accounting, Essex Business School, University of Essex





OUR GOVERNANCE

OUR CHAIR OF TRUSTEES' MESSAGE

WHY INVITE SOMEONE TO A PARTY AND THEN SAY IT'S CANCELLED?



Maybe that's what it feels like to hear that we are planning to close the foodbank by 2030. When I shared this thought last October - it naturally made us uncomfortable because we are passionate about serving our clients. It may sound even more ridiculous with the cost of living crisis upon us but I think it challenges the expectation that in the 21st Century food banks should not be part of everyday life.

Apparently, we are figures of fun in some places but we remain deadly serious about providing food parcels for our clients. The reality is that we have grown and aged as a charity and when you get to your teens, you get tired of playing with some things and you want to be taken a bit more seriously.

We have done charity - and we will remain charitable to every client who approaches us for food but having grown so much, we need to be intentional about closing otherwise we could be accused of being complicit in food poverty (yes - I have had that thrown at me).

If we stay comfortable, we build a castle and reign for a thousand years - instead we as a charity want to try to enable a way of life where the hold of food poverty in North Essex is broken. I'd rather fail and be ridiculed than put the slippers on and raise a glass to our success.

As a constellation of food banks, we are evolving beyond the core business of food parcels and

signposting and looking to invest in people. Instead of being frozen by the prospect of the cost of living crisis this winter, we are dusting ourselves down and ready for a scrap! We will be leaning into the challenge - collectively, we remember as a Charity the wave of austerity after the banking crash. We are a lot more professional and broader now and will meet the challenge square on.

We know that we have the goodwill of so many decent local people and we know that folks in crisis desperately need our support. But we are no longer going to just address each crisis but also "swim up river" and start deep analysis of the causes of the crisis. To folks mired in despair we want to move beyond 'hand-outs' to igniting rocket packs. It will look different at times - yes we will make mistakes, but we will not be getting complacent. If we have created a beautiful monster - we are intentional about taming it!

Thank you for taking an interest in Colchester Foodbank and its mighty satellites and we pray for every blessing in this challenging season - thank goodness for the talent and generosity we bring to this battle. Maybe the party hasn't been cancelled but the mood music has definitely changed!!!

Rev Andrew Fordyce MBE
Chair of Colchester Foodbank charity's
Trustee Board

OUR CHIEF OFFICER'S MESSAGE

I start by saying 'Thank You!' to all the supporters, generous donors of money, small and large gifts of all kinds, and for the help offered and given by so many and to all those people who donated and wished to remain anonymous.



For those who love statistics:

- In 2020 we fed over 13,950 people, 42% were children.
- In 2021 we fed over 15,400 people locally and in neighbouring areas we fed over 1,100 others as no other foodbank was available, 43% were children.
- In the first six months of 2022 we fed just over 9,000 people, 42% were children.

We continue to receive generous donations of food from both the public and supermarkets:

- Food donations received in 2021: 225 Tons
- Food distributed to local people in crisis in 2021: over 190 Tons
- Food donations received in the first six months of 2022: 125 Tons
- Food distributed to local people in crisis, first six months of 2022: over 133 Tons

We have won a number of awards this year - see our PR Report for information on these - but these are a means to an end and the end is being ever more effective at helping people out of poverty. Looking to the future, our Trustees resolved to fundraise for money to buy a building only on the condition that if the foodbank closes, then assets of the charity go to local anti-poverty charitable cause(s). Our Trustees have also resolved to become a Charitable Incorporated Organisation (CIO) before buying a building. Lastly, Trustees have daringly resolved to close the foodbank by 2030 if this can be done without

causing suffering to clients. We plan to accomplish this by focusing more on tackling the root causes of the poverty that brings people to our door.

Tollgate Partnership have kindly offered us space to use in Stanway, prior to its planned redevelopment in 2023. So we are looking for a new Food HQ for the foodbank after that time, which we hope will go on to be a community asset for the community should the foodbank achieve its ambition of closing for lack of demand because Trustees resolved to give all assets and money to local anti-poverty charities locally as Colchester Foodbank's legacy.

Food Standards Agency data shows that almost one in four consumers now report skipping a meal or cutting the size of meals due to lack of money to buy food. And that 15 per cent of consumers – over one in six – reported using a Foodbank in March 2022.

There's a growing realisation that people's lack of income is the biggest factor in people needing to use the foodbank. This can best be resolved by ensuring advice, including income maximisation and support, is the first port of call for someone struggling to afford food. This is critical to ending the need for food banks. Colchester Foodbank has already been working with council teams, advice providers and other food welfare providers to reduce gaps in service provision. This year, in response to calls by our volunteers and in partnership with Trussell Trust, we have funded extra staff at our local Citizens Advice and at Colchester Foodbank and set up a community

organising project, all to help address the causes of foodbank need.

We know that many people are struggling with the cost of living crisis. In the current economic climate, with rising fuel bills, redundancies or a sudden crisis could affect any one of us. Colchester Foodbank is committed to help those in need and share the generosity of this great community by providing emergency food parcels for local people in crisis and other additional toiletries or items they are in need of, while signposting to the welfare/benefit of our clients.

We are the busiest Foodbank in Essex, last year providing over 165,000 meals free at the point of delivery and working with partner agencies so as not to create dependency on the Foodbank. We have a great team of volunteers in all our departments who get your donations collected, transported, processed in the warehouse and finally brought for distribution from our 10 distribution centres (distribution site number 11 in Highwoods is scheduled to open in October 2022).

This local increase is due to a number of factors which have become the focus of our campaigning:

- people struggling with continued issues with benefit payments including sanctions;
- issues with Universal Credit such as the five-week wait (this waiting period can be reduced as the Harrogate pilot has proved);
- the two-child limit on welfare benefits (Children are never undeserving of help);
- the need for a benefit uplift like we had during the start of the Covid-19 pandemic;
- insecure work such as zero hours contracts or low-paid work on a part-time basis - which is why we have become a Real Living Wage employer and recommended other employers do this too.

While the cost of improving conditions for the poorest is often talked of as being too great, we must also consider the cost to the nation of forcing people to live on such a low benefit level. It destroys people's confidence, self-worth and dignity. It affects their mental and physical health and resilience, putting strain on already overstretched NHS resources. People need decent support to build on, to find work with their dignity intact. The answer must be to ensure our social security system provides people with enough money to cover the essentials. At the very least, we're saying the government must

choose to protect people and choose to boost income so they can afford to eat.

While not compromising our existing service - feeding people in need and crisis - our continued status as a part of the Trussell Trust network of Foodbanks and as a member of a Citizen's UK Chapter ensures that we do not work in isolation, responding only after people have been crushed by the world as it is. Our statistics, expertise, stories, lived experience, network of connections, media platform, influence, anger at injustice and energy to create change - combined with those things in others - is being woven together into a movement to create the world as it should be.

No-one can change the world alone. Our thanks go to so many. Particular thanks to our partner organisations using our Stanway Food HQ space to help the community:

- Rev Wendy Pagden and the Stanwell Hub team;
- Eunice and Barbara and the team from Tots2Teens, who are Colchester Baby and Children's Bank;
- Mark Snelling and the team Essex Free School Uniform Exchange;
- Souzan and Raied and the team from Bridgeway Mission working with refugees;
- Refocus group creative therapy with support from volunteer partners Bright Lives Social Enterprise C.I.C, Isola Life Skills, Colchester Art Society, Fabric Love and the Arts Society of Colchester.
- All the wonderful Duke of Edinburgh Award volunteers;
- Also a big shout out to Lee Pugh and the team from Colchester Ecargo Bike Delivery Project who have been such a help with deliveries;
- Colchester Anti-Loo Roll Brigade for their ongoing practical support.

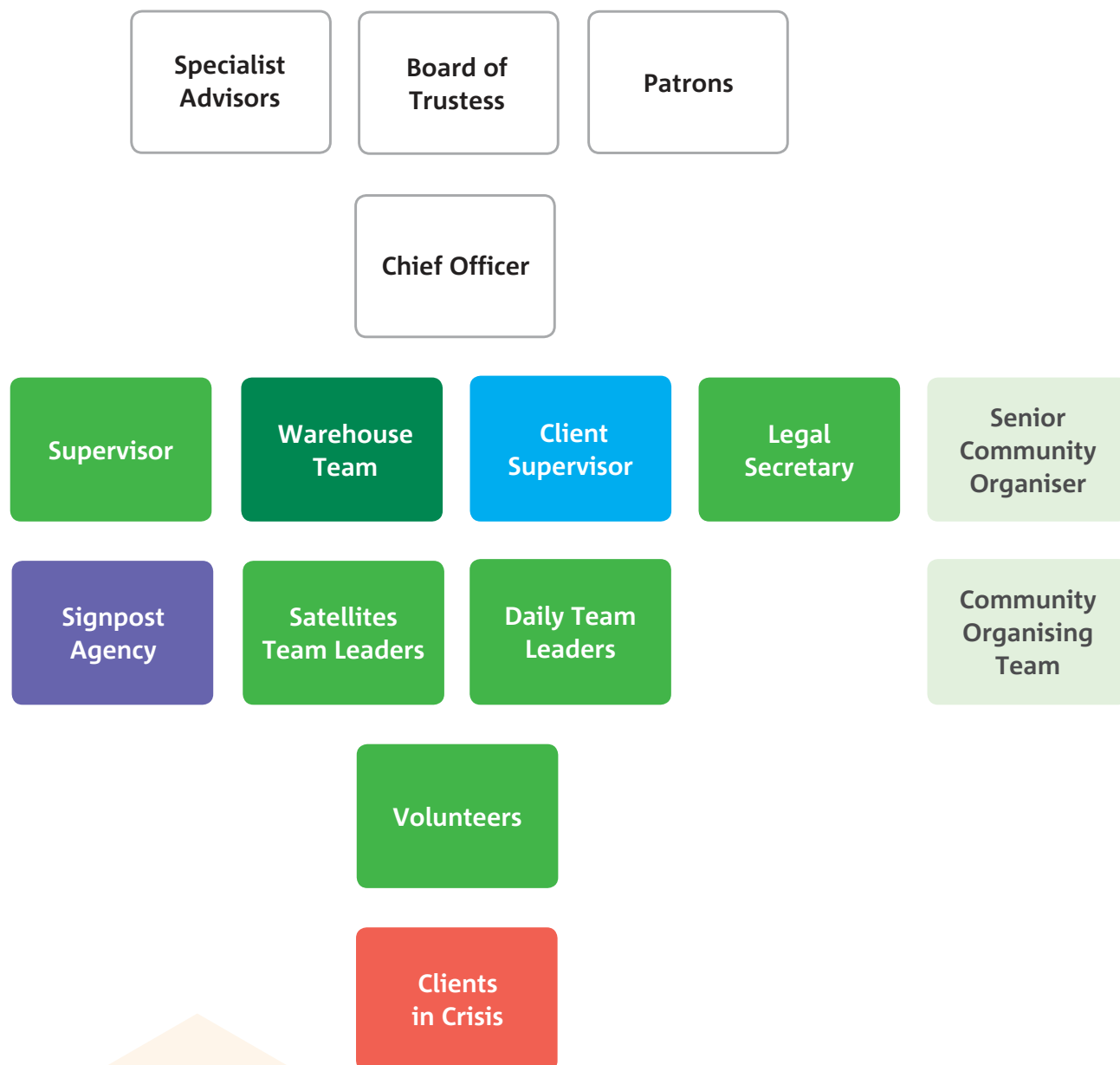
We are grateful to all those who respond constructively to the needs of the Foodbank by helping and by encouraging others to do their bit! We are all in this life together and what happens to one affects us all. Each of your voices added to ours makes us stronger, each of your gifts added to ours reaches further, each of your contributions matters more than you can ever know. Thank you all.

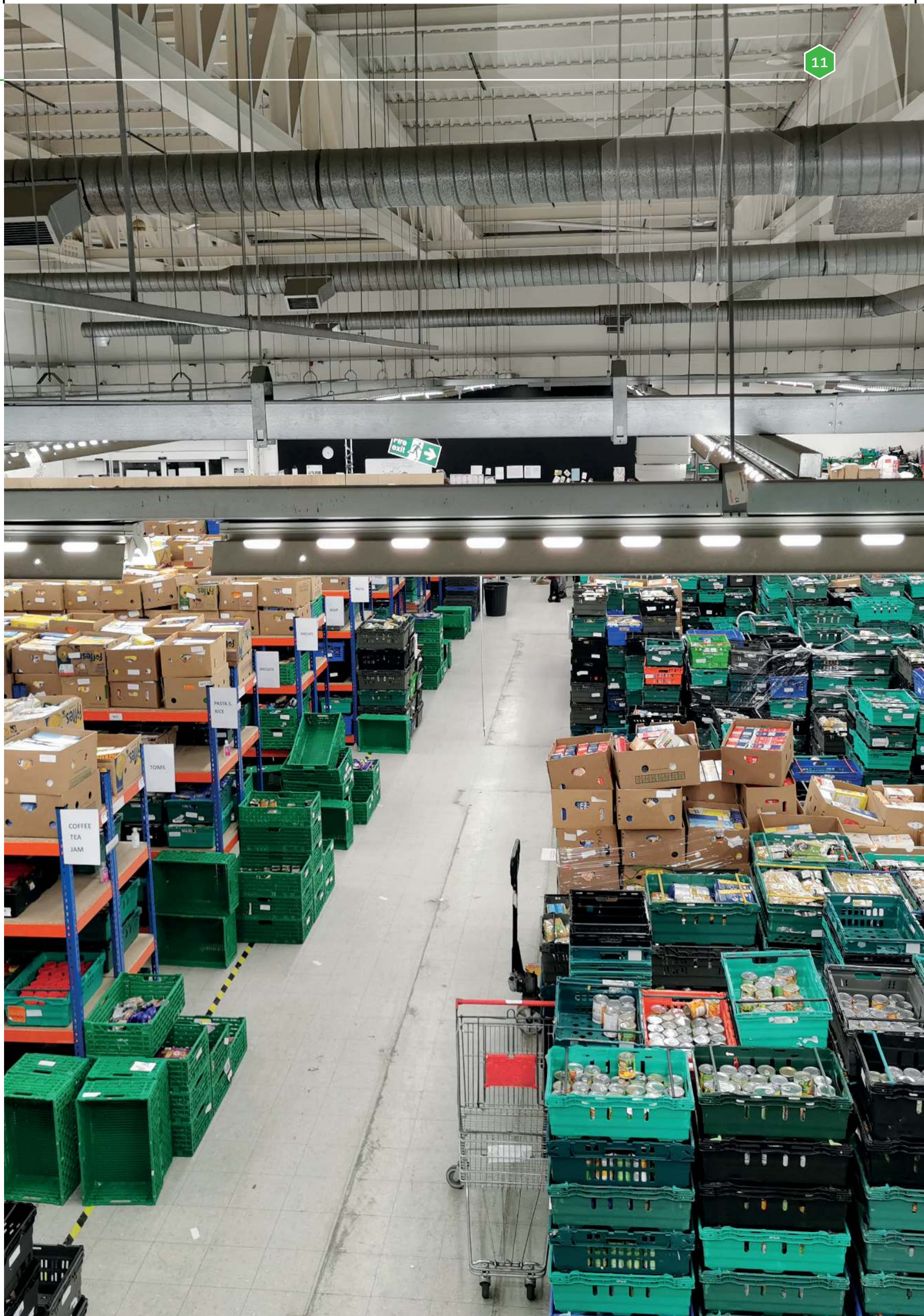
Mike

Michael Beckett BA(Hons) CDir FIoD MCIOF
Colchester Foodbank Chief Officer

OUR STRUCTURE

Our team that will make change happen





OUR TRUSTEES

Colchester Foodbank charity was the 33rd foodbank in the UK to be formed and has a board of Trustees to hold the charity to account and provide strategic direction for our anti-poverty charity.



OUR CHAIR:

REV ANDREW FORDYCE MBE

Andrew is Rector at the Tenpenny villages Benefice and is married to Cathy with 2 daughters - Isobelle and Abigail.

"In 2008 I started a journey of faith to see if we could do something to address an economic downturn, and the Trussell Trust model seemed the best fit.

After conversations across the Churches and with Hilary Le Seve and Brian Ford, we launched at the end of 2009. I continue to feel it's a privilege to be associated with Colchester Foodbank and have been amazed by the changes and wonderful people who have supported it. October 2019 marked ten years of foodbank provision but since then we have had the challenge of navigating the Pandemic.

The tireless resolve of our volunteer teams and dedicated staff has been truly remarkable. Our demand had gone up and amazingly not only have we met the demand but we have grown with more Satellites and a move to Stanway. Well done everyone - you are amazing!"

OUR DEPUTY CHAIR:



RICHARD PRIEST

Richard Priest has lived in Colchester most of his life although he now lives in Tendring by the sea. He is married and has three children, one son and two daughters. He has been actively involved in serving people all his life.

He has run various clubs and societies, mainly for young people. He was chairman of Colchester Korban, a local homelessness charity. Until 2018 he worked for a large registered social landlord, Peabody, and was responsible for services in the County which include homelessness

accommodation, vulnerable families, young people services, floating support, acquired brain injury services, learning disability services and mental health. He has worked as a support worker delivering front line services to all of these client groups, and as a manager at various different grades. He has had the privilege of being the director of these services in Essex. He brings to the foodbank strategic planning, some legal compliance in terms of HR, health and safety, building management etc. but also strategic planning regarding finance and governance. He also brings a wealth of general knowledge about our sector in understanding and supporting vulnerable people. He is a Christian and his faith means a great deal to him. Many of the people he has supported use the foodbank and it makes such a tremendous difference to. Not just the obvious practical benefits of some food for the family but often people have multiple issues going on and this takes a lot of pressure off them and I know that the act of kindness and generosity that we facilitate is a very meaningful and gratefully received experience for our customers. Homelessness is on the rise and things are certainly going to get tougher.



TRUSTEE JULIE RUSIECKI

"I was born in Colchester where I lived with my family until 1969 when I left to read History and Politics at Sheffield University. When I graduated in 1972, I added a husband, Paul, as well as an Honours Degree. I taught in London as a History and Humanities at Secondary level, where I became acting Head of the History Department and Head of Sixth Form. We left London for the birth of our son, Marcus, in 1978 and returned to Colchester. Paul became Head of History and Examinations at East Bergholt High and I had a daughter, Helen, in 1980. I ran a Playgroup before becoming Head of the Constantine Road Nursery School, and returned to full-time teaching as a Primary teacher, where, apart from a short break, I remained until my retirement seven years ago. I am a member of St Anne's church and have been actively involved in the Foodbank as a volunteer for many years. When Paul and I retired, we chose, as Christians, to use our time to benefit others. I would describe myself as 'a people person' and my skills all revolve around that perception. I am always prepared to listen, will offer advice if it asked for – and sometimes when it is not – (a relic of the bossy teacher I'm afraid), but I love to serve and have a great respect for all the people I meet and know. My hobbies include baking, cake-making and organising community events. I'm a bit arty and crafty, love to dabble in the garden and think I can arrange flowers - as long as wild and over-the-top is all that is required. I enjoy archaeology, Ancient History and my favourite film is 'Lord of the Rings'! I chose to become a Trustee for Colchester Foodbank, not because I know better than anyone else, but because I believe in the value of the work the Foodbank does in the community. If I can contribute to the success of this wonderful venture, then it is time and effort well spent and I am privileged to be part of it."



TRUSTEE REV CAROLINE BECKETT

"My name is Rev. Caroline Beckett and I am vicar of All Saints & St. James, Brightlingsea, a member of 'Colchester Citizens' (an alliance of local civic sector organisations such as faith groups, educational establishments, unions and charities, part of Citizens UK), and a trustee of another charity 'Gifts For Romania' working with community leaders to combat poverty and isolation in rural communities. I am mum to two lovely teenagers Danielle and Thomas. I enjoy singing, writing, spending time with loved ones, nature and volunteer work. I love being a minister because I get to meet so many extraordinary and interesting people and have the privilege of helping those going through difficult times and sharing in the joy of those who are celebrating. Being the widow of Rev. Rhys Martin, a local minister for a decade, and born in Old Heath and growing up in Alresford, working in Monkwick and now ministering in Brightlingsea, I have lived in the Colchester area on and off for most of my life, so I know it quite well. For me, Foodbank is good news in action: doing on a grand scale what some of us used to do from our home kitchens for people in need; reaching so many who are going through a vulnerable time in their lives. It's sobering to think we are all only a few months' salary away from a food parcel. Life is fragile, beautiful, challenging and tough and we are all in it together. It's been lovely to meet so many of the Foodbank volunteers and to be part of this important work in our community. Feeding the hungry is central to my faith but what we do in Foodbank goes beyond supplying food to enabling people to transform their circumstances."



TRUSTEE MARK NORRINGTON

Mark is Volunteer Coordinator at Wivenhoe and someone Essex born and raised who decided, when moving to Wivenhoe after too many years commuting to work in London, that he wanted to get involved in his local community. In addition to volunteering at the foodbank this has also included working as a volunteer with the library service, helping out with the local Reaching out at Christmas initiative, work for local community hub in Thurrock and on the Steering Group for the Wivenhoe Neighbourhood Plan.



TRUSTEE PETER TIBBER

After a career in the British diplomatic service Peter moved to Colchester in 2019 to live in the cohousing community he helped to create. Shortly afterwards he started volunteering for the foodbank at Tollgate. Earlier this year he was invited to become a trustee. His first task, at their request, was to facilitate a self-appraisal of the Board. This led to a number of recommendations to improve governance, which will need to be considered as the foodbank transitions into its new strategy. When he is not at the foodbank Peter is a keen amateur musician, swimmer, tennis player and reader. He is also a trustee at the Firstsite gallery in Colchester.



TRUSTEE WIN POMROY

Win is the Lead volunteer at Brightlingsea Foodbank, who used to work for the NHS as an emergency nurse practitioner in the Accident & Emergency department at Colchester General Hospital. Win began volunteering because she wanted to give something back to the community. Win belongs to the Ladies of the Liberty, which supports the historic charity of the Cinque Port Liberty of Brightlingsea.



TRUSTEE JO SANTINELLI

Jo is married with two grown up children, trained as an RE teacher in Brentwood before becoming an Assistant Head, and then the Deputy Head with responsibility for pastoral care and teaching and learning. Jo took up headship at St Benedict's in Colchester in February 2012. "It is a privilege to serve and be part of the local community and I am keen to support the superb work of the Colchester Foodbank in some small way."

A BIG THANK YOU TO RETIRED TRUSTEES



**RETIRED FROM TRUSTEE
REV KEN THOM**



**RETIRED TRUSTEE
SIR BOB RUSSELL**



OUR MEMBERSHIPS

- **WE ARE AFFILIATED TO THE TRUSSELL TRUST**
- **WE ARE AFFILIATED TO CITIZENS UK**
- **COLCHESTER CITIZENS**
- **COLCHESTER FOOD POVERTY ALLIANCE**
- **ESSEX FOOD POVERTY ALLIANCE**
- **ESSEX ALLIANCE**
- **SMALL CHARITIES COALITION**
- **THE FOUNDATION FOR SOCIAL IMPROVEMENT**
- **NATIONAL COUNCIL FOR VOLUNTARY ORGANISATIONS**

OUR SPECIALIST ADVISORS TO THE TRUSTEES

Our Specialist Advisors, help our Trustees to do their job.

They are **Clive Joyce**, Treasurer and **Paul Rusiecki**, Minute Secretary. The Trussell Trust's East of England Area Manager **Rebekah Hill** also acts as a Specialist Advisor to the Board of Trustees and to the Chief Officer helping us by ensuring we meet Quality Assurance standards.



Clive Joyce:
Treasurer



Paul Rusiecki:
Minute Secretary



Rebekah Hill:
Trussell Trust, Area Manager

OUR PATRONS

Our Co-Patrons, The Right Reverend **Roger Morris**, the Bishop of Colchester and **Sir Bob Russell**, the High Steward of Colchester help raise the profile of Colchester Foodbank.



Roger Morris:
The Bishop of Colchester



Sir Bob Russell:
The High Stewards of Colchester

OUR STRATEGY



OUR VISION

A local community in and around Colchester with a buzzing hub of collaborative support and without the need for a foodbank.

I know it's ok to ask for help

I know that there are people who can support me when I need help

I know that I am able to access the correct support for my situation

I feel I have hope for a better future



At the beginning of 2022, we started a Listening Campaign - The Big Conversation. The aim of the campaign was twofold:

- to listen and gain a greater understanding of the current challenges frontline organisations in Colchester are facing with increasing service demand from clients on a low income, struggling in the wake of the increased cost of living.
- to challenge our thinking, to see how we can invest in people, to see how we can do more, to help them need the foodbank less.

The Big Conversation has helped inform our new strategic plan, finding ways to work collaboratively in the community towards a compassionate future, where everyone can afford to buy their own food.

OUR MISSION

To tackle food poverty with active listening and community engagement, working in partnership to implement sustainable projects that empower clients and restore their dignity with emergency food parcels and support to overcome the underlying issues that put them into crisis.

I know where I need to go for the right level of help

I know that I am a valued member of the community

I am able to provide sufficient food and essentials for my family

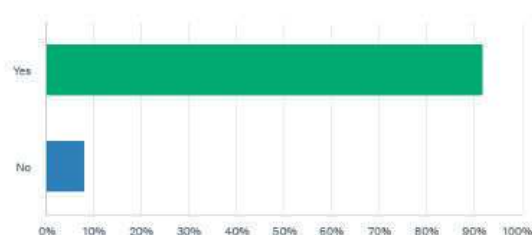


LISTENING TO OUR VOUCHER ISSUING AGENCIES

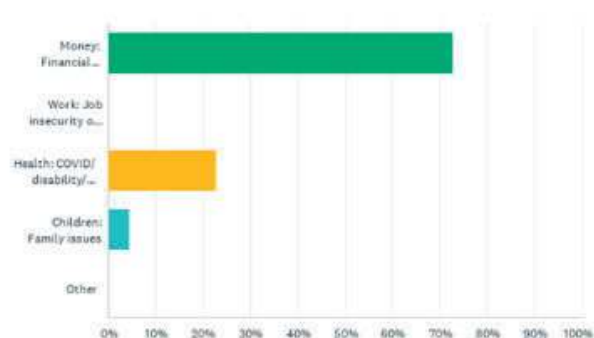
From March to early May 2022 we listened to our active voucher issuing agencies. They spoke and we listened. This is what we heard.

There is a willingness to take part and collaborate, but time pressures make it challenging for agencies to come together without tangible benefits. They are also keen to network with other agencies getting the most from any time they spend away from their desks.

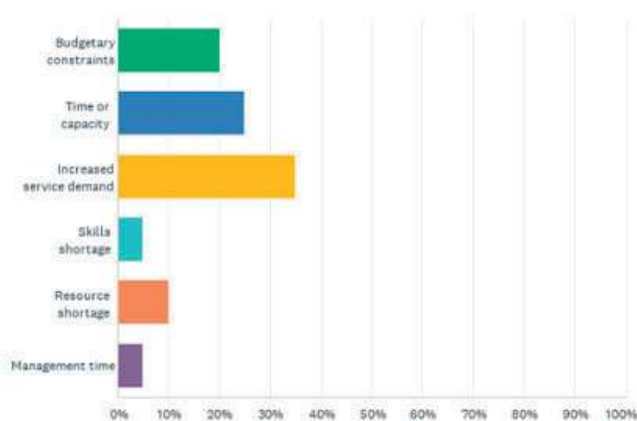
Q1 Is your organisation feeling increased pressures?



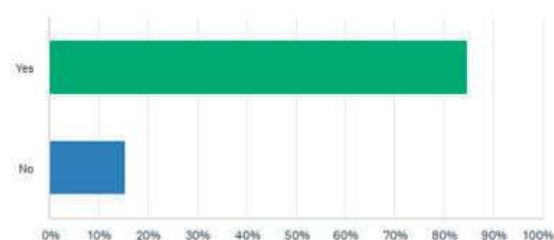
Q2 What pressures are your clients/service users feeling?



Q3 What pressures is your organisation feeling.



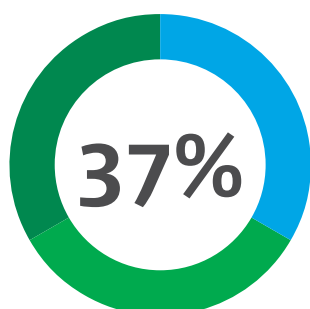
Q4 Could our collaborative efforts help?



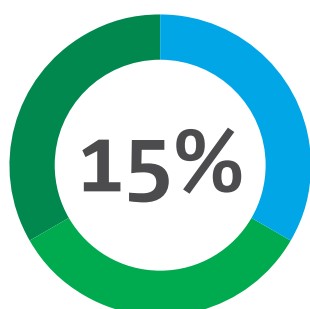
Source: The Big Conversation, Number of Respondents: 25 Survey (36%)

LISTENING TO OUR VOLUNTEERS

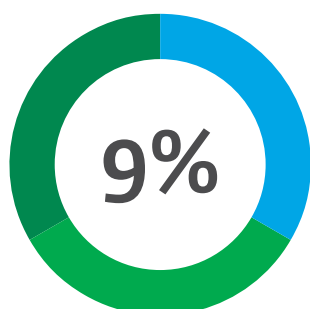
In January and February 2022 we ran The Big Conversation amongst our volunteers. They spoke and we listened. This is what we heard.



37% of our volunteers ranked **Swaying Social Policy** as our # 1 priority



15% of our volunteers ranked **Investing in our People** as our # 1 priority



9% of our volunteers ranked **Normalising Reaching Out for Support** as our # 1 priority

Source: The Big Conversation, Number of Respondents: 101

Our Volunteers' top priorities...

When analysing a weighted average of all the suggested priorities, the clear leading priorities were:

- Sway social policy
- Improve Signposting
- Sustainability and resilience
- Building a stronger Partner Network
- Improving access to projects
- Investing in our people
- Support community education
- Increase access to nutritional and culturally relevant foods

Confidence:

Confidence in our ability to bring about social change was 37% at the beginning of the survey and 47% at the end.

Training

At the beginning of the survey 31% felt they needed training. At the end of the survey 64% felt they would need training to help bring about positive social change.

OUR STRATEGIC PRIORITIES

An overview of what we will prioritise to make happen

01

COMMUNITY LISTENING

- To listen to our clients
- To listen to our voucher issuing agencies
- To listen to our volunteers
- To listen to the public

03

COMMUNITY ACTION

- To use community organising
- To sway social policy
- To create positive change through collective action

02

COMMUNITY COOPERATION

- To engage with the community
- To grow participation
- To create partner projects
- To enable early access to local services

COMMUNITY COOPERATION

Achieving our long-term goal of closing the foodbank by 2030 is not something we can do alone.

We will seek to engage the community, bringing people together to implement key projects. Community organising and research, in order to provide tangible benefits for the local community, is central to this activity. We are the lead agency for the Colchester Food Poverty Alliance and the Essex Food Poverty Alliance and we have a network of over 265 partners including Social Services, One Support, Community Mental Health Team, local housing groups, Citizens Advice, Age UK, Churches, Schools, GP Surgeries, philanthropic individuals and businesses including the major supermarkets. Our relationship with the University of Essex opens up a pool of new talent for us to attract from students completing their Democracy in Action module on community organising.

Partnership working with our local network will increase our access to both resource and skillsets. It will also open up new ways of working while reducing risks as we attempt to achieve a challenging goal. Community engagement will require us to strengthen our relationships and change how we work, introducing shared processes, decision making and improved communications for the success of any projects that promote sustainability and resilience.

COMMUNITY PARTICIPATION

Community participation is essential to bring about significant change.

With community support, we can build engagement and empower our community to work together to create and deliver local services that can address the underlying causes of crisis for our clients. Community participation can provide a means of prevention with early access to services or support that clients may need which helps them from spiralling further into crisis.

Community participation will encourage community organising. We saw this during the pandemic. There is an energy in our community that wants to see change happen. We can tap into this, building power, raising our voice, swaying social policy and making change happen. Our community organising activity is committed to positive social change and working for a more socially just, caring and cooperative society where everyone can afford to buy their own food.

COMMUNITY LISTENING

Active listening is integral to achieving the change we are wanting to see in our community.

Through listening, we will achieve greater levels of understanding of the underlying challenges that put our clients in crisis. This understanding will enable us to improve how we signpost clients and how we choose our project work. Active listening will also improve productivity as we focus on the right things. It will also improve our ability to influence, persuade and negotiate while avoiding conflict and misunderstandings. All of these are necessary for change and for working in the community. Diversity and inclusion at the heart of all we do to create a sense of belonging for all, as we increase understanding and compassion amongst the public

OUR WORK AND POSITIVE IMPACT

OUR VALUES

Our values come through everything we do, in all areas of our work. Every day, they guide how we speak, think and act. Colchester Foodbank is committed to community built on diversity, tolerance, cooperation, justice and mutual respect; we want to contribute to society and demonstrate social responsibility.

We value dignity

and that every individual is worthy of respect, treating everyone fairly and ethically.

We value passion

and hold strong feelings about ending food poverty, the work we do and the difference it makes in the lives of others.

We value compassion

which motivates us to give selflessly and put others before ourselves, working alongside people in crisis to provide support.

We value collaboration

working in partnership with other organisations for more resources and greater impact.

We hold ourselves accountable

we acknowledge and assume responsibility for actions, decisions, and consequences – as individuals and as an organisation.

COLCHESTER FOODBANK PROVIDES SHORT- TERM EMERGENCY SUPPORT TO INDIVIDUALS AND FAMILIES IN A CRISIS WITHIN COLCHESTER AND THE SURROUNDING AREA, INCLUDING BRIGHTLINGSEA.

We also work with other local foodbanks and regularly review our areas of coverage in response to need. To qualify for help, families and individuals must be referred by a professional from one of our registered voucher issuing agencies who help to determine the underlying issues of crisis, which can be caused by a complex combination of events

that may include factors like benefits delays, unemployment, illness and domestic violence. Where possible we refer or signpost people to relevant agencies, so they can get the additional help they need. This enables them to more fully understand the reality of their issues and how to get through them, seeking appropriate support and targeted transitional intervention.

OUR CLIENTS

Our clients are those in need or crisis: people on benefits, people who do not qualify for benefits. We want to help individuals of any age and families who cannot afford to buy food.

THIS INCLUDES:

- **THE MUMS WHO SKIP MEALS TO FEED THEIR CHILDREN,**
- **THE PENSIONERS WHO SKIP MEALS TO PAY THEIR HEATING OR TO HELP FEED THEIR GRANDCHILDREN,**
- **INDIVIDUALS SUFFERING WITH DEBILITATING MENTAL HEALTH CHALLENGES,**
- **THOSE LIVING IN FEAR WHO CAN'T LEAVE THE HOUSE,**
- **SINGLE PARENTS STRUGGLING TO COPE JUGGLING CHILDCARE, WORK AND STUDIES,**
- **THE WORKING POOR STRUGGLING TO MAKE ENDS MEET DUE TO RISING COST OF LIVING.**

VOUCHER REPORT

JANUARY 2021 - DECEMBER 2021

JAN21- DEC 21	JAN	FEB	MARCH	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
BRIGHTLINGSEA												
ADULTS	60	45	65	34	42	42	36	44	40	32	38	58
CHILDREN	54	39	54	33	29	20	25	40	25	14	18	29
CENTRAL												
ADULTS	44	69	71	33	42	52	45	18	33	34	41	45
CHILDREN	9	26	24	7	16	8	7	8	12	5	6	4
COLCHESTER TOLLGATE												
ADULTS	558	358	535	549	387	478	482	399	406	358	444	703
CHILDREN	435	271	457	458	292	355	423	307	315	260	350	637
GREENSTEAD												
ADULTS	37	107	117	110	87	118	129	104	124	125	132	185
CHILDREN	25	64	80	69	74	108	70	83	87	61	94	131
MONKWICK												
ADULTS	13	4	10	16	13	15	18	10	14	22	21	25
CHILDREN	11	1	5	0	2	6	1	4	2	2	9	12
NEW TOWN												
ADULTS	0	5	9	2	8	9	8	12	12	11	15	6
CHILDREN	0	2	4	0	3	7	6	3	5	9	11	4
ROWHEDGE												
ADULTS	11	9	29	11	24	12	24	23	19	31	19	11
CHILDREN	19	13	47	12	54	20	29	37	30	45	30	10
SHRUB END												
ADULTS	9	3										
CHILDREN	22	3										
TIPTREE												
ADULTS	12	23	5	10	5	6	8	9	14	13	9	9
CHILDREN	11	14	11	4	4	5	7	2	9	4	6	9
WIVENHOE												
ADULTS	3	5	4	5	6	4	7	2	9	5	0	9
CHILDREN	8	4	1	7	1	1	2	0	4	3	0	8
ADULTS TOTAL												
CHILDREN TOTAL												
OVERALL TOTAL												

JANUARY 2022 - JUNE 2022

JAN 22 - JUNE 22	JAN	FEB	MARCH	APRIL	MAY	JUNE		TOTAL
BRIGHTLINGSEA								
ADULTS	44	30	28	24	24	35		185
CHILDREN	20	14	15	14	14	27		104
CENTRAL								
ADULTS	50	41	55	62	60	61		329
CHILDREN	16	3	15	15	15	5		69
COLCHESTER TOLLGATE								
ADULTS	511	502	606	579	624	625		3447
CHILDREN	389	399	504	452	520	534		2798
GREENSTEAD								
ADULTS	153	114	134	148	158	138		845
CHILDREN	99	61	63	75	9	91		398
MONKWICK								
ADULTS	28	11	16	52	25	12		114
CHILDREN	6	3	4	3	11	8		35
MYLAND								
ADULTS	2	6	1	1	9	0		19
CHILDREN	0	4	0	2	8	0		14
NEW TOWN								
ADULTS	12	12	12	13	15	14		78
CHILDREN	10	5	7	3	10	7		42
ROWHEDGE								
ADULTS	10	18	12	12	29	20		101
CHILDREN	18	24	20	9	45	33		149
TIPTREE								
ADULTS	16	13	8	17	23	11		88
CHILDREN	13	15	1	6	13	9		57
WIVENHOE								
ADULTS	0	9	7	6	7	5		34
CHILDREN	0	4	1	7	4	1		17
ADULT TOTAL								5389
CHILDREN TOTAL								3683
OVERALL TOTAL								9072

CLIENT SERVICES DELIVERY REPORT

This start of the year (2021) sent a lot of challenges, first was moving the foodbank from moorside to Stanway. We all worked extremely hard to put new systems in place. After a few months of trial and error I feel we have it the best we can. We took on more volunteers and trained them throughout the year ahead. Adding to an already wonderful team.

JUNE 2021

VOLUNTEER OUTREACH PROGRAM LAUNCH

We launched the volunteer outreach program to give the opportunity to agencies and charities around us, to nominate clients that would potentially benefit in some outreach work within the foodbank. This could include anything from confidence building, social skill improvement or work experience. We offered the program for an 8-week placement, teaching and supporting the workings within the foodbank. If at the end of the 8 weeks an opportunity became available, they would then be offered a permanent shift with us.

We have a great outreach partnership with the Military Corrective Training Centre, helping to rehabilitate for army release. We have also had pupils via the outreach program from Colchester Institute. We have a current and fantastic partnership with Suffolk Youth offending and NoVA. So far we have given over 500 hours of outreach time to these wonderful people throughout the year.

AUGUST 2021

PREPAID SIM CARDS FOR CLIENTS

TT launched a partnership with Vodafone to supply pre-paid sim cards. These are valid for 6 months and include 20gb data and unlimited calls and texts. A huge benefit and money saving item for a lot of our clients. We took part in this and have been ordering monthly sim cards since so we can give these out in all satellites also. Not only can these save our clients the worry and cost of buying phone credit, they also give anyone who is not able to access the internet that ability.

OCTOBER 2021

FUEL POVERTY

During the past 18 months we have seen a heavy incline in fuel poverty, and up until now have not been able to help. In October I made contact with the Anti Loo Roll Brigade and asked if they could help fund a fuel poverty program with us. Luckily they agreed and we began helping people with fuel. We are hoping to gain more funding which will allow us to be able to branch this to the other satellites, we are currently only able to do the scheme at Stanway and Rowhedge if we have funding available to help them.

NOVEMBER 2021

ENCOURAGING READING

Penguin Books asked if we would be interested in taking part distributing donated books from them. We took our first delivery in December 2021 which again allowed us to be able to not only give these out as gifts, but also to be part of a wider program of encouraging reading with adults and children alike. We found this to be successful so when Penguin books re-emailed and asked again, we again said yes. We have had many occasions where Penguin have contacted us donating books.



DECEMBER 2021 CHRISTMAS GIVING TREE APPEAL

Wow! 450 presents delivered or collected from Culver Square Management. All gift bagged and labeled. A fantastic team of Elves, Sophie, Sue and Kim and myself working off a spreadsheet to number code them all, and put into an order. I had done this to not only show where all presents needed to be grouped, but it also gave me parents details and contact numbers (not shared with Culver). We had made contact with the Refuge and NEST and Kingsland church and Tots2teens at the beginning to add any children that needed that extra gift to help also. Between us all working together we managed to not only give all these children gifts this year, but we have brought the community together to help us do this, they have brought more than £9,000 worth of gifts!

Culver Managment's team and BID (Business improvement at our Colchester) also raised a further £453 which has been transferred to the foodbank. This year for Christmas 2022 we hope to excel this number to be able to help many more children and families. The giving tree will go "live" on the 16 th November when Culver street shopping Center do their light switch on for Christmas.



JANUARY 2022 - JUNE 2022 SURGE OF DEMAND

During the first few months of the year, we managed to breathe a little from Christmas. But unfortunately war broke out in Ukraine and that brought us our own challenges of trying to source and keep up donations. Our donations dropped at one point by 50%. We've had to reduce parcel weights to try and keep in line with foods going in and out.

We put 12 of our volunteers throughout the foodbank and satellites on a first aid course, all passing with flying colours. We have had another 8 people pass through our outreach program, all reporting back how much they have enjoyed being with us. Hopefully taking with them experience and confidence.

Due to the increase in demand for food parcels since June 2022,, and with the increased needs to deliver foods, we have subsequently taken on 4 new drivers throughout the months to help. All going above and beyond to help whenever they can.





Left: Bev Perkins, CEO Citizens Advice Colchester, middle: Michael Beckett, CEO Colchester foodbank, right: Rhiannon Barrow, Trussell Trust, Financial Inclusion Manager – East of England

FINANCIAL INCLUSION

We were lucky enough to have Sylvia join us from Citizen's Advice, making a world of difference in helping clients deal with the underlying issues that mean they need to use the foodbank, often it can be the need to maximise their income, claim benefits or access other support. Sylvia is based at Tollgate and Greenstead one a week, with visits to the satellite locations regularly.

Working with the Foodbank has given us the opportunity to meet people in the community, face to face, when they are in crisis. This overcomes the barriers of receiving help that are otherwise difficult for clients to overcome. Sometimes it can be difficult to pick up the phone. Because we are in the foodbank, we can offer help immediately, and that can make all the difference.



Sylvia Jeffcock helping out at the Colchester Food & Drink festival



The cost of living crisis emphasises more than ever the importance of Colchester Citizens Advice standing shoulder-to-shoulder with Colchester Foodbank. Together we are offering a more holistic support service to help people get through their individual crisis so they can focus on living their lives to the full without wondering how they will survive the next day. An increasing number of people face the kind of heart-rending choices that our frontline advisors and Foodbank volunteers already see all too often, but together, Colchester Foodbank and Colchester Citizens Advice are really making a difference.

David Jarvis CBE
Chair of Colchester Citizens Advice



COMMUNITY WORK

DUKE OF EDINBURGH

The Colchester Foodbank were delighted to accept some additional young volunteers (and their parents) to the Saturday Crew this year.

As part of the Duke of Edinburgh award scheme the participants are required to undertake some local voluntary work and Colchester Foodbank were delighted to accept their help. The participants performed a number of valuable tasks from receiving donations, sorting these donations and creating parcels from the donations. On behalf of Colchester Foodbank and the Saturday Crew in particular we would like to extend our gratitude to these young volunteers who were a credit to The Duke Of Edinburgh Scheme, their schools and their parents.





WE WOULD LIKE TO EXTEND OUR GRATITUDE TO THESE YOUNG VOLUNTEERS WHO WERE A CREDIT TO THE DUKE OF EDINBURGH SCHEME, THEIR SCHOOLS AND THEIR PARENTS





SUPPORTING A NEW COMMUNITY

One Sunday in March 2022, we had a call from Family Solutions about residents living on a caravan park who were in great difficulty. The 21 residents, many with young children and some with babies, had no calor gas as they couldn't afford it and the electricity power had been cut off.

On the Monday, appropriate food parcels were made up, including toiletries, soap powder, bread, and fruit and vegetables. Cronan, one of our drivers, and Anne went along to the site to see how the residents were going to manage. As we arrived a local company had donated calor gas cylinders, so cooking was possible.

The caravans, ex holiday mobile homes, were sited round the edge of a field. Mains water and drainage and sewage had been installed. The families were extremely grateful for the food parcels and they have received one a month since then. The spokesperson for the site, who has 4 children including a 3 year old as well as a 17 year old living in a 5 berth van, told me that

the vans are advertised on Facebook and other renting sites .

Residents can pay from £650 to £1000 a month depending on the size or style of van. This includes all utilities –as well as council tax. Most of the residents are in receipt of Universal Credit or income support. There are some who have lost any chance of housing for various reasons and now live on the site. Some residents have fled domestic violence.

The residents are living in poverty or have very low income. 80 per cent of residents have one or more children, one resident who is just about to give birth has limited amenities in the van. Tots2Teens have been contacted to support with cots, and pram and other useful items. Essex Uniform Exchange have also provided school uniform for other children on site.

Since we first visited in March there are now about 100 vans on the site and building work is just being completed for another 40. We only support 23 vans. The Local Council have said the accommodation is appropriate and in most cases will not be re-housing some of the residents. I would like to thank all the volunteers who have packed up the parcels and deliver them.

Anne Barney



WAREHOUSE REPORT

Covid 19 was our main threat when I started working in Moorside and Langham 2 years ago and later when we moved our operation to Tollgate.

We can report that we have now established and aligned all processes and I'm glad to say that we serve our satellites and the wider Colchester community every day with great engagement and enthusiasm.

The working cooperation with Nikki is optimal. With motivated volunteers in the warehouse and FOH and additional volunteer drivers for supermarket pick-ups and client deliveries, we are more flexible and reactive than ever before.

2021 was all about workflows and 2022 has become the year of stock management, stock control, monitoring and sufficient supply of goods. I anticipate the most difficult part of the year is still ahead of us.

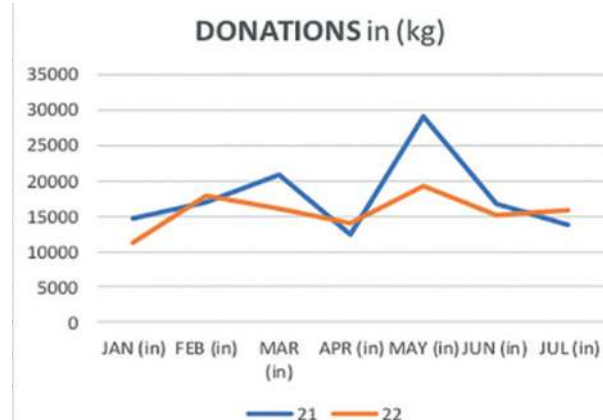
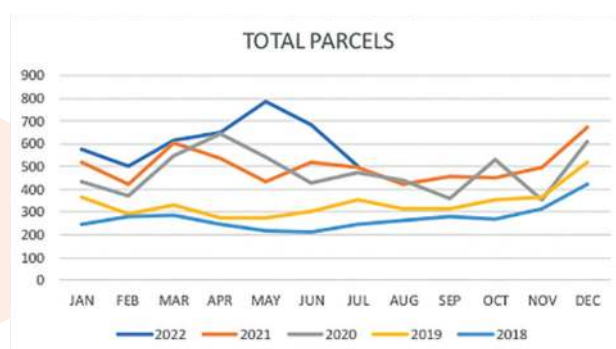
Since mid-2021, further intensified by the war in Ukraine since February 22, we saw a new spectre rising: The cost-of-living crisis! Now in September 2022 it has become deeply engrained in our lives: rising fuel and energy prices, soaring food prices for staples and food in general, inflation rates at a 40 year high and still no end in sight. A critical time will be the start of the heating period and further hikes in energy bills in late autumn.

At the beginning of the year, we planned various scenarios to mitigate expected influences on the Foodbank and, after monitoring the data between JAN – JUL 22, the situation could have been status. Depleted shelves, empty warehouses and the news that struck me the most: "We have no more food. We've had to turn away hungry people!" A quote from a Foodbank manager in the UK.

Two developments were quite predictable. The demand for food parcels would go up and the amount of food donated to the Foodbanks would go down. These assumptions were proven right (see Chart 1 & Chart 2). The problem was, and still is, to what extent these trends will affect the Colchester Foodbank and how severely stock levels will be influenced.

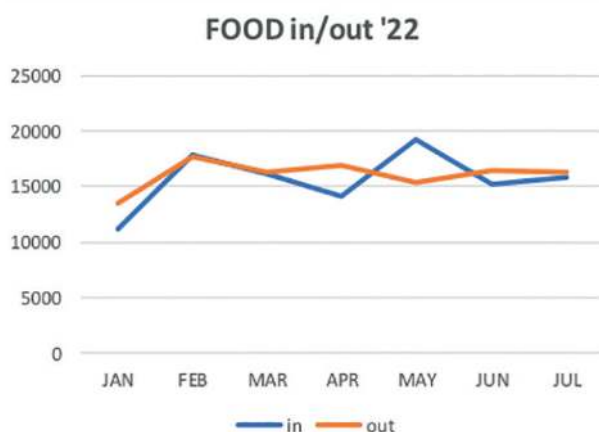
Compared to the same period last year demand has gone up and we are handing out 22% more parcels (Standard/Family) to our clients. At the same time food donations (supermarkets and private) have dropped by 12%. Whereas in 2021 we had to add an extra pick up run per week because food cages in supermarkets were overflowing, now a pickup once a week is definitely enough. However, with soaring expenses for households and increasing food prices the outcome could have been far worse. Again, we can only monitor the situation and react accordingly. Besides monthly stock level counts and using our newly developed Stock Level Tool (SLT) (see Chart 3) we have actively increased our food appeals on social media and other publications.

This tool allows us to react to low stock levels by adjusting our parcel sizes for clients. Grey represents the 2021 situation with availability per product shown in months. Green shows an increase 2021 of 30%, yellow an increase of 65% and red equals 100% increase over 2021.



Scenario 1: 30 % Increase			Less than		2	Months									
Scenario 2: 65 % Increase			More than		2	Months									
Scenario 3: 100 % Increase															
					FAM	STD	FAM	STD	FAM	STD	FAM	STD	FAM	STD	
					150	352	195	457	247	580	300	704			

This inventory was taken on 15 August 2022 and represents product availability in months without further donations. Unsurprisingly, without further donations and a 100% increase in demand we would be struggling to supply most of our products for more than 2 months. By adjusting our parcel weights over the recent months, we have managed to keep the incoming and outgoing food almost level, remembering the increase in demand and lower overall donations. (see Chart 4). If we can retain these numbers through to the end of the summer and autumn, we might have a good chance to manage this year successfully. Harvest school donations and Christmas are normally our busiest periods, we need to see how the current economic climate will influence this part of our business.



**“WE HAVE NO MORE FOOD.
WE’VE HAD TO TURN AWAY
HUNGRY PEOPLE!”**

A Foodbank manager in UK.



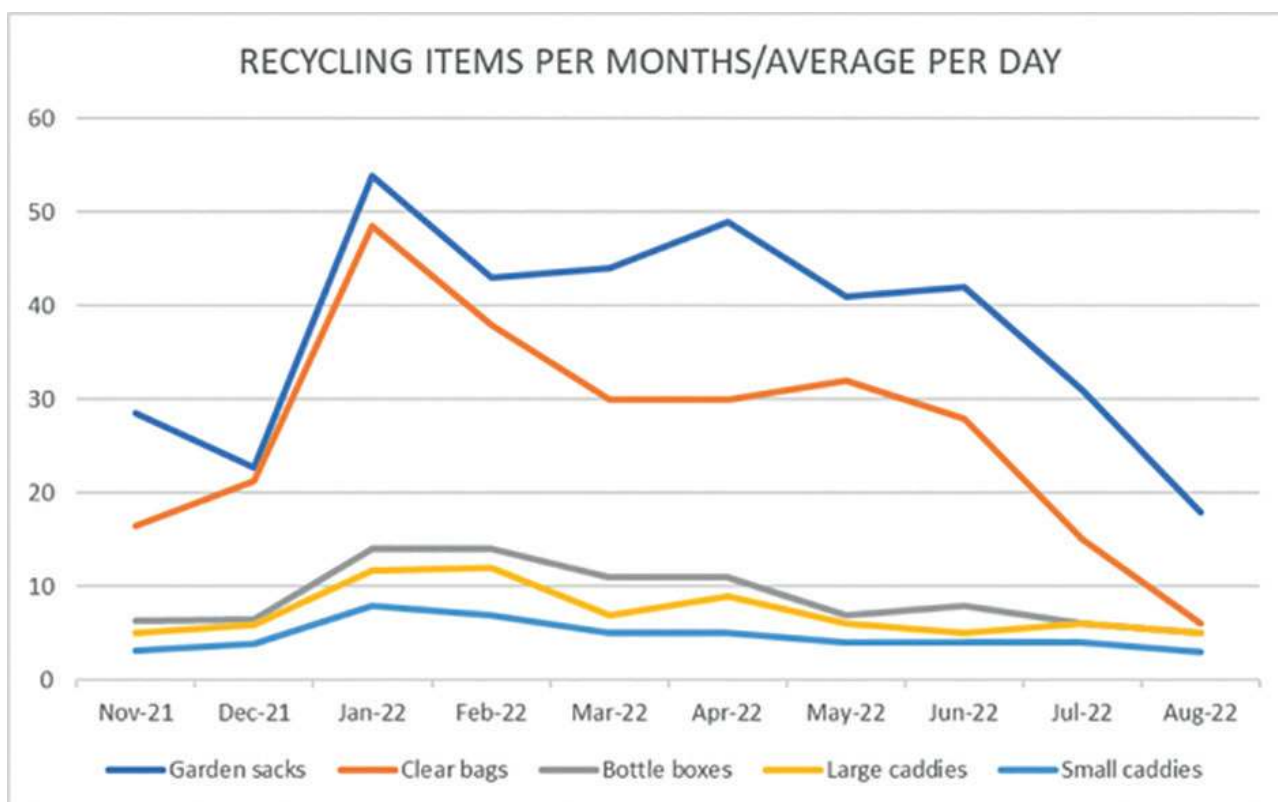
RECYCLING

In November 21 we started distributing recycling items for the Colchester Borough Council. Clients can pick up their garden bags, clear sacks and various containers at Tollgate. The service is very much appreciated by the public and it draws attention to the work of Colchester Foodbank with every item we hand out.

At the beginning of this cooperation the daily numbers of items were staggering, due to a back-log situation in recycling distribution from the Council, and Tollgate was 1 of only 2 outlets to obtain these products. Now the supply is

organised, and clients can use 14 outlets to cover their demand. However, after the summer we will see a return to manageable levels.

Some visitors had never heard of the foodbank. This provides us with an opportunity to expand our reach, and share information about the good work that we do in the community. It also enables us to request their support. This will become ever so important as we begin activities to help change hearts and minds, growing support for ending the need for foodbanks.



WAREHOUSE IN LANGHAM

The Langham warehouse was closed on the 31st July 2022 and the keys were handed back to the owner. We dismantled the complete racking for further use and currently all our stock is located in Tollgate.

All of us work as an orchestrated unit and we all share the same ambitions and determination. The statement “We don’t have food anymore” will never be said of Colchester Foodbank, we are all here to help.



OUR SITES

There are ten satellites, mostly in different areas of Colchester but also at Brightlingsea, Wivenhoe and Tiptree. They are staffed by volunteers and serve clients who have referrals made by a variety of agencies.

1. TIPTREE

United Reformed Church, Chapel Rd,
Tiptree, Colchester CO5 0HP
Thursday 2pm - 4pm



2. STANWAY

Unit 3 Tollgate Retail Park
(old Office World shop)
Stanway CO3 8RG
Tuesday 11am - 1pm



3. MONKWICK

St Margaret's Church Hall,
Stansted Road,
CO2 8RA
Friday 11am - 1pm



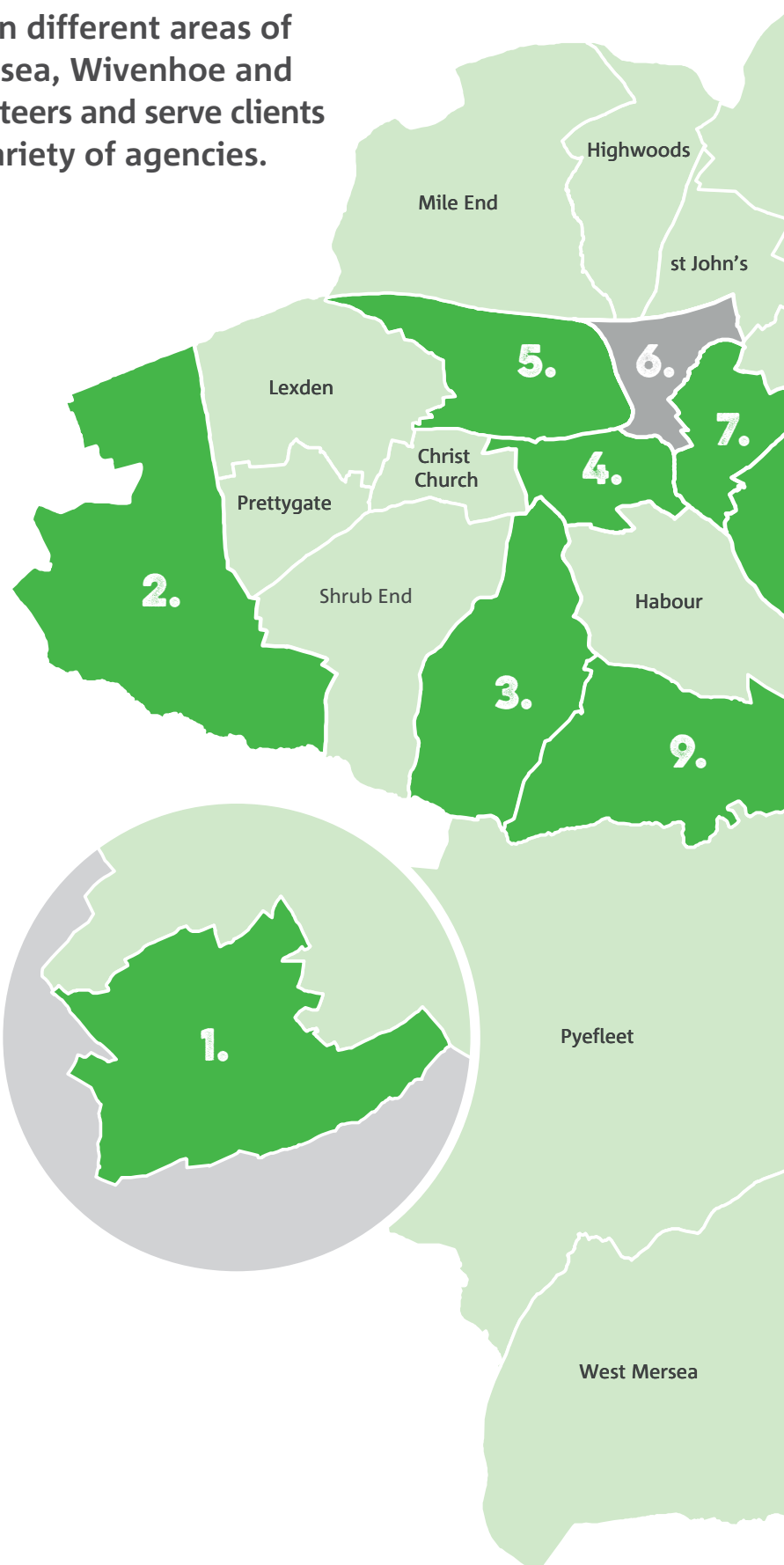
4. NEW TOWN

St Stephen's Church Canterbury Road,
Colchester, CO2 7RY
Monday 7:30pm - 8:30pm
Thursday 11am - 1pm



5. COLCHESTER CENTRAL

Eld Lane Baptist Church,
Eld Lane, CO1 1LS
Wednesday and Friday
11am - 1pm



Ardleigh &
Little Bromley

Thorrington, Frating,
Elmstead & Gt Bromley

Alresford

10.

ICON KEY



Donations drop



Food parcel collection



Cafe



Volunteers needed

6. MOORSIDE

Closed, we've moved to Stanway

7. GREENSTEAD

Colchester Credit Union
7 The Centre, Hawthorn Avenue,
Colchester, Essex, CO4 3PX
Monday, Tuesday, Thursday
and Friday 10am - 12 noon



8. WIVENHOE

Wivenhoe Congregational Church,
High Street, Wivenhoe,
Essex, CO7 9AB
Thursday 10am - 12 noon



9. ROWHEDGE

Mariners Chapel
Chapel Lane
Rowhedge, CO5 7JS
Monday 4pm - 6pm



10. BRIGHTLINGSEA

Local delivery only during lockdown
01206 3033903 or 07970 480968
Wednesday 10am - 12:30pm





BRIGHTLINGSEA

A year that has seen many changes at Trussell Trust and at Colchester Foodbank and its satellites, changes that arguably could be said to not always seem to be for the good of the foodbanks.

Colchester Foodbank, in line with many other UK foodbanks, has more salaried staff, funded by Trussell Trust. We are working with more of the other charities that are trying to make life easier for those in our communities, unable to make the inadequate benefits, or if they are working, the unrealistic 'Living Wage' etc. cover all the essential outgoings that they face.

Before 2020, none of us could have imagined how our service would need to change to meet the needs of the public during the Covid-19 pandemic. That proved very true. Now add to that the global effects of the Russia – Ukraine war, the shortages of essential foodstuffs and the weekly, no, daily increases in food and fuel prices and you don't have to be a rocket scientist to see what is going to happen to not only those who were already struggling, but those who cannot meet the huge increases in their domestic fuel costs, and food bills etc.

This also means that instead of foodbank numbers decreasing, they are increasing daily. Brightlingsea Foodbank is facing all these problems stoically and continues to try to meet the needs of those in our close-knit community who are struggling. We offer the basic food parcels and, because of the continued amazing monetary generosity of our community, and council grants, we can provide our clients with vouchers for two of our local businesses, Smith's the Butchers and Bumbles, the greengrocers. This was the idea of one of our volunteers, who designed vouchers, which we then had printed free, courtesy of a member of the Cinque Port Liberty of Brightlingsea and the scheme is working well. It replaces the fresh food shopping that we used to do and means that clients can choose their own meat, cheese, fruit, and vegetables etc. We also top up domestic fuel cards on an ad hoc basis. All this from a small, coastal, close-knit town that cares about the less fortunate in its midst.

Beside the food provision aspect, we signpost as much as possible, helping clients to access benefits advice, local housing needs, school uniform exchanges, etc. Also, we will go online and access any other organisational help they need, look at local job availability and put them in touch with local employers. We have other

charities in the town who can give one-off monetary support if needed. The Foodbank itself fundraises when able, its main fundraiser being running the Tea Tent at the Brightlingsea Free Music Festival every year. This brings in just under £1,200 per year, which we share equally with the music Festival organisers. Added to our share is the bucket collection we have in the tea tent, which this year raised nearly £300.

During the Covid-19 pandemic we had a marked increase in clients when we delivered all food parcels. When we went back to face-to-face client encounters earlier this year, we noticed a marked drop in clients attending the hall. Most strange!! However, the numbers are slowly creeping up again as the present economic downturn bites. I'm afraid that in Brightlingsea the Trussell Trust criteria of 3 to 4 food packs in 6 months is just not hitting the mark and we are having to provide weekly packs to some clients. I like to think that we do provide Colchester

Foodbank with regular food top ups from the generous monetary donations we receive, so I don't feel guilty about supplying additional food packs to people. We have supported our local shops as much as possible too and have a great rapport with local businesses and charities.

Volunteers

Our core of 19 volunteers has not changed. We have one who has just sadly retired from the foodbank due to ill health and who will be sorely missed, as she and her husband were our main delivery team for a while. We wish them all the best in the future. The remaining volunteers continue to give their all and go above and beyond at times too. They make my life easier!

My biggest Thank You goes to you, my Brightlingsea volunteers - well done to all of you for your unfailing support and for putting up with me over the last year! - **Win Pomroy**

CENTRAL/ELD LANE

Colchester Central Foodbank is based in Eld Lane where we are working in partnership with Open Door. It has seen an increase in clients and is one of our busiest satellites. We are grateful for such a central location to make accessing our services easier. Clients without access to a kitchen are provided with kettle packs filled with food items that can be prepared with just hot water, a good example of how we tailor our service to clients' needs and a stark reminder of the level of that need and the circumstances many of our clients are coping with. "We provide a welcoming and supportive venue offering cups of tea coffee and conversation. In the current climate, many people, employed or unemployed are struggling with the rise in the cost of living. People from all walks of life come to our centre to receive support and food from us. It can be challenging to see parents bringing their children, knowing that these families are going hungry, but with our support, we are able to create a food parcel to suit their needs. I am grateful for my volunteer teams that give their time. Their persistent smiles and warm welcome create a positive environment for these people to chat and receive advice, sometimes referrals to other agencies that can resolve their problems. I give thanks to the team at head office who prepare and dispatch the deliveries. Without them we would not be able to serve.

And most importantly, we are so grateful for those individuals donating food, money and supplies. These donations change people's lives and we can see first-hand the impact that this has. We often see individuals who have received support from us, return to inform us of good news, perhaps finding a job or a home'.

Kaoru Magee Colchester Central Leader





GREENSTEAD

We have reached our 3rd anniversary and it has been busier than ever. Our satellite remained open every day possible, bar 2, one to extreme cold and one to extreme heat. Both occasions were due to inability to access premises.

Our volunteers have succumbed to the dreaded covid and other afflictions but the rest of the team has rallied around to ensure we remain open (a big thanks to them all). During the year we have collectively received a certificate of recognition in the community and Liz Carty received personal recognition for service to the community from the High Sheriff of Essex. Our commitment was recognised earlier in the year in newsletters when we had serious safeguarding concerns regarding a client.

This client presented often to our satellite and it became obvious to volunteers that there was an issue. With the help of Nikki and Councillor Tim Young, a referral has been made to multiple agencies and we are hopeful for a positive outcome.

We also took possession of a brand new fridge to assist in the storage and preservation of fresh produce and it has been proven to be a great asset. Health and safety has also improved with the donation of move dollies to improve the manoeuvring and transport of food parcels by Evo supplies, our thanks to them all.

We are all committed to providing the same great service in the year to come



eCargo Bike Delivery Service

The eCargo Bike delivery service supports Greenstead Foodbank every Thursday.

Many service users are facing financial hardship and mobility challenges or are having to self-isolate and need to rely on home delivery of essential food, medicine, and other provisions.

In addition to the increased demands on our Foodbank, the eCargo Bike delivery service is also seeing more families relying on community support for accessing and acquiring childrens' and baby clothing, baby supplies, school uniforms and essential kitchen and home-wear items.



MYLAND

We had a very slow start at Myland satellite, but now we are starting to see clients a bit more frequently (but not as much as we would like!) Like most satellites, there is no such thing as a typical client. We have had a Ukrainian refugee family looking for a little help until everything was in place; the father said he will be back to donate when they are all settled as they are so very grateful for all the help. We have had a retired lady, weeping as she was finding it very difficult to keep helping out her daughter who was working a zero hours contract but sadly, felt unable to visit the foodbank herself. We have had a Muslim family who had been rehoused in Colchester. Fortunately we had a good selection of vegetarian foods and by happy co-incidence,

that very morning a donor had dropped off some good quality olive oil and a huge family sized tub of peanut butter, they went off delighted with their bags, and were also directed to the uniform bank at Tollgate to get their children kitted out for the new school year. We anticipate getting a lot busier as the energy cost hikes and general cost of living rises hit.





MONKWICK

2021 saw the Monkwick satellite reputation grow. We started receiving direct referrals from local support agencies including the job centre and the council housing team. Through the foodbank, we were able to lay the foundations for the launch of a community hub that would include having other support agencies on location during the satellites opening times.

We were also able to secure some new cafe still round tables ready for use once the community Cafe was ready to launch. We have cemented a good team in place and look forward to expanding the range of support we can offer in 2022.

NEW TOWN

By the time you read this report, the New Town Satellite will have been running for two plus years. Whilst the data shows that numbers using us are not huge, we feel that it was and still remains a great support to the New Town residents and beyond.

Having opened in the height of COVID lockdown, we were very restricted in terms of the welcome we could offer clients, albeit every effort was made. Now we are restriction free and thanks to the financial support from our local Councillor we now have a more Café like feel to the foyer area where we run from and this has really helped to enable us to offer a friendly welcome and a drink while we sort out the business of vouchers and parcels.

Numbers are not everything and we have been blessed to have met a large number of people

and offer them both food parcels along with wider care and support. A number of new friendships have developed through this. Our volunteers continue to support us well and we could not have managed without their continued commitment. We are also blessed to often receive donations from members of the local community and these are greatly appreciated.

And, we mustn't forget the support from central team, which is wonderful. We totally get that this is a team effort and everybody plays a part and that there are a huge number of people supporting us behind the scenes who we never get to see or even speak to and we greatly appreciate them. Our closest links are with Anne and Roy who often delivers to us and we are very grateful to them for their help and support.



ROWHEDGE

Over the past year and half the Rowhedge Foodbank has managed to support an increasing number of local families.

We have received generous donations from individuals, local community events e.g. Mariners Christmas Sale, the village craft Fayre, Rowhedge Regatta and local organisations amounting to £2566.43.

Rowhedge Foodbank was nominated for and jointly won the annual Rowhedge Parish Council Community Award prize with the Rowhedge Heritage Centre. Both organisations were awarded £100 and the Heritage Centre generously donated their £100 to the foodbank. The foodbank has also received regular food donations from people living in the village and Fingringhoe.

As a result of these donations we have been able to ensure that families have fresh fruit, vegetables, ham, butter, cheese and bread along with their food parcels. The Rowhedge team have recognised that many of the individuals and families accessing the foodbank have additional

needs and we actively encourage people to talk about these so additional help or funding can be sourced e.g. payment of utility bills, advice etc.

Over time we have built up strong partnership working with a number of agencies which has enabled us to make a big difference to some families. These partnerships, with different charities and mainstream organisations, include the Mariners Chapel in Rowhedge, Christians Against Poverty, the Green Doctor, Tesco's and a new developing relationship with Citizens Advice Bureau who are planning to attend the foodbank once a month. As a team we have noticed that these agencies are working to full capacity and that often there is a wait when immediate help is needed. Because of this the team has been creative in working out solutions e.g. a family were supported in writing a letter to Will Quince regarding inadequate housing conditions.

Two particularly strong and effective partnerships are, St. Lawrence's Primary School which has resulted in the foodbank being able to reach out to more families in need particularly during the school holidays and the Mariner's Chapel which hosts the foodbank, provides storage space, advertises the foodbank at the Sunday service and makes a hardship fund available if necessary.

While many families and individuals access the foodbank at the Mariners Chapel, we have also provided a delivery service to those who are unable to collect heavy bags of food or indeed manage to access the foodbank itself in person.

The Rowhedge Team have met regularly throughout the year. These meetings strengthen both our knowledge, our team identity and a positive 'can do approach'. As a result of these we have identified specific training needs for

the new year including 'Boundary' training and 'Active Listening' training. Post COVID we have changed the arrangement of collecting details from families to a more informal, friendly approach designed to make people feel more comfortable about asking for help.

We would like to thank Colchester Foodbank in supporting everything we do and especially to Anne and Graham who go above and beyond to ensure we are fully supported.



TIPTREE

Rev Anne-Marie Renshaw and the team at Tiptree Churches Foodbank have been working hard to meet the needs of their community and Rev Ken Thom became a valued member of the Colchester Foodbank Trustee team. A big thank you to him for his hard work and we hope he enjoys his retirement!

2021 saw the development of a new stockroom at Tiptree United Reform Church completed and this satellite has Citizens Advice staff visiting to assist clients. It is increasingly busy, offering local delivery, tea and coffee and a warm welcome to clients. Having satellites in a number of different areas puts us closer to clients in need rather than them needing to find ways to reach us when they have little money, few transport options and low energy: just another way we take the demands of poverty into account.



WIVENHOE

Another challenging year for the Wivenhoe Foodbank, though since restrictions have eased we've been able to return to something closer to normality. Use of our foodbank dropped during the latter part of 2021, though numbers have been rising since the turn of the year. Some new clients have been coming from sectors of the local community not previously seen by us, illustrating how the cost of living crisis is now impacting on an even wider spectrum of the populus.

The local community however continue to make generous donations to us and we received just over 1 tonne of food donations in the last year. Particular thanks to the Wivenhoe Allotment and Garden Association, (for supplies of fresh fruit and veg during the summer months) and Black Cat Bakes and as local donation points in the town Wivenhoe One Stop and 10 Beer Bottles.

Fundraising events in the last year have included a nearly new clothes sale, which raised £300 and a Tombola at the Jubilee weekend Community event which raised £120.

We continue to work with other agencies and local stakeholders and are gearing up for what is expected to be a challenging winter into 2023.

We bid a sad goodbye to one of our stalwart volunteers who had been with us from the start, when they moved out of the area but have also welcomed new members to the team to fill the gap.





FUNDRAISING EVENTS IN THE LAST YEAR HAVE INCLUDED A NEARLY NEW CLOTHES SALE, WHICH RAISED £300 AND A TOMBOLA AT THE JUBILEE WEEKEND COMMUNITY EVENT WHICH RAISED £120.



OUR VOLUNTEERS





OUR VOLUNTEERS

The recent trend continues in our volunteer workforce, with a high turnover and more and more people wanting to volunteer with Colchester Foodbank.

The reasons for wanting to volunteer are as wide ranging as the people themselves. Many are moved to give something back to the community in which they live, some seek experience on the road back into paid employment and some hope to make new friends having suffered a bereavement or a recent move to Colchester.

There are a number that turn to the foodbank because they have seen or heard of it as a local charity, with a fair proportion wanting to work evenings and Sundays, on the odd day when they are free, when they are having a break from travelling, when the sporting season ends, when it is the school holidays, on Christmas Day even.

These applicants present a challenge for us because the Foodbank is built on daily teams who know each other and work together. They develop working relationships, often a degree of friendship and always a sense of belonging to the Foodbank Family. However, this camaraderie comes from working a set shift of four hours, on the same day each week with the same people. It relies upon every individual knowing their role and how they help to keep the foodbank machine rolling smoothly.

Potential volunteers who visit – and all applicants are asked to arrange a visit initially – are not only surprised at how well the warehouse is run, but how both training and experience are required before joining the Foodbank Family. With so many people working together, it is very important to get the right mix of personalities and is always a consideration when taking on new Volunteers.

At the satellites, the same principles apply. Lead volunteers train their own people, supported by Anne Barney who is Lead to the satellites, they often provide a service which is unique to their own area and clients and the Trustees are indebted to their commitment and expertise. Several years ago, it was decided that the foodbank should place satellites where the clients needed them to be, and thanks to the hard work of many, this has been achieved, allowing the foodbank to serve each community: Brightlingsea and Wivenhoe are our oldest satellites, Greenstead is our busiest and Myland our newest, with every satellite providing a vital service to their clients.



Building on the black and white T shirts of the previous year and in response to Volunteer requests, Michael Beckett ordered a wide range of T-shirts, fleeces, polo shirts and the odd gilet (for difficult individuals like me), which boosted morale during the winter months - and the temperature! Available to all volunteers in all locations, it strengthened the sense of unity within the foodbank and helped our clients identify Volunteers by sight.

I close this report as ever, praising the dedication and commitment of all our Volunteers, whether they work in the warehouse, pack parcels for clients, keep the Administration running smoothly, meet face-to-face with clients in the Front of House, collect from the Supermarkets, deliver parcels to clients who cannot get to the Foodbank, supply the satellites with the parcels and extra items needed by their clients and all the incidental moving of stock around as part of the Foodbank service to a wider community. At Christmas you received a star in recognition of your outstanding support, but this was merely the tip of the iceberg; our gratitude goes much deeper into the heart of the foodbank – our Volunteers.

Julie Rusiecki

Trustee with responsibility for Volunteers



I close this report as ever, praising the dedication and commitment of all our Volunteers, whether they work in the warehouse, pack parcels for clients, keep the Administration running smoothly, meet face-to-face with clients in the Front of House, collect from the Supermarkets, deliver parcels to clients who cannot get to the Foodbank, supply the satellites with the parcels and extra items needed by their clients and all the incidental moving of stock around as part of the Foodbank service to a wider community.





Fire safety training in Wivenhoe

TRAINING

Over the last year a number of training opportunities have taken place. All volunteers have had the opportunity to take part in a number of Training options.

Emergency First Aid Level 3 run by Pro Training

12 volunteers took part, passed and received a certificate

Health and Safety Refresher

held at Tollgate with satellites invited, an attendance certificate was issued.

Green Doctor

Volunteers from all satellites and Tollgate, were invited to hear how the organisation could support our clients. Carmel was very informative.

Some Satellites have arranged their own training relevant to their needs



Training session with Carmel from Green Doctor



MONDAY TEAM IS ALL JAZZ HANDS



TUESDAY TEAM



WEDNESDAY TEAM WITH THEIR BEST FOOT FORWARD



THURSDAY TEAM WITH THEIR NEXT BEST FOOT FORWARD



SOME OF THE FRIDAY TEAM



SATURDAY TEAM ENJOYING COFFEE BREAK



A VOLUNTEER'S VIEW

Last year I concentrated on the message of why people volunteered and the same message is true, there is not one reason. So let's review the year (August 21 to July 22) from the perspective of a volunteer and the knock on affect on the foodbank and its loyal army of volunteers.

August and the holiday season sees 2 major impacts on the Foodbank. The volunteer rota gets strained and flexed with holidays, in addition donations are generally lower. Whilst Covid19 vaccinations continued to be rolled out across the globe we in the warehouse in Tollgate continued to implement a stock rotation system in the warehouse but also within the satellites and off site storage locations.

As the children return to school in September, so our volunteers return to Tollgate and our satellite offices. What was concerning to see this year was that the donations generally continued to reduce. However, we did have confidence that no one would be sent away from any of our locations in and around Colchester. The teamwork and constant communication between the warehouse team, the parcel makers / pickers and Front of House meant there was a continued flow of information in regards to parcel content and stock levels.

In October and November we saw Christmas Cards appearing on the shelves and Carols being played over the tannoy system of the supermarkets and shops, it was time for the foodbank to prepare for Christmas. The Trustees make sure that no one should miss out on Christmas so the Sorting teams begin to take out the salmon, ham, after dinner chocolates and similarly festive treats from contributions. Space begins to come at a premium in the Tollgate premises as this is the time of year when the generosity of the people of Colchester begins to become a factor. There is obviously a shared belief by the trustees, volunteers and the general public that no one should miss out at Christmas. I have mentioned before both publicly and privately that I continue to be humbled by the generosity of the general public and never is this more evident at this time of year.

I am often envious of the Front of House and Satellite offices during the month of December. They have the ability to see the faces of those we are all here to help and provide assistance for. The key in this month is that we are able to give something a little extra. I often think if those who donate could see the smiles of mothers who know they can make Christmas a little special or Grandparents who can now not worry about hosting grandchildren it would truly be priceless.

The aftermath of Christmas and the increased donations in December allows the warehouse team to reconsider stock and storage options. Over the course of the year donations have seen a decrease and so stock rotation is a priority seeking long term solutions to storage and distribution is in the forefront of our mind. After what inevitably is a busy period the month before the Front of House and Satellite teams are able to regroup. Shortly after we have forgotten about Christmas the Christmas cards have been replaced by Easter Eggs and so the influx of chocolate in the form of eggs and bunnies begins. Critically we see extremely generous donations from schools, churches and the like at this time of year. There is a realisation that Easter Eggs are not an essential item to be distributed within a food parcel but it is the belief of the Trustees that putting a smile on the faces of our clients (and more likely their children) is also important.

January, February, March, April and May 22 saw continual and stepped increased requirement for parcels. With this increased demand it means that all parts of the volunteer force were kept busy. From sorting to picking, warehousing to distribution, all parts of the team maintained constant communication to make sure there was never a point where our clients were in a position not to receive the parcels that they are entitled to.

With an increase in demand and reduction in donations we created a Stock Level Tool (SLT) therefore we can now determine levels of demand and stock levels. The key is for all volunteers to know what we are short of. In April when we had a real shortage of jam and appealed directly to the general public, the generosity of the general public meant that over the following weeks we saw specific donations of jam increase significantly.

In May we were delighted to accept 4 Duke of Edinburgh participants. As part of the scheme there is a requirement to do a certain amount of volunteer hours and we were delighted to accept their assistance on both sorting and picking. This extra help was appreciated as we continued to see increased distribution of food parcels.

All in all another successful and rewarding year for all our volunteers.





OUR RECOGNITION & AWARDS

FOODBANK ANNUAL REPORT DONATED TO ESSEX RECORD OFFICE

Essex Record Office now has in its archives the first item relating to foodbanks anywhere in the county – that of the 2021 Annual Report of Colchester Foodbank which is the busiest in Essex.

It was presented to Mr Martin Astell, Essex Record Office Manager, by Sir Bob Russell who is a Trustee of Colchester Foodbank and also Joint Patron with the Bishop of Colchester.

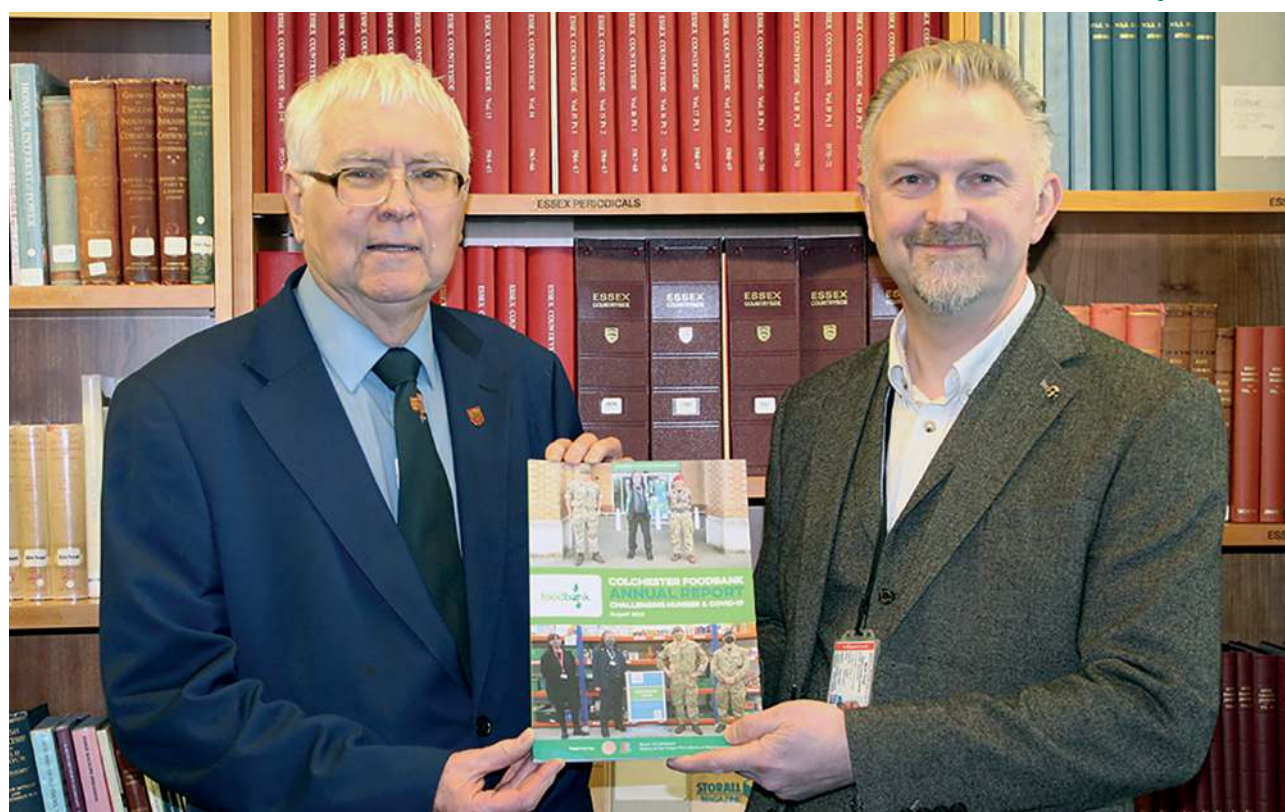
Sir Bob said that social historians, in years to come, will find the contents of the annual report to be of great interest because it chronicles not only the growth of Colchester Foodbank over the past ten years but would also explain how it operated during the Covid-19 pandemic.

Foodbanks across the country have seen demand increase dramatically in recent years, and all the signs are that demand will be increasing significantly in the months ahead.



I am writing mainly to thank you for sending us a copy of your annual report, which Sir Bob Russell brought in to the Record Office yesterday. We are pleased to have it, and researchers can now trace it in our catalogue Essex Archives Online (www.essexarchivesonline.co.uk) by our document reference A15741. I think that this is the first material that we have from your organisation, and we would be pleased to add to it. It does seem important that initiatives like this should be properly recorded, for permanent preservation.

Chris Lambert - Archivist, Essex Record Office, Culture, Heritage and Green Spaces, Environment and Climate Action, Essex County Council



LIVING WAGE - THIRD SECTOR CHAMPION

**We pay the Real Living Wage.
We campaign for the Real Living Wage. It is one of the best ways of reducing foodbank use.**

We have been recognised for our work in the community by the Living Wage Foundation. This is wonderful recognition for our campaigning work. Our hard work was recognised with the Real Living Wage Champion Award, Third Sector Champion, at an inspiring evening full of incredible stories of change and hope.

Working with community leaders from Colchester Citizens, we hosted an event introducing key member of local Government to the stories and lived experience of those seeking the Real Living Wage. We secured a meeting with the Leader of Essex County Council and raised the issue of becoming a Real Living Wage employer like the foodbank has. Colchester Borough Council again affirmed their commitment to it. Essex County Council considered making the change but subcontractors are their sticking point at the moment.



BRONZE AWARD - MINISTRY OF DEFENCE EMPLOYER RECOGNITION SCHEME (ERS)

Colchester Foodbank has been honoured with a prestigious award for its work to help Armed Forces families in and around Colchester.

The organisation has received the bronze award from the Ministry of Defence Employer Recognition Scheme (ERS) for its contribution to supporting the military community.

The ERS initially recognised only employer efforts but has expanded to include all groups that pledge, demonstrate or advocate support to defence and the Armed Forces community,

and align their values with the Armed Forces Covenant. Public and private sector organisations are eligible to apply, including NHS boards, local authorities and emergency services.

There are three award levels – bronze, silver and gold – and each requires recipients to have signed the Armed Forces Covenant, which is a promise by the nation to ensure that those who Serve, or have Served, in the Armed Forces are treated fairly.



HIGH SHERIFF VISITS THE FOODBANK

It was wonderful to welcome the High Sheriff of Essex Nick Alston to our foodbank in May.

He visited Greenstead then Stanway, to give some well-earned recognition to our fabulous staff and volunteers Liz, Nichola, Julie, Anne, Armin, Win and Emma. All were quick to point out that they accepted them on behalf of the wider pool of volunteers who all work hard to make a difference for local people in crisis.



High Sheriff of Essex, Nick Alston
@Essex_HS

I was pleased to visit [#Colchester](#) foodbank yesterday, and the Greenstead satellite, to present High Sheriff Certificates to outstanding staff and volunteers. Amazed - and challenged - by the scale of the operation. Well done all involved.



OUR VOUCHER ISSUING AGENCIES & PARTNERS

VOUCHER ISSUING AGENCIES

WE CURRENTLY HAVE 292 AGENCIES REGISTERED WITH US WHO CAN GIVE OUT FOOD VOUCHERS, BUT ONLY 172 HAVE BEEN ACTIVE OVER THE LAST YEAR.

Our most active Agencies are the Job Centre, Help Through Hardship- a branch of Citizens Advice, Essex Child and Family Wellbeing Service, Colchester Council Peabody Support Service, and our local ward Councillors at Greenstead, New Town and Hythe as well as Monkwick with Berechurch.

Many Secondary and Primary Schools use their vouchers especially during the School Holiday periods. Housing Organisations, Health Support agencies including Mental Health, Churches as well as Doctors surgeries hold vouchers. The local hospital discharge team has vouchers ready for when someone is discharged from hospital after a long stay or if they are unable to get to shops to buy food.

We are now seeing an increase in support groups wishing to become a Voucher Holder Agency.

AGENCIES REGISTERED...

18	CHARITY HOLDERS
31	CHURCHES
45	COMMUNITY- SCOUTS, GUIDES, STREET GROUPS
149	STATUTORY AGENCIES - SCHOOLS, HEALTH ORGANISATIONS , JOB CENTRE ETC
24	VOLUNTARY AGENCIES

SHARED SPACE

WE SHARE SPACE WITH A FEW AGENCIES WHO ARE ALIGNED WITH OUR VALUES AND WORK TO HELP THOSE IN POVERTY.



TOTS2TEENS

Helping in excess of over 1000 children from 0-16 years with clothing and equipment

Since the Covid 19 Pandemic Tots2Teens have seen demand steadily rise. The requests for help have far expanded the Colchester Area with referrals from various agencies across Essex, Tendring and Suffolk. We continued to operate from Tollgate Foodbank, increasing our days to cope with demand.

We took on extra volunteers to help us with the workload, helping us to sort and wash donations that were coming in. We were also still operating from Greenstead Community Hall on a Monday between 10-11:30 providing much needed help to families the other side of town which helped us massively due to coming out of lockdown.

On top of operating from the 2 hubs we still delivered clothing to families that were unable to travel to us. Tots2Teens are also thrilled to continue to work with Lee Pugh and Team with his ECargo Bike Delivery Service where they continue to help us with deliveries to families. We have had so much love and support from the community with donations of pre-loved and new items.

The guidance and support we have received from Mike, Nicola, Anne and Julie and all the volunteers at Tollgate Foodbank have been incredible. Without them we wouldn't be able to provide half the service that we do and we are so very grateful for their constant love and support.

Tots2Teens are privileged to continue to be supported by Dennicci Blues Marketing Company where they send a huge box of gorgeous new clothing once a month which we love to give out to families that are needing help.

Tracy and her team from Sainsburys at Priory Walk in Colchester Town have been a rock of support to us by not only providing items we may request to the community on our Facebook page but for the last 2 years have amazingly provided 5 families with the complete Christmas Dinner and Goodies Hampers which have bought not only us but the families who received them to tears. We have been so lucky to be supported by Tom and his team at Tesco the Hythe with donations of nappies and clothing. In Christmas 2021 we launched our Christmas Eve Box where we asked

for donations of new pyjamas, fluffy socks and sweets to create for families that extra special Christmas treat to help keep children warm. We were blown away by the support of the community and many local Councillors with their donations which enabled us to give in excess over 300 children new pyjamas.

Tots2Teens were honoured to be asked again to be part of the Winter Warmers and Summer Coolers Events run by Les Nichols from NEST and Michelle from The Childrens Well Being Service which was based in Greenstead and Monkwick.

We have supported many families that arrived from Ukraine, providing clothing, bedding, equipment and continuing to provide families with help and support. Now with the rise in the cost of living, we can see a huge demand in our services with phone calls, emails, families that turn up to the hubs asking for help as well as from various agencies. In less than a 24 hour period we had requests to help 50 children and we expect this to rise as the colder months loom.

TRACY AND HER TEAM FROM SAINSBURYS AT PRIORY WALK IN COLCHESTER TOWN HAVE BEEN A ROCK OF SUPPORT TO US BY NOT ONLY PROVIDING ITEMS WE MAY REQUEST TO THE COMMUNITY ON OUR FACEBOOK PAGE BUT FOR THE LAST 2 YEARS HAVE AMAZINGLY PROVIDED 5 FAMILIES WITH THE COMPLETE CHRISTMAS DINNER AND GOODIES HAMPERS WHICH HAVE BOUGHT NOT ONLY US BUT THE FAMILIES WHO RECEIVED THEM TO TEARS

REFOCUS

This has been our second successful, fun-packed year, providing free arts and crafts bags filled with loads of goodies to give to children and adults across Colchester and the local area.

Over 1,000 bags have been sent out, 500 alone at Christmas, with up to 8 crafts in each. Our wonderful helpers from Bright Lives Social Enterprise CIC, Isola Life Skills and DofE have helped create, cut, stamp, pack and have been crucial in the creation of each individual bag. We're also blessed once more to have help from The Arts Society Colchester, Fabric Love and Colchester Arts Society who provide donations of a multitude of arts and crafts materials. Colchester Borough Homes have once again supported us financially, for which we are very grateful.

We've celebrated Easter, The Queen's Platinum Jubilee, summer holidays and Christmas with bright, shiny crafting materials for all to enjoy. We love making them as much as we hope each recipient enjoys discovering the contents of our free bags. Our bags are available to all and there is no age limit or restriction on abilities. The basic packs always include glue, glitter, cards, activities and all sorts of embellishments to fire the imagination. With donations of books, cuddlies, toys, most of which have been donated, also go into the bag, which is always finished off with a sprinkling of love.



This year, as covid restrictions lifted, we were able to get out and about to community events and clubs, providing free arts and crafts activities face to face with our customers. We've been able to work alongside some great organisations such as Community 360, African Families In The UK, Precious Bundles, Munch Clubs, and The Mayor's Diversity Events. We've met many youngsters who have all enjoyed time spent being creative, having space to relax and process... and all for free.

We're now planning for another Christmas, with angels, crackers, Father Christmas and bunting all being prepared. We wish to thank Colchester Foodbank for our hub space so that we can store and pull together every item and donation, create and make our creative bags as varied and exciting as possible. We hope, in our own way, that we're able to give children and adults a chance to lose themselves in colouring and crafting and creating which, as we know only too well, is a huge benefit to mental health and well-being. It's a joy and a privilege to make a difference.

Paula Stubbs and Jenny Turnbull
Re:Focus Project Leaders

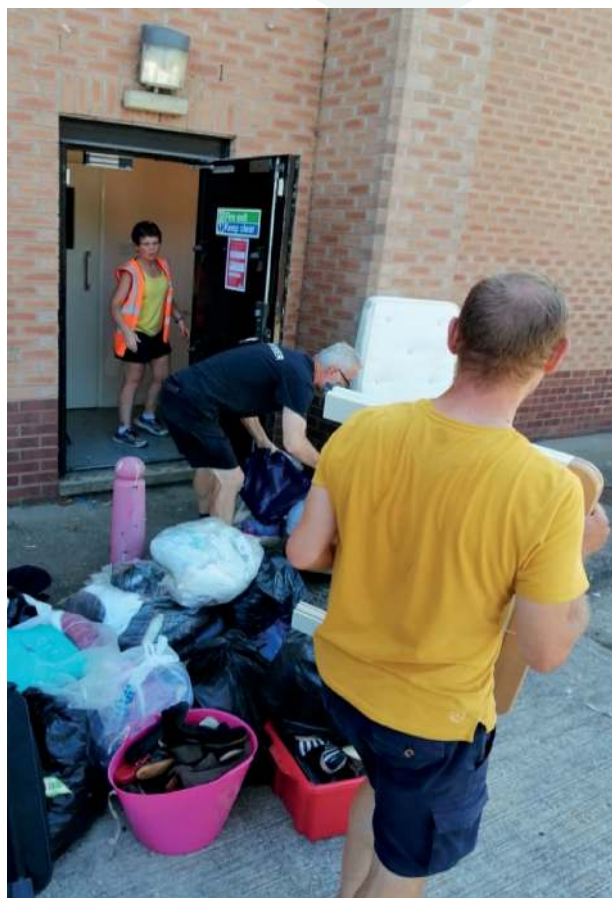


BRIDGEWAY

Bridgeway helps to integrate newly arrived Muslim migrants and refugees from the Middle East with a local host in the Colchester community. The charity runs local social events which help local people to meet new Muslim migrants and learn about new cultures. They also run activities that help people become part of the local community. They have also helped new migrants with food and household items, when they first arrive in Colchester.

“Bridgeway want to give thanks to Colchester Foodbank for their supportive collaborative relationship. Foodbank stood beside us during the hard times and helped us store our stuff for more than one year and offered their volunteers to help us load and unload. This helped us deliver our goal to support our community for asylum seekers and refugees.”

Souzan and Raied
Essex Uniform Exchange



ESSEX UNIFORM EXCHANGE

Essex Free School Uniform provides second hand uniform to any family in need without application criteria or proof required. It is a donation based system that recycles Clothes that would usually have ended up in landfill.

2021 year was our second full year in operation and saw us distribute over 12000 items across our growing network. The Colchester Foodbank has been key in helping this growth by facilitating a hub at the main Tollgate hub and by allowing the foodbank satellites to take uniform donations.

Mark Snelling

PR REPORT



It has been an interesting year for Colchester Foodbank. A year of awards and celebration and of really hard work.

Our involvement with Citizens UK and in particular our support of the campaign for the Real Living Wage led to us hosting an event with local civic leaders to help bring about change and influence policy locally. We were awarded the Third Sector Champion Award by the Living Wage Foundation for our work and for being a Real Living Wage employer ourselves.

Another celebration focused on the work of some of our key staff and volunteers as Colchester Foodbank received an unprecedented 7 awards from the High Sheriff: Ann Barney, Win Pomroy (Brightlingsea), Nicola Ransom, Armin Lange, Julie Rusiecki, Liz Carty (Greenstead) and Emma @@@@ (Rowhedge). We were present raising funds and awareness at the Colchester Food and Drink Festival and Brightlingsea Free Music Festival.

ITV and BBC camera crews have visited the Foodbank (without compromising the privacy of our clients); we have been a frequent voice on local radio stations and on LBC; we seem to be constantly in the newspapers and we remain the most 'liked' Foodbank on Facebook in the UK. Our CEO Mike Beckett also won Director of the Year with the Institute of Directors, East of England.

Why do awards and interviews, Facebook likes and articles matter? All of this work, along with the talks we give and our presence at community events, maintains our profile and our place in the public imagination, resulting in more businesses supporting us, more donations from organisations and the general public, more trust in us as a charity, more opportunities and partnerships and greater visibility for the wonderful work of our volunteers and donors. It also gives us a platform to speak about the reality of poverty in our nation, bust a few myths about foodbanks and reduce the stigma around needing us. So overall, being noticed helps us feed and resource people in poverty and crisis. So please lend us a 'like'; read, hear and talk about our work and take the time to share it with others.

[COLCHESTER.FOODBANK.ORG.UK](https://colchester.foodbank.org.uk)



3rd March

Cook book raises £2,000 to feed Colchester's families

By Lewis Adams | [@lewis_adams](https://twitter.com/lewis_adams)



Cheque - Carolyn Blacklock, Anne Tomkinson, Rosemary Martin, Michael Beckett, Beverley Wallace, Ken Wallace and Valerie Dent.



MONEY raised from the sales of a cookery book has gone towards feeding Colchester's most vulnerable families.

A cheque worth £2,050 was presented to the Colchester Foodbank after the hefty sum was raised from the book produced by three churches in the borough.



March 4 - <https://www.cu-fc.com/.../march/female-community-champions2>
Colchester United FC



CU-FC.COM

Colchester United Announce Female Community Champions

Colchester United are delighted to announce the three Female Community Champions ahe...



CO-OP LIVE

On Wednesday 27th June from 7 pm, Co-op Live broadcasted from Colchester Foodbank!



LOOK EAST

Look East BBC on Wednesday 3rd August featured East of England Co-op. The main focus was the 50% drop in donations and the vital role these supermarket collection points play. The 10.30pm slot featured several shots of our Tollgate shelves!



OUR FINANCES



TREASURER'S REPORT

GOVERNANCE

I am grateful to Taylor Rushby, Chartered Accountants, for their continued support in carrying out an Independent Examination and for presenting the accounts in the format currently required by The Charity Commission. In particular, I would like to thank Nick Taylor for his patient approach and guidance. Following the AGM, the accounts for 2021 will be lodged with the Charity Commission and will then be available to interested parties.

The Trustees have reviewed the Charity's actual and projected financial position throughout the year, generally at monthly intervals. Funds received and expenses incurred have been itemised against each of the operational activities undertaken to engender transparency and to maintain the ability of Trustees to have a clear understanding of the underlying position at all times.

INCOMING RESOURCES

An analysis of income is shown in Section C- Notes 3&4 of the accounts. Despite economic challenges funding has remained buoyant with many individuals, business organisations, philanthropic and faith groups choosing to continue their support of the Foodbank.

In overall terms, incoming resources totalled **£258k**, compared to **£394k** in 2020, a reduction of **£136k (34%)** with falls in donations and grants of **£86k** & **£50k** respectively.

RESOURCES EXPENDED

Costs for the year on operational activities and organisational governance totalled **£124k**, a reduction of **£20k (14%)** compared with the

previous year. A comprehensive analysis of expenditure is shown in the accounts in Section C – Note 6.

STATEMENT OF FUNDS

As at the end of 2021, funds held totalled **£480k**, inclusive of **£251k** earmarked for the purchase of new premises for storage and distribution when the need arises.

Please get in touch should you wish for further information or clarification on any aspect of the accounts. In the first instance I can be contacted by email: clivejoyce@colchester.foodbank.org.uk



Clive Joyce
Treasurer

INDEPENDENT EXAMINERS REPORT

Colchester Foodbank

Independent examiner's report to the Trustees of Colchester Foodbank

I report on the accounts of the organisation for the year ended 31st December 2021.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). The charity's trustees consider that an audit is not required for this year under section 144(2) of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants in England and Wales. My examination was carried out in accordance with the General Directions given by the Charity Commissioner. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

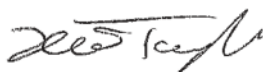
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

which gives me reasonable cause to believe that, in any material respect, the requirements:

- (a) to keep accounting records in accordance with section 130 of the 2011 Act;
- (b) to prepare accounts which accord with the accounting records; and
- (c) to comply with the applicable requirements set out in the Charities (Accounts and Reports) Regulations 2008; or

to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Nick Taylor
Chartered Accountant
The Coach House
Headgate
Colchester
CO3 3BT

The date upon which my opinion is expressed is:
5th July 2022



CHARITY COMMISSION
FOR ENGLAND AND WALES

Colchester Foodbank			Charity No	1152387
Annual accounts for the period				
Period start date	01/01/2021	To	Period end date	31/12/2021

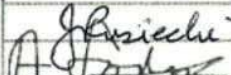

Section A Statement of financial activities

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Incoming resources (Note 3)					
Income and endowments from:					
Donations and legacies	217,249	-	-	217,249	303,624
Gift Aid relief	5,591	-	-	5,591	3,905
Charitable activities	-	-	-	-	-
Other trading activities	-	-	-	-	-
Investments	222	-	-	222	162
Grants received	34,878	-	-	34,878	85,486
Other	-	-	-	-	471
Total	257,940	-	-	257,940	393,648
Resources expended (Note 6)					
Expenditure on:					
Raising funds	-	-	-	-	-
Charitable activities	118,752	-	-	118,752	141,768
Governance costs	5,683	-	-	5,683	1,921
Other	11	-	-	11	-
Total	124,446	-	-	124,446	143,689
Net income/(expenditure) before investment gains/(losses)	133,494	-	-	133,494	249,959
Net gains/(losses) on investments	-	-	-	-	-
Net income/(expenditure)	133,494	-	-	133,494	249,959
Extraordinary items	-	-	-	-	-
Transfers between funds	-	-	-	-	-
Other recognised gains/(losses):					
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-	-
Other gains/(losses)	-	-	-	-	-
Net movement in funds	133,494	-	-	133,494	249,959
Reconciliation of funds:					
Total funds brought forward	346,450	-	-	346,450	96,491
Total funds carried forward	479,944	-	-	479,944	346,450

Section B Balance sheet

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
Fixed assets					
Tangible assets (Note 10)	63,553	-	-	63,553	63,433
Total fixed assets	63,553	-	-	63,553	63,433
Current assets					
Stocks (Note 11)	-	-	-	-	-
Cash at bank and in hand (Note 12)	418,102	-	-	418,102	283,017
Total current assets	418,102	-	-	418,102	283,017
Creditors: amounts falling due within one year	1,711	-	-	1,711	-
Net current assets/(liabilities)	416,391	-	-	416,391	283,017
Total assets less current liabilities	479,944	-	-	479,944	346,450
Creditors: amounts falling due after one year	-	-	-	-	-
Provisions for liabilities	-	-	-	-	-
Total net assets or liabilities	479,944	-	-	479,944	346,450
Funds of the Charity					
Endowment funds	-	-	-	-	-
Restricted income funds	-	-	-	-	-
Unrestricted funds	479,944	-	-	479,944	346,450
Revaluation reserve	-	-	-	-	-
Total funds	479,944	-	-	479,944	346,450

Signed on behalf of all the trustees by:

Signature	Print Name	Date of approval dd/mm/yyyy
	JULIE RUSIECKI	24/8/2022
	Rev Andrew Fordyce MBE	9/8/2022

Section C**Notes to the accounts****Note 1 Basis of preparation**

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

- the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;

Not applicable

Disclosure of any uncertainties that make the going concern assumption doubtful;

Not applicable

Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.

Not applicable

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note 2.

Yes*

✓

No*

* -Tick as appropriate

Please disclose:

(i) the nature of the change in accounting policy;	
(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and	

(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*

✓

No*

* -Tick as appropriate

Please disclose:

<i>(i) the nature of any changes;</i>	
<i>(ii) the effect of the change on income and expense or assets and liabilities for the current period; and</i>	
<i>(iii) where practicable, the effect of the change in one or more future periods.</i>	

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*

✓

No*

* -Tick as appropriate

Please disclose:

<i>(i) the nature of the prior period error;</i>	
<i>(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and</i>	
<i>(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.</i>	

Note 2 Accounting policies

2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> the charity becomes entitled to the resources; it is more likely than not that the trustees will receive the resources; and the monetary value can be measured with sufficient reliability. 	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Legacies	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP). Legacies are included in the SoFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Government grants	The charity has received government grants in the reporting period	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Donated services and facilities	Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SoFA.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Support costs	The charity has incurred expenditure on support costs.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	Yes	No	N/a
		<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.	Yes	No	N/a
		<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Settlement of insurance claims Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Investment gains and losses This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

2.3 EXPENDITURE AND LIABILITIES

Liability recognition Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Governance and support costs Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Grants with performance conditions Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Grants payable without performance conditions Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Redundancy cost The charity made no redundancy payments during the reporting period.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Deferred income No material item of deferred income has been included in the accounts.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Creditors The charity has creditors which are measured at settlement amounts less any trade discounts

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Provisions for liabilities A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Basic financial instruments The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2.4 ASSETS

Tangible fixed assets for use by charity These are capitalised if they can be used for more than one year, and cost at least £1,000

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

They are valued at cost.

Yes	No	N/a
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Intangible fixed assets The depreciation rates and methods used are disclosed in note 9.2. The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5

Yes	No	N/a
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

They are valued at cost.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Heritage assets The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.

Yes	No	N/a
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

They are valued at cost.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Investments Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Stocks and work in progress Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Debtors (including trade debtors and loans receivable) are measured on initial recognition at

Yes	No	N/a
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

Debtors

settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

✓		
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Current asset investments

The charity has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

Yes	No	N/a
	✓	

They are valued at fair value except where they qualify as basic financial instruments.

Yes	No	N/a
		✓

Section C **Notes to the accounts** **(cont)**

Note 3 **Analysis of income**

		Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Analysis						
Donations and legacies:	Donations and gifts	217,249	-	-	217,249	303,624
	Gift Aid	5,591	-	-	5,591	3,905
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	34,878	-	-	34,878	85,486
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	-
	Total	257,718	-	-	257,718	393,015
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other trading activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Income from investments:	Interest income	222	-	-	222	162
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Total	222	-	-	222	162
Separate material item of income:	Fundraising	-	-	-	-	471
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	471
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME		257,940	-	-	257,940	393,648

Section C Notes to the accounts (cont)
Note 4 Analysis of receipts of government grants and other grants

	Description	This year £
Colchester Borough Council		8,395
Community 360		2,000
South East Anglia Quakers	for premises	5,000
Essex Association of Local Councils	to open Brightlingsea brance	1,000
Waitrose		2,666
Essex County Council	to open Brightlingsea brance	6,797
Trussell Trust	for salaries of warehouse supervisor	9,020
Other		-
	Total	34,878

	Description	Last year £
Colchester Borough Council		16,400
Anglian Community Trust		2,500
CAF Coronavirus Emergency Fund		2,500
Colcheser and Tendring		1,639
Essex Community Foundation		14,850
Essex County Council		600
Paypal Giving Fund		4,440
Trussell Trust		16,165
HM Treasury	Coronavirus Job Retention Scheme	3,892
Other		-
	Total	62,986

Section C

Notes to the accounts

(cont)

Note 5 Donated goods, facilities and services

	This year £	Last year £
Seconded staff	-	-
Use of property	-	-
Other	-	-

Please provide details of the accounting policy for the recognition and valuation of donated goods, facilities and services.

Items of equipment have been donated which have been included as tangible fixed assets at an estimated market value at the time of receipt.

Please give details of other forms of other donated goods and services not recognised in the accounts, eg contribution of unpaid volunteers.

The charity receives donated food items. There is no valuation of these goods and they are not recognised in the accounts as either income or stock held at the year end.
The main premises are being occupied rent-free; the notional cost and income are not recognised in the accounts.

Section C Notes to the accounts (cont)								
Note 6 Analysis of expenditure								
Analysis	This year				Last year			
	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Unrestricted funds	Restricted income funds	Endowment funds	Total funds
Expenditure on charitable activities:				£				£
Warehouse and storage costs	6,752	-	-	6,752	24,747	-	-	24,747
Premises repairs and maintenance	2,986	-	-	2,986	4,282	-	-	4,282
Rates and water	105	-	-	105	78	-	-	78
Light and heat	1,182	-	-	1,182	1,813	-	-	1,813
Satellite centres	8,647	-	-	8,647	1,891	-	-	1,891
Insurance	1,228	-	-	1,228	2,307	-	-	2,307
Advertising and signage	659	-	-	659	-	-	-	-
Warehouse/distribution manager	13,580	-	-	13,580	13,387	-	-	13,387
Managerial services	28,800	-	-	28,800	21,581	-	-	21,581
Other salaries and wages	10,186	-	-	10,186	13,111	-	-	13,111
Social Security and other pension costs	1,058	-	-	1,058	8,217	-	-	8,217
Van and travel expenses	11,162	-	-	11,162	5,409	-	-	5,409
Computer and telephone costs	1,201	-	-	1,201	402	-	-	402
Stationery and postage	1,416	-	-	1,416	1,739	-	-	1,739
Training and volunteer support	3,786	-	-	3,786	3,642	-	-	3,642
Food items	9,677	-	-	9,677	4,218	-	-	4,218
Bank and other costs	-	-	-	-	250	-	-	250
Depreciation, disposal and impairment	16,327	-	-	16,327	12,194	-	-	12,194
Total expenditure on charitable activities	118,752	-	-	118,752	119,268	-	-	119,268
Expenditure on governance:								
Subscriptions	1,549	-	-	1,549	1,397	-	-	1,397
Annual report costs	2,087	-	-	2,087	-	-	-	-
Payroll processing costs	302	-	-	302	324	-	-	324
Independent Examiner's fees	300	-	-	300	200	-	-	200
Other legal and professional fees	1,445	-	-	1,445	-	-	-	-
Total expenditure on governance	5,683	-	-	5,683	1,921	-	-	1,921
Separate material item of expense								
DEFRA funds distributed	-	-	-	-	-	22,500	-	22,500
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	22,500	-	22,500
Other								
Interest paid on overdue tax	11	-	-	11	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	11	-	-	11	-	-	-	-
TOTAL EXPENDITURE	124,446	-	-	124,446	121,189	22,500	-	143,689

Section C**Notes to the accounts****Note 7** Details of certain items of expenditure**Fees for examination of the accounts**

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

Independent examiner's fees**Assurance services other than audit or independent examination****Tax advisory fees****Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner**

This year £	Last year £
300	300
-	-
-	-
-	-

Section C Notes to the accounts (cont)

Note 8 Paid employees

Staff Costs

	This year £	Last year £
Salaries and wages	53,978	48,080
Social security costs	-	6,102
Pension costs (defined contribution scheme)	1,058	2,115
Other employee benefits	-	-
Total staff costs	55,036	56,297

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	2	2
Governance	1	1
Other	-	-
Total	3	3

Section C**Notes to the accounts****(cont)**

Note 9 Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.

Please complete this note if a defined contribution pension scheme is operated.

Amount of contributions recognised in the SOFA as an expense

This year	Last year
£	£
1,058	2,115

Section C **Notes to the accounts** **(cont)**

Note 10 **Tangible fixed asset**

Please complete this note if the charity has any tangible fixed assets

Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Total
	£	£	£	£	£
At the beginning of the year	-	-	17,000	58,627	75,627
Additions	-	-	-	26,467	26,467
Revaluations	-	-	-	-	-
Disposals	-	-	-	16,920	16,920
Transfers *	-	-	-	-	-
At end of the year	-	-	17,000	68,174	85,174

Depreciation and impairments

Basis			Reducing balance	Reducing balance	
Rate			20%	15%	

At beginning of the year	-	-	3,400	8,794	12,194
Disposals	-	-	-	2,538	2,538
Depreciation	-	-	2,720	9,245	11,965
Impairment	-	-	-	-	-
At end of the year	-	-	6,120	15,501	21,621

Net book value

Net book value at the beginning of the year	-	-	13,600	49,833	63,433
Net book value at the end of the year	-	-	10,880	52,673	63,553

Section C	Notes to the accounts	(cont)
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Note 11	Stocks
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The charity receives and collects donated goods for distribution. A relatively small amount of purchases supplement the amount of stock. The Trustees have not valued the donated goods and, therefore, do not disclose a value of stock held at the period end.

Section C**Notes to the accounts****(cont)****Note 20****Creditors and accruals***Please complete this note if the charity has any creditors or accruals.***20.1 Analysis of creditors**

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	-	-	-	-
Taxation and social security	1,711	-	-	-
Other creditors	-	-	-	-
Total	1,711	-	-	-

20.2 Deferred income*Please complete this note if the charity has deferred income.**Please explain the reasons why income is deferred.*

This year	Last year

Movement in deferred income account

Balance at the start of the reporting period

Amounts added in current period

Amounts released to income from previous periods

Balance at the end of the reporting period

This year £	Last year £
-	-
-	-
-	-
-	-

Section C**Notes to the accounts****(cont)****Note 12 Cash at bank and in hand**

Short term cash investments (less than 3 months maturity date)
 Short term deposits at bank
 Cash at bank and on hand
 Other
 Total

This year £	Last year £
-	-
379,804	229,582
38,298	53,435
-	-
418,102	283,017

Section C Notes to the accounts (cont)

Note 13 Charity funds

13.1 Details of material funds held and movements during the CURRENT reporting period

* Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
General Fund	UR		166,634	235,033	- 106,283	- 100,484	-	194,900
Premises Project	UR		150,050	-	-	100,484	-	250,534
Brightlingsea	UR		8,553	13,748	- 8,541	-	-	13,760
Wivenhoe	UR		5,524	1,594	- 60	-	-	7,058
Designated for food	UR	for food purchases	15,689	7,565	- 9,562	-	-	13,692
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			346,450	257,940	- 124,446	-	-	479,944

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19

18/07/2022

Section C Notes to the accounts (cont)

Note 13 Charity funds (cont)

13.2 Details of material funds held and movements during the PREVIOUS reporting period

* Key: PE - permanent endowment funds; EE - expendable endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
General Fund	UR		39,784	360,764	-	114,616	-	166,634
Brightlingsea	UR		49,466	1,657	-	98,927	-	150,050
Wivenhoe	UR		4,804	5,360	1,611	-	-	8,553
Premises Project	UR		2,437	3,367	280	-	-	5,524
Designated for food	UR	for food purchases	-	-	-	15,689	-	15,689
DEFRA	R	DEFRA funds to be distributed	-	22,500	22,500	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
Total Funds			96,491	393,648	143,689	-	-	346,450

Section C	Notes to the accounts	(cont)
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Note 14	Transactions with trustees and related parties
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14.1 Trustee remuneration and benefits

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity in this year or the last.

14.2 Trustees' expenses

No trustee expenses have been incurred in this year or the last.

14.3 Transactions with related parties

There have been no related party transactions in the reporting period or the last.



SHOPPING LIST

Please donate any item
from this list

- ✓ Tinned meat
- ✓ Tinned fruit
- ✓ Tomatoes tins
- ✓ Small rice bags
- ✓ Jam (chocsread, peanut butter)
- ✓ Squash
- ✓ Longlife Milk (UHT)
- ✓ Longlife Juice
- ✓ Pasta Sauce
- ✓ Tinned Potatoes
- ✓ Tinned fish
- ✓ Rice Pudding
- ✓ Tinned Custard
- ✓ Washing up liquid
- ✓ Shaving Gel/foam Razors
- ✓ Toilet rolls
- ✓ Washing pods/powder/
liquid/tablets (small)
- ✓ Deodorant
- ✓ Shampoo

Thank you for your support

COLCHESTER
FOODBANK

foodbank

A BIG THANK YOU!

We wish to thank all those people who have donated to the foodbank, whether it has been anonymously within the many stores that have collection points, through churches, schools, communities and businesses. Also, a special thank you to those individuals who regularly drop off donations at Stanway Tollgate, Tiptree Foodbank or their local foodbank.

COLCHESTER BOROUGH HOMES

COSMIC PUFFIN MUSIC FESTIVAL

FOWLER SMITH AND JONES

GLENN TILBROOK

HISCOX INSURANCE

KIM MOORE

NATIVE PROMOTIONS

THE DEPUTY OF BRIGHTLINGSEA, Frank Pomroy

THE MAYOR OF COLCHESTER 2021/22 Tim Young

THE MAYOR OF COLCHESTER 2020/21, Cllr Robert Davison

TOLLGATE PARTNERSHIP

REBECCA OSBORNE AND PAUL OSBORNE

JAYE GIBBONS

**WE ESPECIALLY WISH TO SAY THANK YOU TO THE
MANY PEOPLE WHO DONATED AND WISHED TO
REMAIN ANONYMOUS.**

17th Colchester Cub Scouts
 17th Colchester Sea Scouts
 17th Sea Scouts Colchester
 1st Gt Horksley Cubs
 1st Rowhedge Brownies
 25TH Colchester Guides
 26TH SEA SCOUTS
 2nd Lexden Beavers
 2nd Lexden Scouts
 30th Colchester Scouts
 Abacus Kindergarten
 AGM PLC
 ALDI LONDON ROAD
 ALDI COWDRAY AVE
 Aldi Stane Park
 All SAINTS & St JAMES BRIGHTLINGSEA
 All Saints Church Great Horksley
 Alresford Church
 AMOCO GIFFIN
 Amplers Construction
 ARGOS
 Army Cadets
 Army
 Arts Centre
 Asda Colchester
 ASDA TIPTREE
 Atlantis Health and Beauty
 B&M
 Barnardo's Day Nursery
 BARNARDOS CHILDREN CENTRE
 Bartech Engineering
 BAYNARDS PRIMARY SCHOOL
 Beacon House
 Birch School/ Caterpillars Pre School
 Birkett Long Solicitors
 Bishop William Ward School
 Black Cat Bakes
 Boaz Project
 Bookers
 Box River Studios
 Boxted WI
 Boyer Group
 BP Scaffolding
 Braiswick Primary School
 Brands Direct
 Brightlingsea Community

Brightlingsea coop
 BRIGHTLINGSEA FOODBANK
 Brightlingsea Football Club
 Brightlingsea SPAR
 BRIGHTLINGSEA TESCO
 BRIGHTLINGSEA COOP
 Brooklands Primary Brantham
 BUSY BEES KINDERGARTEN
 Cadburys
 CADMAN
 Camulos Academy
 Castle Methodist Church
 CGN LTD MCDONALDS
 Channel Central
 Chapel Church
 Chesterwell Park Coop -
 Chestnut Nursery
 Christ Embassy Colchester
 Christchurch CofE
 CHS
 Cllr Harris
 Cllr Lin Barton
 Co-op Icen Way Shrub End
 Coggeshall Scouts and Guides
 Colchester Beavers 30th
 COLCHESTER BOOT CAMP
 Colchester Borough Council
 Colchester Cat Rescue
 Colchester County High School
 Colchester Dance HQ
 Colchester Forum Rotary Club
 Colchester Garrison HQ Staff
 Colchester High School
 Colchester Hospital
 Colchester Hospital IT Dept
 Colchester Institute
 Colchester Micro Biology Department
 Colchester Royal Grammer
 Colchester SAP Group
 Colchester Seventh Day Adventist
 Colchester Tennis Academy
 Colchester United
 Colgate
 Community 360
 Consensus
 Coop Harwich Road

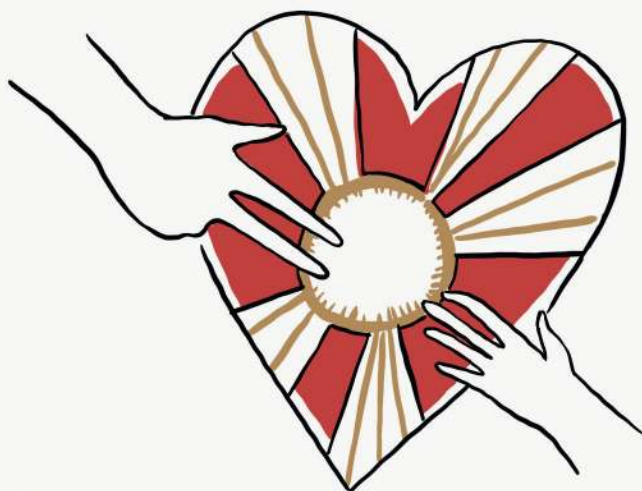
Coop prettygate
Coop Station Road Brightlingsea
COSTA LION WALK
Costa Tesco Hythe
Councillor Dave Harris
Country Food Trust
Courtyard Stores
CRC PROBATION
CSH
Currys
D&PScaffoldong
Daniel Connal Partnership
Dedham and Stratford Community
Dedham Co-op
Dedham Cof E Church
DEDHAM PRIMARY SCHOOL
Earls Colne Farm
East Mersea Church
East of England Paddle Sports
Eight Ash Green Bakery
Ellisons
Enigen uk
Essex County Council
Essex County Library
Essex CRC
Essex Cricket Club
Essex Student Union
Essex University
Essex University Theatre Arts Society
EVO supplies
Family Solutions
Fareshare
Fenwicks
Fiducia Wealth Management
First Bus
Fisher Jones Greenwood
Fiveways Co-op
Fordham & Eight Ash Green Church
Fosters Financial
Freddie Britcher Toys
Friars Grove Primary
Funky Voices
Gementera
Gilberd School
Giles of Alresford
GLOBAL STONE
Gosbecks School
Gray Dawes Travel
Great Bentley Church
Great Horksley Apple Farm
GREAT TEY PRIMARY
Greenstead Co-op
Greenstead Evangelical Free Church
Greenstead Foodbank
Greenstead Social Club
Grove-pre school
Haines Watts Accountants
Hamilton School
Handelsbanken Bank
Happy Homes Farm
Heathlands School
Helping Kids In Colchester
Hiscox
Holmwood House School
Holt Farm
HOMESTART
Hopscotch
HSBC BANK
Iceland
ICENI ACADEMY
INCODIA INTERNATIONAL
Ireton Road Neighbourhood
ISITE
James Buckland
John Fenn Open Reach
Jollyess The Pet People
Just Imagine Nursery
Kelvedon Labour Club
KENDALL PRIMARY SCHOOL
Kent & Blaxill
Kier Construction
Kingsford infant school
Kingsland Church
Kingswood Hoe School
Lancer House
Langenhoe & Abberton Shop
Langham Ward
Layer De La Haye Church
Layer Marney Church
Leavenheath Community
Lexden Methodist
Lexden Primary School

Lexden Spring School
Lidl Abbots Road
Lidl Gosbecks Road
Linden Lady
Linmar Care
Lion Walk URC
Lions 105 Century
Lions Corner Community Shop
Little Beginnings Child Minding
Little Bentley Service Station
LSL Communities
Make Lunch Mile End
Marfleet Contractors
Mariners Chapel
Mayne Vets
McColls Monkwick
McDonalds
McGhan Lees Dance Academy
McLauchans Farm
Mercers Farm Allotment
Mersea Road Coop
Mersea School
Messing Primary School
Mile End Co-op
Milldene School Tiptree
Millfield School, Wivenhoe
Mobile Green Grocer
Mobile Grocer
Monkey Puzzle Nursery
MONKWICK JUNIOR SCHOOL
Monkwick with Berechurch Foodbank
Morrisons Little Clacton
Morrison's Clacton
MOUNT BURES COMMUNITY
Multiple Sclerosis UK
Munch Club
Myland Parish Church
N20
National Citizens Service
Nayland Primary School
NE ESSEX COOPERATIVE ACADEMY
New Homes Group
North Primary School
OLD HEATH COOP
OMG STATIONARY
One Stop Greenstead

One Stop Kelvedon
One Stop North Hill
One Stop Plume Avenue
Open Reach
OPEN ROAD
Oracle Dental Group Greenstead
ORCHARD BAPTIST CHURCH
OXFORD HOUSE SCHOOL
P&F CLADDING
Parsons Heath School
PAXMAN ACADEMY
Peabody
Penguin Books
Perrywoods Garden Centre
Peverel Lodge 7743
PGW Trading
Pippins Nursery Wakes Colne
Plume Avenue Church
Prettygate Baptist
Prettygate Infant School
Probation Service
Purcell Architecture Ltd
Queen Boudica Primary School
Rapid Electrics
RCCG STILLWATER
Reading Partnership
Redeemer Church
Refugee Action
Ribena Lucozade
Roach Vale Primary
Robert Prince
Rotary Club
Rowhedge Community
Rowhedge Coop
ROY GOVER CHRISTMAS DECORATIONS
Sainsbury's Colchester
Sainsbury's Colchester Layer Road Local
Sainsbury's Stanway
Sainsburys Fareshare
Samson Road Co-op Brightlingsea
Sixth Form College
Slimmers World
Smyhths
SODEXO
SPAR BRIGHTLINGSEA
Spiritualist Church

Squirrelsfield Close	TESCO BRIGHTLINGSEA
St Albrights Baby Group	Tesco Colchester 2
St Andrews Arlesford	Tesco Colchester Extra
St Andrews Church Greenstead	TESCO TIPTREE
St Andrews School	The Bell Inn Panfield
St ANDREWS TEAM MINISTRY	The Gym
St Annes, Greenstead	The Maltings, Essex University
St Benedict's College	The Well Methodist Church
St Botolph's Church	Thomas Lord Audley School
St James & St Sabeena	THOMPSON, SMITH AND PUXON
St James Church	Tiptree Community
ST JAMES PRIMARY SCHOOL	Tiptree Jam Factory
St James, Brightlingsea	Titon Hardware
ST JOHN THE BAPTIST LAYER DE LA HAYE	TK MAX
St John's Church	Tollesbury Tea Rooms
St John's Cof E Primary School	Turtle Tots
St John's Payne	UNITY PRIMARY ACADEMY
St Lawrence C of E Primary School Rowhedge	University Library
St Leonard's Church	University of Essex Students Union
St Mary the Virgin Ardleigh	Waitrose Colchester
St Marys Church Dedham	WALNUT DRIVE RESIDENTS
St Marys Church Easthorpe	Wavell Avenue Residents
St Marys Church Great Bentley	WEST BERGHOLT C O-OP
St Marys Church Peldon	WEST BERGHOLT GREEN GROCER
St Marys Wivenhoe	WILKO
St Nicholas Pre School	Wimpole Road Coop
St Peters Boxted	Wivenhoe Allotment Association
St Stephens Church	Wivenhoe Co-op
St Thereas Catholic Church	Wivenhoe Community Group
St Theresa's School Lexden	Wivenhoe Congregational Church
Stane Park Aldi	Wivenhoe Foodbank
Stanway Community Youth Club	Wivenhoe Football Club
STANWAY GUIDES	Wivenhoe Methodist Church
Stanway Parish Council	Wivenhoe Park Nursery
STANWAY PRE SCHOOL	World Food Aid
Stanway Primary School	YMCA
Stanway Rovers	
Stanway School	
Stanway Townswomen's Guild	
Stepping Stones Playgroup	
STRATFORD ST MARY PRIMARY SCHOOL	
SUBWAY	
Swan Housing Association	
Taylor and Davis Accountants	
Taylor's Dance Company	
Tendring Eldercare	





Love your neighbour



Contact Us

Colchester Foodbank
3 Tollgate Retail Park, Tollgate West,
Stanway, Colchester CO3 8RG.

T: 01206 621 998



@FoodBankColchester



@Colchfbank



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www.colchester.foodbank.org.uk

Colchester Foodbank is a registered charity in England number 1152387



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REGULATOR**