



# COLCHESTER FOODBANK ANNUAL REPORT

Overcoming Challenges During the  
Cost of Living Crisis

September 2023



Registered with  
**FUNDRAISING  
REGULATOR**



Supported by:

Chairman of Tendring District Council  
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This past year has, yet again, been one of great challenge and change as the cost of living crisis has continued to mount. The compassionate sticking plaster of food banks is no longer holding and something needs to change. That's why it's been so exciting to support Colchester Foodbank to partner with Citizens Advice to ensure people are accessing all the money that they're entitled to, and to establish a local organising team that is challenging systemic issues at a local level. Because we want a society that ensures everyone can afford food. It is a privilege to work with Colchester Foodbank as they tirelessly serve the community, ensuring that no-one goes hungry.

Rebekah Hill  
Area Manager for Essex, The Trussell Trust

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# OUR GOVERNANCE

## OUR CHAIR OF TRUSTEES

It must be very strange being a top flight sport person and suddenly realising you have lost a yard in your running. The mind is willing but the body is not responding as it should. Imagine being the Player Manager of a football team and suddenly doing the maths and realising that the team would actually play better without you on the pitch.



For some strange reason this has been a sense that has caught up with me over the last 12 months. I am passionate about Colchester Foodbank and the glorious emergence of its stunning satellites over the last few years. I continue to be immensely proud of the charitable work done with such light hearted joy and single minded focus but I have had a sense that I need to “get out the way” and let someone else step in to oversee and guide the trustees and the mighty work of our Foodbank.

Over the years I have been amazed by the fellow dreamers who have chosen to believe that we can set up a Foodbank - the offer to financially underwrite, the “cold call” out of the blue, offering storage. There has been extraordinary provision of food on an industrial scale and every parcel and every client has been counted from the first in Autumn 2009 to the ones we track now. We count not to boast but to understand further how we can respond and push back against the causes of food poverty.

At first I was dazzled by the food that came in, then I was bowled over by the beautiful people who fastened themselves to our cause and have served for so long (yes people like Roger, those no longer with us). I have also been stunned by the sheer ingenuity and vivid compassion and creativity of our staff, both paid and volunteers.

I remain moved by the faithfulness and dogged passion of my fellow trustees (special thanks to Caroline Beckett as she steps down this year after numerous years of creative support and oversight).

But I also have a sense that it is time for new leadership and all I can say is how humbly grateful I am for your wonderful service and what a huge privilege it has been to serve you in this way. After words are shared a theme emerges ....  
thank you,  
thank you,  
thank you,  
thank you - I could go on for along time but finally I want to give thanks to God for the great work that has been done and I want to give thanks for the fact that we have worked together as people of faith, alongside people who wouldn't describe themselves as having a particular faith but as those united in the power of doing good in a thoughtful way and seeing hope expressed to our clients through food and good advice. You are amazing - thank you and God bless.

**Rev Andrew Fordyce MBE**

Chair of Colchester Foodbank charity's  
Trustee Board

## OUR CHIEF OFFICER'S MESSAGE

This is my 7th year reporting to you and what a journey we have been on together! I dearly wish I could say that this year need has dwindled, tumbleweed is drifting through our abandoned Foodbank centres and a skeleton team has enjoyed thumb-twiddling tournaments amid the cobwebs, but I can't. This year has been our busiest yet, with our biggest volunteers workforce yet, our biggest staff team yet, and we are routinely spending over £6,000 a month on food in addition to donations to meet demand.

I am delighted with the hard work of our 300 incredible volunteers in reducing the suffering of about 2,000 local people in crisis a month. Heartbreakingly, over 4 in 10 of those helped are children. The scope of need and poverty is vast, but so is the generosity of the people of Colchester and Tendring, with time, talents, money and donations.

Together, we reach out from Brightlingsea, Colchester Central, Greenstead, Highwoods, Monkwick, Myland, Newtown, Rowhedge, Stanway, Tiptree and Wivenhoe. Together, we weave a safety net where each strand matters to ensure people do not fall through the gaps. Together, we campaign for social justice, tackling the causes of poverty. Together, we will create the change we long for.

This year the Foodbank has consolidated and continued to build alliances, partnerships and joint working - all to achieve the charity's purpose of providing aid, mainly in the form of food to those in poverty in our area. With so many achievements detailed in this report, our team - both staff and volunteers - have excelled themselves.

We continue to be incredibly grateful to all those supplying us with premises from which to operate and most particularly to our hosts the Tollgate Partnership in Stanway, whose large building not only enables our own operations but allows us to exercise hospitality to others meeting the needs of our clients. We are pleased

that Tots2Teens BabyBank continue to serve our shared clients under our charity's umbrella. So, also, does Re:Focus, whose therapeutic art and activity packs for children and adults have a vital role in boosting the mental health and wellbeing of vulnerable clients - their presence as they assemble packs on site at Stanway adds a splash of vibrant colour to the Foodbank. We are also glad that our partnership with Uniform Exchange continues - another charity with a vital role in supporting families in poverty. Lastly, we rejoice with Bridgeway, who shared our premises for a period and who now been able to expand into premises of their own!

It has been a privilege also to partner with Blossome in their work promoting wellbeing, share space with the Stanwell Hub and help and support the work of RAMA with Refugees, Asylum Seekers and Migrants. We would like to thank the SOS Bus, the Council, Citizens Advice and Groundworks Green Doctor for their work at the Foodbank.

Without the goodwill of our supporters donating food and money and our army of volunteers and hard working staff we wouldn't be able to make the impact we have: you all deserve a massive THANK YOU! Lastly, kudos to Kim Moore our Senior Community Organiser, for her work in gathering our year's stories and moments, statistics and struggles, hopes, dreams and values, and stitching them together into this report.

It remains an honour to serve those in need.

**Mike**

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



## 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!"



**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 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 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 + CHAIR DESIGNATE: PETER TIBBER

After a career in the British diplomatic service my wife and I moved to Colchester in 2019 to live in the cohousing community we helped to create. It's a form of sustainable mutually-supportive living in which we all live in our private homes but share ownership, management and enjoyment of common facilities, including a common house (a refurbished water mill) where we cook, eat, watch films, listen to music, talk, meditate etc. It's wonderful! New to Colchester, I looked for ways to engage in, and contribute to, the local community. I became a trustee at Firstsite and I joined local choirs. I started volunteering at the foodbank, and am a regular on the Monday team at Tollgate. 18 months ago I was invited to become a trustee. I am now honoured, excited and rather daunted to have been elected to follow Andrew as chair. As a founder and driving force of the foodbank for so long he will be a hard act to follow. But the strength of the foodbank is the fantastic energy and commitment of volunteers and staff, the generosity of donors (both individual and corporate), the collaboration with partner agencies all working together to support those living in food poverty. We shouldn't be necessary. But we are. We must do what we can to ensure that in the future we are not. In the meantime, demands are rising all the time and I am proud to be part of the huge effort the whole foodbank family is making to meet them.



## A BIG THANK YOU TO RETIRED TRUSTEES & ADVISORS



### RETIRED TRUSTEE CAROLINE BECKETT



### RETIRED TRUSTEE RICHARD PRIEST



### RETIRED TRUSTEE JO SANTINELLI



### RETIRED TREASURER CLIVE JOYCE

## OUR SPECIALIST ADVISORS TO THE TRUSTEES

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

They are Assistant Professor of Accounting at University of Essex **Shahidul Islam PhD**, 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.



Shahidul Islam,  
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.



The Right Reverend Roger  
Morris, the Bishop of Colchester.



Sir Bob Russell, the High Steward of  
Colchester Borough.

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## 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**
- **NATIONAL COUNCIL FOR VOLUNTARY ORGANISATIONS**

## OUR VISION

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

The objects of the charity ('The objects') are: The prevention or relief of poverty in Colchester and the surrounding area, in particular but not exclusively by providing emergency food supplies to individuals in need and/or charities or other organisations working to prevent or relieve poverty.

## 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.



# OUR VOLUNTEERS



**IT HAS BEEN A YEAR OF UNEXPECTED CHALLENGES FOR THE FOODBANK. OUR VOLUNTEERS ARE SEEING SO MANY AFFECTED BY THE COST-OF-LIVING CRISIS, NOT ONLY MORE CLIENTS HAVE NEEDED TO VISIT US BUT SADLY, ON A MORE REGULAR BASIS, WHICH WE NEVER WANTED.**

Add to this clients in work yet still unable to pay rising bills for both fuel and food, and volunteers have had to welcome many who never thought to find themselves in need of a Foodbank.

This has put added pressure on volunteers as donations fall and demand increases. Everyone wants to do their best for clients – they wouldn't volunteer to work at the Foodbank if this were not the case - but providing little choice in the 'extras' offered from the choosing shelves can leave volunteers feeling dis-spirited. Colchester Foodbank was founded on the dual principles

of dignity and respect, and we strive to uphold these, but there are times when we are not able to supply clients with even basic toiletries and items which we all take for granted, like cooking oil and ketchup.

That said, volunteers continue to provide an outstanding service to clients and this year I want to highlight the variety of roles they undertake. Visitors always comment on how well organised the warehouse and satellites are, but a lot of dedication and hard work goes in to ensuring we offer the best service we can.



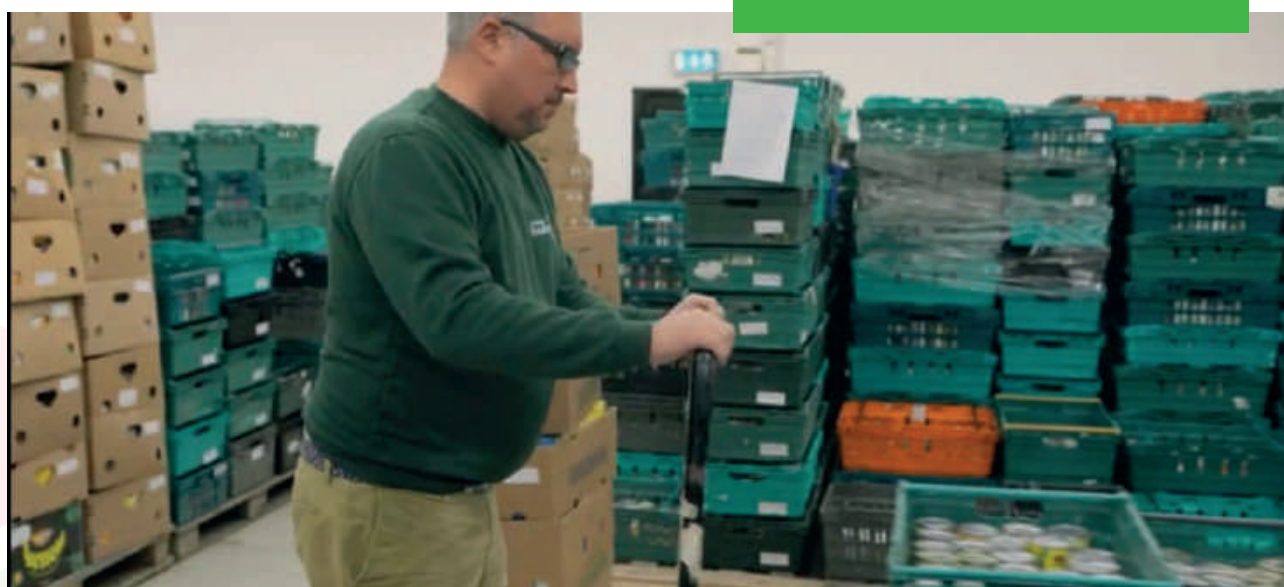
These pictures show the whole process, from the drivers who collect donations from the supermarkets to those who sort the donations into type, year then quarter, ensuring that food stocks are rotated and waste is minimalised. Then stock is delivered to the pickers and packers who walk along the aisles selecting the Trussell Trust recommended items for both standard and family parcels, which can range in weight from 12-25kg, before packing into bags and crates ready to issue to clients. (No need to go to the gym after a Foodbank shift.)



Drivers who collect donations for the supermarkets.



Volunteers sort the donations into type, year then quarter, ensuring that food stocks are rotated and waste is minimalised.



The final stage in this process lies with the front-of-house volunteers who greet clients with a friendly smile and fulfil their voucher. They also add whatever we have been fortunate enough to have had donated in fresh foods – bread, rolls, fruit, salad and vegetables – and clients are encouraged to make their own choice from the ‘choosing shelf’. This is always considered to be a valuable part of the service because the first casualty in a financial crisis is choice, so it is wonderful for volunteers to say to clients, “You choose which items you want as extras”.



Picking and packing into bags and crates ready to issue to clients, (No need to go to the gym after a Foodbank shift).



Front of House. The final stage in this process lies with the front-of-house volunteers who greet clients with a friendly smile and fulfil their voucher.



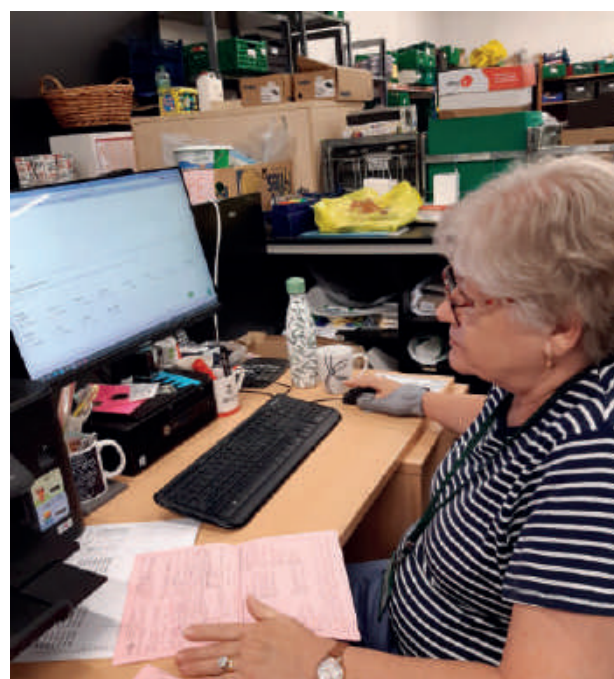
But of course, there are many who work behind the scenes; delivery drivers who take parcels to clients who cannot get to a satellite or the warehouse themselves, drivers who transport parcels for satellites to dispense, administrators who upload the client data for the Trussell Trust and the volunteers who answer telephone queries and accesses the agency referrals that are sent electronically. We also support Colchester City Council by making recycling materials available to local residents.



Answering endless calls from clients in need and voucher issuing agencies.



Drivers deliver orders to clients who can't come in to the foodbank



So, to say our volunteers are the life blood of the Foodbank is to state the obvious, but under the leadership of warehouse supervisor Armin and client and driver supervisor Nikki, the Foodbank also benefits from the volunteering commitment of several organisations as part of the Outreach Programme, including the Army's Military Corrective Training Centre and the Women's Refuge. Also, our Duke of Edinburgh students and their parents are a valuable addition to our volunteer force.

Are we lucky in our volunteers? No, we are blessed in our volunteers, benefitting from their willingness to do all sorts of extras – cleaning the warehouse floors, manning supermarket collections on the door, getting together the Christmas Giving Tree parcels for clients with children – the list is endless. It is so little to say, "Thank You", but it is said from the bottom of our hearts.

**Julie Rusiecki**

Trustee with responsibility for Volunteers

# THANK YOU FROM THE BOTTOM OF OUR HEARTS





## DUKE OF EDINBURGH

**WE ARE CELEBRATING TWO YEARS OF OUR DUKE OF EDINBURGH AWARDS PROGRAMME, DURING WHICH TIME WE HAVE GUIDED TWELVE STUDENTS THROUGH THEIR BRONZE AWARD VOLUNTEERING. WORKING WITH A PARENT, THE STUDENTS COMPLETED A TWELVE-HOUR COURSE OVER THREE CALENDAR MONTHS.**

It has been a very successful programme and the Foodbank has benefitted as much from the commitment of both student and parent as did the parents and students from the Foodbank experience. Feedback from the regular volunteers was encouraging, with comments such as, 'really committed', whilst 'I never knew how the Foodbank worked before' was the comment from the parents involved with their young students. Most offered to come back to cover absences and one has already booked a six-month stint for his Silver Award. One parent and child team 'refused' to leave and can still be found packing parcels for the clients on a Saturday morning!

In particular, thanks are due to the wonderful Saturday team who took the DofE volunteers under their wing and trained them in our Foodbank ways. The fact that so many wanted to stay on as volunteers, or come back to help at busy times, illustrates how welcoming and friendly the team were. I am so grateful to the

team for being willing to undertake this duty which no other team could have done, with the students only free on Saturdays.

**Julie Rusiecki**

Trustee with responsibility for the DofE programme



Well taught by the Saturday team



And Dad, because every student under 16 must be accompanied by a parent.



**IN PARTICULAR, THANKS ARE DUE TO THE WONDERFUL SATURDAY TEAM WHO TOOK THE DOFE VOLUNTEERS UNDER THEIR WING AND TRAINED THEM IN OUR FOODBANK WAYS.**





# OUR WORK AND POSITIVE IMPACT

**COLCHESTER FOODBANK PROVIDES SHORT-TERM EMERGENCY SUPPORT TO INDIVIDUALS AND FAMILIES IN A CRISIS WITHIN COLCHESTER AND THE SURROUNDING AREA, INCLUDING BRIGHTLINGSEA AND TIPTREE. EMERGENCY FOOD PARCELS ARE WHAT CLIENTS COME TO US FOR, BUT THIS YEAR HAS BEEN DIFFERENT. CLIENTS ARE RETURNING TO US FOR SUPPORT, AS THE CRISIS THEY FACE HAS BECOME ONGOING. WE HAVE MORE CLIENTS TURNING TO US, WITH THE WORKING POOR, PEOPLE ON LOW INCOMES UNABLE TO AFFORD THE ESSENTIALS.**

Our support now reaches beyond food to include wrap around support services that we offer at the foodbank, working collaboratively with other agencies. Working together with other local foodbanks and service providers and regularly review our areas of coverage in response to need. 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 move forward in life.

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 low wages, not enough working hours, benefits delays, unemployment, illness and domestic violence.

This year the Trussell Trust implemented a new voucher, enabling us to capture more information about the issues surrounding low income, which is the highest reported reason for needing the foodbank. These changes are always a challenging adjustment as we do our best to support clients, treating them with dignity and respect, balancing their need for privacy with our own need for data, which is much needed as evidence to bring about social change.





## OUR CLIENTS

Our clients are those in need or crisis: people on benefits, people who do not qualify for benefits and the biggest rise this year has been the working poor, people who are earning low wages or not getting enough hours of work. We want to help individuals of any age and families who cannot afford to buy the essentials, including 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,
- THE PET OWNER THAT GOES WITHOUT A MEAL TO FEED THEIR PETS
- 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.



I just want to thank everyone at the food bank. I received my first parcel today. I was really embarrassed to ask for help and I came home to so much food, you have no idea how helpful this is. All of my stress melted away when I saw I can get through with food this week. Thank you all so much.

Emily



Thank you for the amazing volunteers and help that your service provides for all families that use you.

Patricia



Hello I have a few tins and things I'd like to donate. The Foodbank has helped me a few times in the past so I would like them to go to you to help someone else.

Adi



We came to Colchester  
in 2020 in refuge - we  
have had so much help  
and support from people over  
the years from (pts to fees)  
and everyone in Foodbank  
we struggled for years  
being far and eventually having  
again in April (23). My  
perpetrator is now in jail  
and me and my 2 children  
can finally return home.  
we don't have much but  
we wanted to donate to  
people in the same position  
and will continue to  
do so. We can never  
thank you all enough  
Emma  
Rose  
Dylan  
Happy people.  
12/9/23



# VOUCHER REPORT

## JANUARY 2022 - DECEMBER 2022

JAN 22- DEC22	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
<b>BRIGHTLINGSEA</b>												
ADULTS	44	30	28	24	24	35	20	39	44	39	65	52
CHILDREN	20	14	15	14	14	27	13	23	22	20	34	37
<b>CENTRAL</b>												
ADULTS	50	41	55	62	60	61	50	74	91	75	66	60
CHILDREN	16	3	15	15	15	5	12	17	12	18	12	16
<b>COLCHESTER TOLLGATE</b>												
ADULTS	511	512	606	579	624	625	479	584	598	569	566	967
CHILDREN	389	399	504	452	520	534	402	498	502	456	535	870
<b>GREENSTEAD</b>												
ADULTS	153	114	134	148	158	138	85	129	194	158	141	196
CHILDREN	99	61	63	75	91	91	58	88	131	90	86	126
<b>HIGHWOODS</b>												
ADULTS										6	11	14
CHILDREN										8	6	13
<b>MONKWICK</b>												
ADULTS	28	11	16	22	25	12	32	15	41	37	21	40
CHILDREN	6	3	4	3	11	8	7	3	14	17	7	16
<b>MYLAND</b>												
ADULTS	2	6	1	1	9		11	2	4	16	18	6
CHILDREN	0	4	0	2	8		12	1	5	6	19	3
<b>NEW TOWN</b>												
ADULTS	12	12	12	13	15	14	17	8	31	68	26	21
CHILDREN	10	5	7	3	10	7	4	0	25	58	21	10
<b>ROWHEDGE</b>												
ADULTS	10	18	12	12	29	20	18	14	22	23	25	44
CHILDREN	18	24	20	9	45	33	38	26	39	28	5	50
<b>TIPTREE</b>												
ADULTS	16	13	8	17	23	11	9	9	18	14	10	35
CHILDREN	13	15	1	6	13	9	10	8	13	8	7	45
<b>WIVENHOE</b>												
ADULTS		9	7	6	7	5	9	4	22	13	11	33
CHILDREN		4	1	7	4	1	11	1	14	5	9	21
<b>ADULTS TOTAL</b>	<b>827</b>	<b>756</b>	<b>879</b>	<b>884</b>	<b>974</b>	<b>921</b>	<b>730</b>	<b>878</b>	<b>1065</b>	<b>1018</b>	<b>960</b>	<b>1468</b>
<b>CHILDREN TOTAL</b>	<b>571</b>	<b>532</b>	<b>639</b>	<b>586</b>	<b>731</b>	<b>715</b>	<b>567</b>	<b>665</b>	<b>777</b>	<b>714</b>	<b>761</b>	<b>1207</b>
<b>OVERALL TOTAL</b>	<b>1398</b>	<b>1288</b>	<b>1509</b>	<b>1470</b>	<b>1705</b>	<b>1636</b>	<b>1297</b>	<b>1543</b>	<b>1842</b>	<b>1732</b>	<b>1721</b>	<b>2675</b>





## CLIENT AREA

Signposting was a priority this year. Clients meeting face-to-face with experts discussing how organisations - besides the Colchester Foodbank - can help to mitigate the cost of living-crisis for individuals or families.

During 2022 we were extremely lucky to have Colchester City Council, the SOS bus and Citizens Advice attend the Foodbank during the week. These services offer a much needed support service and structure to our clients. In the Spring of 2023 we opened a specific client area where specialists from the CITY Council, Citizen Advice, and now HSBC can sit and talk to our clients

Monday-Thursday in private. By redesigning some warehouse space and with the wonderful donation of furniture from HSBC we created a well appreciated space and a much needed area.



Thank you so much, it was good talking to you, I phoned up Anglia water and got 50% off my bill!, was not expecting that!, so thank you so much.



Just managed to save £16 a month on my broadband bill so thank you so much! Going to try phone bill now!



This is our second year at Colchester Foodbank and we are now able to provide a service throughout the Colchester area. We have expanded the team with several of our volunteer advisers working at different satellites. We have also been joined by two of our energy advisers, Kerry and Laima who are able to provide support with fuel bills as well as help in accessing grants such as the Essential Living Fund and social tariffs. Being based at the Foodbank has enabled us not only to support people coming to collect a food parcel but has given us a presence in the community and means we can offer a service to those you face barriers in accessing advice by telephone or email.

Where possible we aim to deal with the underlying issues that mean people need to come to the Foodbank but with the ongoing cost of living crisis often we have had to help clients with short term solutions to help them manage and ameliorate the effect of negative budgets. We are able to help with a wide range of issues ranging from benefits and debts, immigration issues to disputes with neighbours. Wherever possible we signpost clients to other sources of help such as NEST or the Salvation Army with help from our colleagues at the Foodbanks.



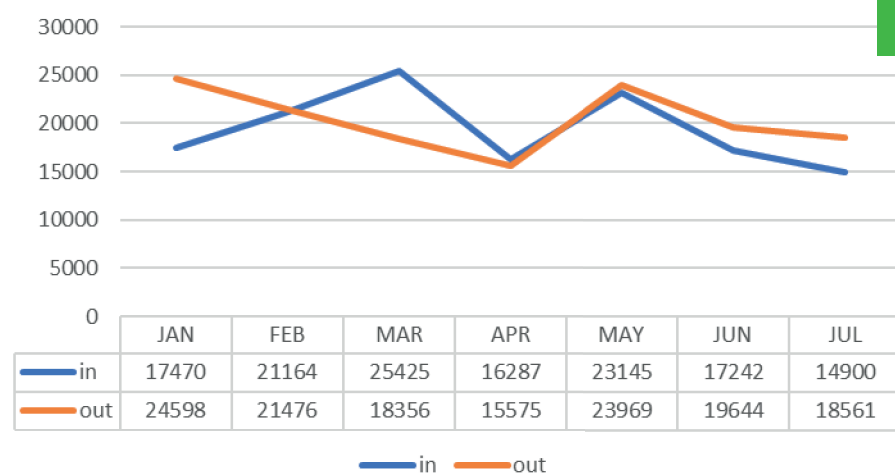


## DONATIONS

As predicted in the 2022 report the last 12 months were all about monitoring stock level and making sure we could serve our clients with the full range of products.

### SUPERMARKET DONATIONS SHRUNK BY 28.7 %

FOOD IN/FOOD OUT JAN - JUL 23



Although in this chart “food in/food out” look very even, supermarket food donations have decreased. Taking into account that “food in” represents bulk deliveries such as our Hot Meals, bulk dog/cat food pallets and over the last 3 months food we have bought and paid for ourselves from supermarket (total amount of 29.6 tons), supermarket donations shrunk by

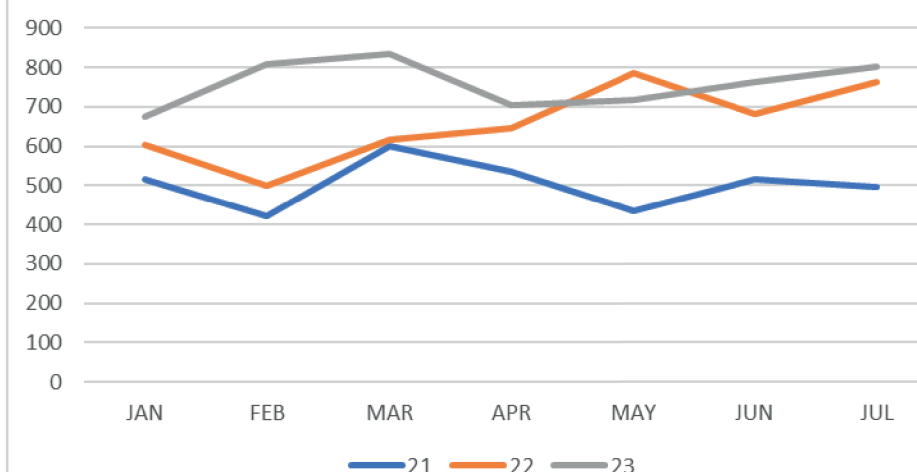
28.7 % compared to the overall figure to 105,426 kg. However, compared to the same period in 2022 this represents only a deficit of 3.8 % in donations. Most of us were expecting a more dramatic decrease due to the recent economic climate and the cost of living crisis.

## PARCELS

Between JAN – JUL 23 we increased the parcel output by 15 % over last year. Keeping in mind that 2022 was a “record year” for the Colchester Foodbank with 8460 annual parcels this increase makes a serious dent in our food stock. For the first time we have had to buy in food on a significant scale. Previously we went shopping

for items that were temporarily out of stock, now we need to purchase in bulk on a much larger scale. Over the last 3 months our monthly food budget was between £3000 – £5000. We hope we can reduce these costs once Autumn starts with harvest donations and finally a surge of donations at Christmas.

Total parcels JAN - JUL 23



### INCREASED THE PARCEL OUTPUT BY 15 %

## STOCK LEVEL TOOL (SLT)

In these difficult times our SLT was critical to manage the stock levels and anticipated possible bottle-neck or OOS situations. Inventory is now taken every 2 weeks and with the released food

budget and top up budget for extra purchases, we are able to secure decent parcel weights and a full range of products for our clients



### Food Scenarios

Scenario 1: 30 % Increase			Less than 1.5 Months														
Scenario 2: 65 % Increase			More than 1.5 Months														
Scenario 3: 100 % Increase																	
						FAM STD			FAM STD			FAM STD					
						217 493			282 640			358 813			434 986		





## A NEW VAN FOR THE COLCHESTER FOODBANK

At the beginning of the year, we had to part with our pre-loved big white van. This helped us immensely during the move from Moorside to Tollgate, sadly after failing the MOT the costs for bringing it back to the road were prohibitive. So, we bought a second hand Vauxhall Vivaro with low mileage as addition to the fleet. It is easier to drive or park and most of our drivers love it.



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## DRIVERS

Our driver service delivering foods and collecting donations has increased significantly over the past year. Our drivers always stepping up when and where needed without complaint. Much deserved recognition of these wonderful people.



16,000  
INDIVIDUAL  
CLIENTS

## RECYCLING - STILL GOING STRONG

Since we started as a stockist of recycling material for Colchester Borough Council in November 22, we have served almost 16,000 individual clients. Now there are 17 outlets in Colchester but we are still one of the biggest and the most popular one, due to ample parking facilities.

This service helps bring the community into the Foodbank, helping us to raise awareness of food hunger in Colchester and the good work that we do to support people in crisis.





# OUTREACH PROGRAMME

**DURING 2023 OUR OUTREACH SERVICES HAVE EXCELLED. 26 PEOPLE HAVE BEEN THROUGH THE PROGRAMME IN THE PAST YEAR, BUILDING CONFIDENCE, REDUCING ANXIETY, GIVING PEOPLE WORK EXPERIENCE TO TAKE A STEP FORWARD INTO A WORK PROGRAMME. THE DIFFERENCE WE WITNESS IN PEOPLE FROM THE DAY THEY WALK IN THE DOOR TO THE DAY THEY LEAVE, IS REMARKABLE.**

We have had various organisations, charities and colleges contacting us requesting placements for their students or young people to attend. The service and opportunities not only allow us to have extra volunteering, it gives invaluable insight and experience to people that may not necessarily have this option due to a varied amount of reasons. We also run in partnership with the MCTC offering volunteer opportunities. An incredible amount of working hours and help has been given.

Since September 2022 we have accrued 1644 hours in volunteer placements. And since September we have accrued approx 160 working hours via the Military Correctional Training Centre (MCTC) programme. Both these are programmes Armin and I are very proud of.



**SINCE SEPT 2022 WE  
HAVE ACCRUED  
1644 HOURS  
IN VOLUNTEER  
PLACEMENTS**





# OUR PARTNERSHIPS



We have been extremely fortunate that the Blue Cross wanted to partner with us, helping clients' pets. We became an advertised point - Pet foodbank. A huge thing for us to be able to do, as pets often get overlooked when donating to the foodbank. With this collaboration we have also partnered with Pets At Home, allowing us to have a donation point to collect pet foods on a regular basis, along with a weekly donation given.

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## COLCHESTER CITY COUNCIL

The council offers an invaluable service to help support clients in their crisis. The city council offers support ranging from benefit advice, welfare checks, educational courses and programmes, help with debt and budgeting. A much needed service to help us help our clients.

We are grateful for the support of local companies who collect donations at their events, and who also send in their teams to volunteer with us.



Food collection from Whitehall Resources with Essex County Cricket Club



Food collection from Live and Let Live pub



HSBC offering client advice drops on a Tuesday





### TOTS2TEENS

At Tots2Teens, we provide toys, clothing, toiletries and equipment to families in need. In the last 6 months we have helped over 900 children with clothing and equipment. We also attended a community service day at St. Margaret's Church, providing families with clothing. We have seen a rapid increase in families needing baby formula milk and baby food this year.

We are so grateful to all those who have generously supported us to do our important work and meet the changing needs of families. Palmer and Partners chose Tots2Teens as their monthly charity to receive £500. They very kindly purchased us some new storage boxes to help us store items as well as children's toiletries and nappies. Sainsbury's Priory Street donated much-needed baby food, nappies and formula milk. Simon Collins has also donated baby supplies and some brand new toys to help families at Christmas time.

We were given £500 by the Tiptree St. Luke's Ladies to help us purchase 10 new stargates for families and various agencies urgently required them. Also nappies in various sizes and wet wipes.

Emily from the Duke of Edinburgh Award Scheme helped us immensely with 12 weeks of washing and ironing for the charity. Every bit of generosity, in do after items, volunteer time and gifts of money, helps us to make a difference to struggling families. Thank you!

Barbara and Eunice,  
Tots2Teens



### WORKING WITH RAMA

Refugee, Asylum seeker & Migrant Action  
formerly Refugee Action Colchester.



We are indebted to Colchester Food Bank for stepping in and saving us from what most likely would have been a complete closure of our Foodbank which would have affected our clients greatly. We officially launched the new system in conjunction with Colchester Foodbank on 24 May and although it is a very different system to what our clients are used to where they could choose their food items on a weekly basis, they have in general adapted well. We now have 132 clients registered with us (some of whom are families) who can pick up parcels on a fortnightly basis. From initially ordering 70 parcels a week, we have managed to reduce this to about 40 per week, mainly through referring on those who do not fit our criteria (ie either working or in receipt of benefits) or through some dropping off due to not having the products they are used to. Collections have run smoothly and are generally on a twice weekly basis and communication is working well.

Sue Duffy  
Refugee, Asylum seeker & Migrant Action  
Colchester Foodbank Coordinator





## SUPERMARKET SUPPORT

We have been working very closely with Morrisons and Sainsburys supermarkets in the past 6 months especially. Both supermarkets have helped us above and beyond when we have much needed it.

Due to the cost of living, impacts still lingering after COVID, a drop in donations and increase in clients, we have had to, as mentioned above started buying in foods on a regular basis. Both supermarkets have been engaging, helpful and the communication has been excellent. Fareshare has been highly supportive, encouraging us to take on fresh foods, which required us to pass all of the health and hygiene requirements. This means clients now get more fresh foods because of Fareshare's encouragement and support. They always offer us extras, in every way. We are so grateful for all of their support. Without this ongoing support and help with ordering, buying and donating, we would be finding things a lot harder.



We are very grateful for the support of Morrisons and especially the good relationship with Wendy our Community Champion.







My idea was to pre box items urgently needed so it was easier for customers to pick up a green crate already parcelled together and the price was on the box all they had to do was pay for it then leave in the FB bin on the way out of the store. Prices ranged from £2 a box up to £10 for baby milk and nappies. I always try to make the boxes look like a meal such as tinned veg and meat, tinned fruit, rice, custard, cereal, longlife milk, jam, juice etc. I also do toiletry boxes, baby boxes and pet food so customers have a choice of what to buy. They can also choose items for themselves obviously, but I do touch base with Nikki at the Foodbank regularly to find out exactly what they are short of. Most customers think tinned tomatoes and pasta are the things most needed but this usually isn't the case. I often get questioned as to why when it's Foodbank that I crate up toiletries, washing powder. I always explain that some people may be able to just about afford food but not the essential items that are also needed for personal hygiene. Pet food is another questionable item but we heard of so many people having to choose between feeding themselves or their pets and a lot of people having to get rid of their animals. An animal helps a lot of people with their mental health so they should not have to make this decision. This idea really took off and is still going stronger and better than ever.

I was lucky enough to be awarded a British Empire Medal (BEM) in the late Queens birthday/ Platinum jubilee year(2022) for my services to charities in Colchester of which Foodbank was the main beneficiary.

Linda Dumbrell, BEM  
Waitrose, Colchester.







### CHRISTMAS APPEAL

During Christmas of 2022 we partnered again with the Culver Street management team and BID and were delighted to be able to offer the "Christmas Giving Tree" again. This year we had tweaked the way we delivered this service, we had much needed warehouse space available to us, a great team of volunteers organising, and children that were made very happy. This year we gave out 741 presents to help client children enjoy Christmas, a massive £14,000 worth of gifts donated by the wonderful community in Colchester.



Hiscox employees volunteering at Christmas



## CLIENT WELFARE OFFICER

I joined the Foodbank in July 2022 as the Welfare Officer - to support our clients with funding applications to provide them with financial support. My main role is to liaise with stakeholders and volunteers to receive referrals from individuals who need support and then submit charitable funding applications on their behalf to help users of our service if I can.

In the last few months, I have successfully worked with around 12 clients who have been referred to me via one of our satellite foodbanks (Greenstead, New Town, Rowhedge and Highwoods) or through Citizens Advice Bureau.

I have been very fortunate to collaborate with a number of supporting agencies - Les and Bev at N.E.S.T have been a huge support in providing many household items such as beds, mattresses, wardrobes, chest of drawers and a TV to name but a few. I also need to give a special shout out to Tots 2 Teens Colchester who supplied one client with around £1000 worth of items to help her with pretty much everything she needed for her unborn baby!!

Reverend Hannah from Highwoods was able to secure £425 from the People in Need (Church Fund) for clients under Sanctuary Housing within the Highwoods area, providing them with essential household items. This has been fundamental in helping them get back on their feet during difficult times.

Colchester Catalyst (an independent charity) were able to fund a young student with an iPad to aid her at college due to her health issues.

'Friends of the Elderly' charity were able to provide funds to a client who needed to purchase a new washer/dryer due to his health problems which has made a massive difference to his everyday life.

I have also been very fortunate to collaborate closely with Tracey Mason at Colchester City Council recently who has been on hand to provide assistance and advise me what funds

may be available to clients. These past few weeks, I have been able to take advantage of referring clients to them for help from the Council Tax Support Fund and have managed to secure over £250 worth of payments enabling their council tax to be cleared for the remainder of this year which has alleviated such a financial burden for them.

Sourcing potential grants can take hours of research and some applications with certain charities/organisations can take weeks before a decision is given to the client. Despite this, I always try to provide some sort of immediate help even if that's by referring them on to a supporting agency for more specialised help than I can offer.

However, I'm so pleased to announce that to date the value of successful monetary grants and physical donations of household goods or such like currently sits at nearly £4000 - something I'm hugely proud of!! My goal for the next few months - to help even more clients in their time of need!

Dawn





## PR SUPPORT

This will be my last PR Report as a Trustee as I am stepping back from that role due to other parish and community commitments, though not from volunteering for Foodbank where needed! It has been an honour to watch the growth of Colchester Foodbank since I first came on board in 2015 – a growth that is saddening because of the need it represents, but is also a triumph of generosity over adversity, creativity over despair and love over apathy. We – Trustees, volunteers, staff, advisors, partners, supporters and fundraisers – have much to be proud of as we struggle together against the injustice of poverty. Yet also, much still to do.

We have kept our profile high and poverty at the forefront of people's minds in Colchester and Tendring this past year in so many different ways. Our Facebook page continues to be well 'liked', packed with information and appeals and showcasing the sterling work and kindness of our volunteers, partners, staff and supporters. Please lend us a 'like' and encourage others to do the same – it helps us maintain a platform to enable the voices and needs of those in poverty to be heard.

We have been visited by the past and present leaders of Colchester City Council and the leader of Tendring District Council, the Mayor of Colchester and other distinguished guests, and we have hosted a number of successful events,

visits and tours in the Stanway Food HQ, from a monthly ecumenical prayer breakfast to the Chartered Governance Institute, Rotary Club to Uniformed organisations, ITV to the Trussell Trust, and many more. Tours and visits are an important way we raise awareness of the scale of the work we do and visitors are consistently amazed by the size of our operation, as it represents the amount of need there is for our services – and the need for changes to the ways in which we live to make such poverty history.

We hosted a film crew for Newsround and were featured on it along with CAP Debt coach Paula Goddard and her son (who had rather a starring role and did wonderfully), and we have been in the local and national news, on the radio and in newspapers as often as ever – there is not enough space in this report to mention all of it, but every mention helps remind the public of the needs of our clients and the reality of the Cost of Living Crisis.

It seems worlds away now, but at Christmas time we not only brought food to families in need but used our platform to reach out and bring joy to children of families in poverty by organising 741 Christmas gifts! We also highlighted the bleakness of fuel poverty with our Christmas song and video 'It's Bleak In Midwinter' assisted by Brightlingsea's Women In Harmony choir.

With the plight of Refugees in the news, we began working more closely with RAMA (Refugee, Asylum Seeker and Migrant Action) in Colchester to ensure refugees in our area of operation were not only fed but also supported in other ways as part of the City of Colchester's welcome as a City of Sanctuary.

Our Community Organisers have been raising our profile and campaigning for change in our community around the Real Living Wage as we continue to encourage businesses to become Real Living Wage accredited employers. Our representatives in the various Foodbank Centres have been giving talks in schools and colleges, at lunches, concerts and fundraisers and to groups and organisations. We have been an active presence at Community events such as the Free Family Fun Day, Brightlingsea Music Festival and Colchester Food and Drink Festival. With each conversation, event, media post, comment, image, story, song, piece of artwork, talk, sponsored activity and interview, we are challenging unjust structures, encouraging generous living and building for a different future for ourselves and our children.

**Rev. Caroline Beckett**



**Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it.**

– The Talmud/Micah 6:8.





# OUR CAMPAIGNING FOR CHANGE

**ONE THING THAT HAS BEEN CLEAR TO EVERYONE OVER THE PAST YEAR IS THAT CRISIS HAS TURNED INTO THE NEED FOR ONGOING SUPPORT. CLIENTS ARE TURNING TO FOOD BANKS AGAIN AND AGAIN. SOMETHING NEEDS TO CHANGE AND WE ARE WORKING IN THE COMMUNITY TO FIND WAYS TO CREATE POSITIVE CHANGE #COMMUNITYFORCHANGE**

Our new Community Organising team consists of 3 people, who together make up one full time employee. Together, we bring a breadth and depth of experience and diversity to the team, working towards ending the need for foodbanks in Colchester. In less than a year, we are building relationships and making good progress.

The team is part of a larger network of Community Organisers across the UK, being trained by the Trussell Trust. Regular training and collaborative working with other community organisers working in foodbanks across the Trussell Trust network.

## OUR CAMPAIGN ISSUES:

Real Living Wage  
Affordable Transportation  
Guarantee Our Essentials







## CAMPAIGNING TO MAKE COLCHESTER A REAL LIVING WAGE CITY

Our listening continued to support the observation that in-work poverty is a significant issue in Colchester, with the biggest rise in new people attending the food bank being the working poor. This led to the decision to campaign locally to turn Colchester into a 'Real Living Wage City'.

In November 2022 we ran a successful panel event in collaboration with Citizens Colchester, the local Citizens UK chapter. Over 60 people attended, and the event received local news coverage, including on ITV News Anglia. The event highlighted the benefits of a living wage for employees and employers.

Since the event, becoming a Real Living Wage place has been included in the Council's new

Economic Strategy. The next step is for the Council to approve a motion creating a Real Living Wage action group. Alongside this, work will then be done to bring local businesses on board and support them through the steps to become Real Living Wage accredited employers. Should Colchester become a Real Living Wage City, this would have the potential to provide a salary uplift to 18,500 people and be a significant step in helping less people being forced to access emergency food provision locally.

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Colchester Foodbank have been a highly valued addition to the Organising Programme. The Foodbank hit the ground running, immediately engaging in the Cost of Living day of action, and haven't stopped since then. The team of organisers have achieved an incredible amount in a year, particularly with the living wage campaign, and through their relationship building with and influencing of First Busses, leading to a fantastic win! The Organisers have also done some great work building relationships with local stakeholders and building participation work. We're really excited to see what Foodbank will achieve next!



**Sophie Clark**  
Organising and Local Mobilisation Manager  
(London and South East)  
Trussell Trust





## COMMUNITY LISTENING

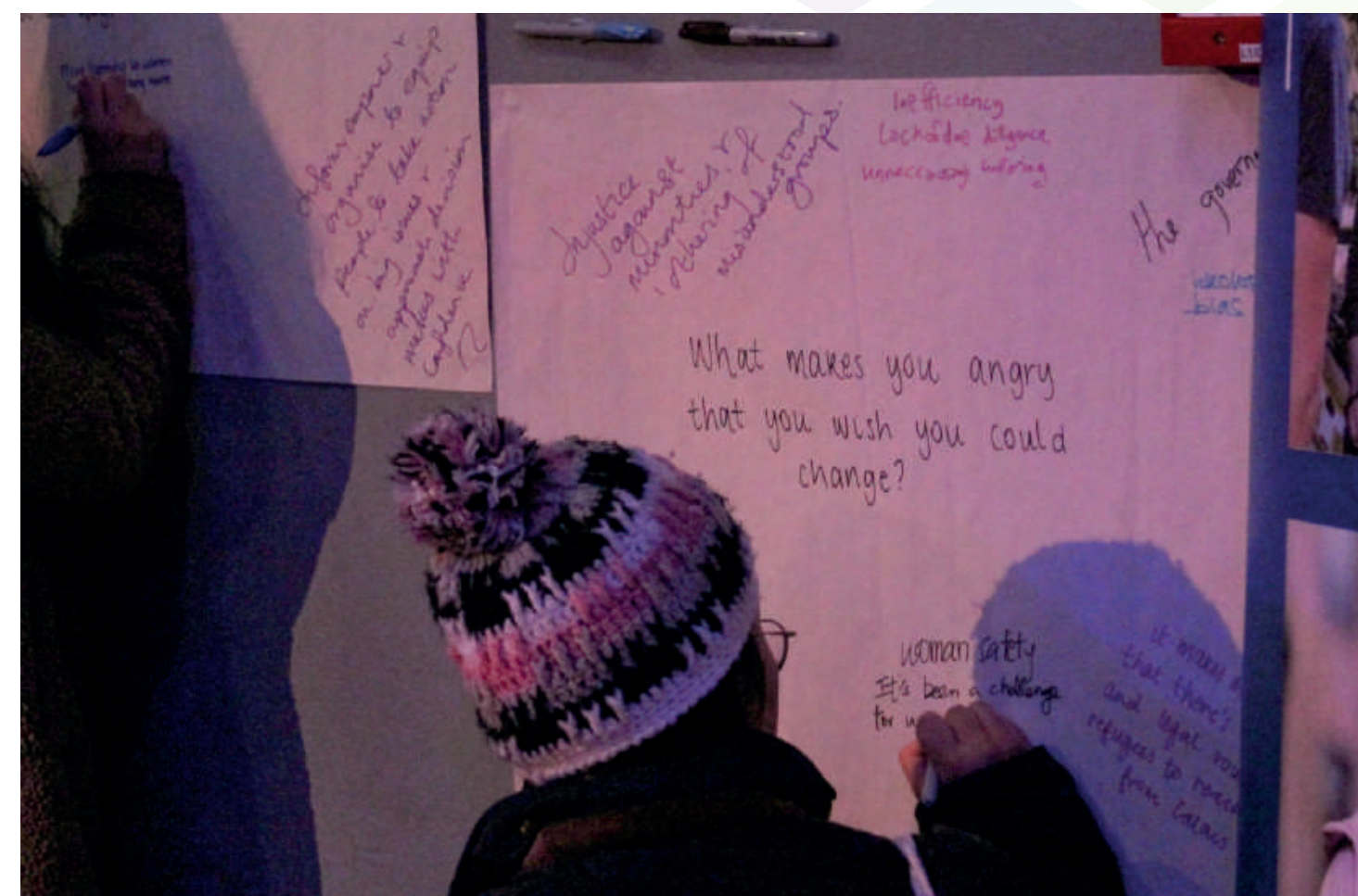
Active listening is integral to achieving the change we are wanting to see in our community. Through active listening in the community we are gaining greater levels of understanding of the underlying challenges that put our clients in crisis.

Listening has helped us to choose the issues that we are campaigning for and we will continue to listen in the community to ensure we are focussed on the right issues. Listening continues through our Cuppa Kindness initiative as well as other 1-2-1 intentional conversations and participation at community events.

Cuppa Kindness is both a listening campaign and a means of changing hearts and minds.

We partner with willing local cafes across our community to offer customers an option to buy forward a cup of coffee, for someone who doesn't have the budget to treat themselves. Someone from our community organisation team will be at the cafes and offer to have intentional 1-2-1 conversations with people in the community about issues they're currently experiencing or things they'd like to see change.

Our goal is to reach & interact with people we may not have otherwise, understand the issues in our communities better and to also change the perception of what the foodbank does to help end the need for a foodbank in Colchester.





# COMMUNITY PARTICIPATION AND EVENTS

COMMUNITY PARTICIPATION IS ESSENTIAL TO BRING ABOUT 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. WE ARE PROMOTING COMMUNITY PARTICIPATION THROUGH OUR OPEN VOICE CLIENT PANEL AND THE CUPPA KINDNESS LISTENING CAMPAIGN.

## SPEAK OUT FOR POSITIVE CHANGE BE PART OF OPEN VOICE

Have you used a food bank?  
Would you like to be part of a discussion group making positive change for food bank clients?

### Why take part?

- Develop new skills
- Grow your confidence
- Gain experience for your cv
- Help create positive change in Colchester



What I think matters. It feels great to take part!

I am making a difference.

I feel hopeful that change can happen

## OPEN VOICE

We have set up a focus group initiative where we host a conversation with a group of our clients to hear their lived experience over some coffee/tea and cake. Through this, we aim to identify the underlying issues in our community – what are the issues our clients are facing? What is bringing them to us? This will help us ensure we are campaigning for the right things and setting up the right sustainable projects.

We are delighted with this project as it is a big first step for us with building a consistent and reliable listening channel with our clients. We will be able to find out about the root causes of their crisis directly from the clients. This will also provide them with a voice and encourage them to come together to help themselves. Apart from this we will be able to change the perspective of what the Foodbank is. Our clients will understand that we are not just here to give out food parcels but to listen and take action on the persistent issues hindering them.



## FOOD & DRINK FESTIVAL

We had a stall at the Colchester annual Food & Drinks festival. We gave out ice-cold flavoured water for a donation. It was a big hit due to the hot weather and the greasy food that were around for that weekend. We also provided a seating area with some shade inside the tent. This worked out pretty well since we weren't standing around directly asking for donations. People were extremely generous, and we were able to get a very good amount of cash and food donation. But more importantly, we were able to interact with the people in the community and talk to them about the work we do at the Foodbank and community organising. It was a good step in improving our presence in the community and increasing awareness in the general public about the harsh present condition of poverty in their very own community. We came out of it with a few contacts that will prove helpful in the near future and a more empathetic community. It was heart-warming to see the amount of respect people have for the work we do.

## ALL IN

We participated in the All In program run by the East Light Homes team. It was a listening campaign designed to provide financial education to those in poverty. They taught hacks on how to make less last for longer and educated them on everyday finances and money planning. The results of the program were extremely successful. We were able to build several very valuable relationships through this program and contribute to its high success.

## DEMOCRACY IN ACTION AT THE UNIVERSITY

We interacted with the university community organising students that are part of the Democracy in Action module run by CITIZENS. We presented our work to them and showed how the next step and larger scale of their work looked like. We were able to spend time with individual project teams after our presentation and provide them with our perspective and guidance on the approach to their projects.

This not only helped them in their present projects, but also provided them with context on how life in community organising is like. It was great interacting with the young community organisers and who knows all the good they will be doing in the future!

## MENTAL HEALTH AT THE UNIVERSITY

We had a stall at the University of Essex Mental Health Day. We were there interacting with students and raising awareness regarding the help they have on offer and how the Foodbank can help in certain areas. It was eye-opening to see how many students were looking for help but didn't know the university is a referral partner of the foodbank. We were able to have a word with the University Well-being team on the day to discuss this and work on raising the awareness. We were also able to network with other charities/corporates which was





## FIRST BUS

We are collaborating with the local bus company FirstBus Essex to provide free travel vouchers for the Foodbank users who are struggling with finding affordable transportation.

This is more than making it easier for our clients to access the Foodbank's services. We are not just interested in providing a temporary solution for those that are hungry by providing them some food and essentials. We are working towards reaching a society where a Foodbank isn't needed. Where people are able to support themselves. One of the barriers for this is unemployment. And there are several people that visit the Foodbank that do not have enough money to spend on transportation to reach a job interview or visit the job centre. This is to help those people and ensure that they don't lose a life changing opportunity due to lack of access to affordable transportation.

The initiative recognizes the importance of removing barriers to self-sufficiency and aims to ensure that individuals experiencing financial

hardship do not miss life-changing opportunities due to limited access to transportation.

Not only will we be receiving 150 day vouchers every month to distribute across our satellites, FirstBus is also recruiting our job seeking clients who have an interest in becoming a bus driver through a recruitment program with us.

We see this as a huge win not only in helping our clients, but also in terms of building a strong relationship with a corporation in our community with a big presence and influence.





## OUR SITES

There are eleven 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

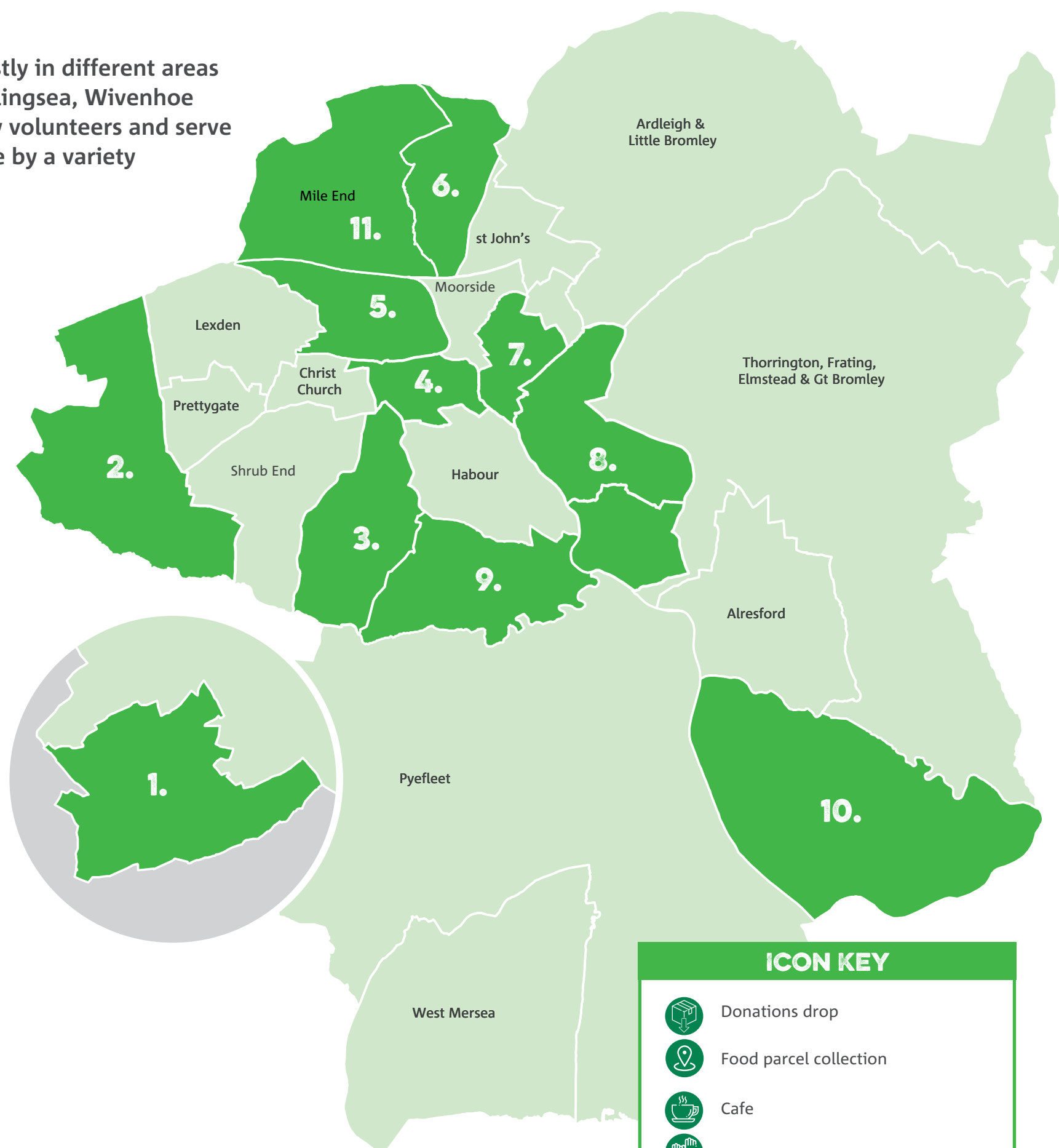


### 5. COLCHESTER CENTRAL

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



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#### ICON KEY

- Donations drop
- Food parcel collection
- Cafe
- Volunteers needed

### 6. HIGHWOODS

Monday 9am - 11am



### 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



### 11. MYLAND

Tuesday 8.30 am - 1 pm  
Friday 8.30 am - 1 pm







## BRIGHTLINGSEA

It has been another busy year with us facing a marked increase in the number of clients we have seen and helped. Also, it has been a year of change in the way we aid our clients. Alongside the basic Standard or Family pack we supply, there are now speciality packs that meet the needs of those that do not fall into those two categories. There has been the client who was homeless and who obviously did not have access to a cooker. He was supplied with a Homeless food pack to suit his needs. We had a lady who could only access a kettle and she was supplied with a 'Kettle' pack.

We liaised with N.E.S.T; a charity based in Harwich, who were supplying families with a large slow cooker, recipes and all the food cupboard ingredients needed for 6 weeks, together with any equipment required. They then used the fresh food vouchers they received from Brightlingsea Foodbank to buy the fresh ingredients for each week's recipe. This proved a great help to families and also saved on fuel.

We are very lucky that we have a such a caring community that tries to provide as much help as it can. We have a designated account within the Colchester general account that is for the sole use of Brightlingsea Foodbank. This funds the vouchers for the local butchers, Smith's and also

Bumbles, the greengrocers. Clients are able to then choose their own fresh foods, giving them independence & dignity.

The last year has seen us fund top - up domestic fuel cards/keys, a positive help as the price of domestic fuel has reached unmanageable levels for those on benefits and low pay.

As you can see, we have moved away from just food packs and are also able to provide used mobile 'phones for those clients who have no access to one. This enables them to contact Job Centres and interview possibilities, etc. This is done in conjunction with Vodafone, and a similar scheme run by Tesco Mobile. One or two of our clients had been relating to us about their benefits being sanctioned due to them not being able to attend the Job Centre because of lack of bus fares. It was then a decision whether to use their money for fares or food & heating, etc. We are now part of a pilot scheme run with the support of the First Bus company, which will offer concessionary bus tickets to our clients, enabling them to attend the Job Centre and any other necessary appointments. (The training for this was carried out on a bus (!), then followed by tea, coffee, and an ice cream at The Wetlands in Colchester!)

Last but not least, one of our volunteers, Bob Walsh, has set up an Adult Literacy Group, which is held at our local library. This will be of great use to those who have difficulties in reading and filling out forms.

As you can see, it has been a busy year, caused mainly by the Cost-of-Living Crisis and people's inability to meet the cost of basic bills and food, resulting in them needing our Foodbanks. We do not have an infinite amount of funds, and food & money donations have decreased over the last months. However, we have just raised the grand sum total of approximately £1688.26p from running the tea tent at the local Brightlingsea

Free Music Festival. It was a very mixed bag of weather! – Saturday saw the heavens opening, decreasing the number of people attending. Sunday, however, made up for it with families making a day of it. Incredibly, we made more money than the previous year when we had better weather!

So, despite a lot of 'ups and downs', I feel that we have achieved a lot, due in no short measure to the amazing group of volunteers who make Brightlingsea Foodbank what it is – a success! Win Pomroy, Coordinator, Brightlingsea Foodbank

## CENTRAL/ELD LANE

We were only discussing this week that we had realised that we'd been open now for 2½ years. Looking back, training took place during the pandemic and with the official opening on 11th December 2020. Thoughts of compulsory face masks and self-distancing from clients flooded back. What a change; what a time it had been.

All the statistics show how the client numbers have increased in that 2½ years. The challenge has been to get our weekly, sometimes twice-

weekly, delivery of parcels and other essential items into a small storage room here courtesy of Colchester Baptist Church, with lots of heaving and grunts, and then back out again next shift. Still, we have an excellent team of willing volunteers who enjoy working on rota together. As long as there's a need for Foodbank, we'll be here to serve. If you're in the vicinity, drop by and say hello.







## GREENSTEAD

We have 14 volunteers at Greenstead who attend on a rotational basis over the 4 days a week that we are open. Each day is different, Thursday is normally our busiest day. We have Citizens Advice with us two days a week and they are kept busy also. On a Tuesday we have Lee with his eco-bike who will deliver the parcels to clients if needed. We have good contact with our local councillor Tim Young who helps out with vouchers and will deliver if needed. July has been very slow for us but in August it has picked up.

## HIGHWOODS

The team at Highwoods has done a great job establishing a supportive presence in the community.



## NEW TOWN

We are just getting on with stuff here in New Town. We had a quiet period in late May / June, but in the last few weeks things have picked up again. We are grateful for the work of our volunteers in providing this service for our community.



## MYLAND

Despite the efforts of our great team of volunteers, the number of clients visiting Myland FB is disappointing. The school holidays has seen the number drop, probably due to the fantastic range of options offered by other agencies such as Firstsite, numerous churches and supermarkets with their children eat free initiatives. We continue to signpost the clients that we do see.



## MONKWICK

The number of clients visiting our satellite for food parcels or support has fallen since Christmas although remains variable week by week. Similarly our Community Cafe was not well used for a while but I'm pleased to report that a few lovely people are now coming in for a cup of tea/coffee and biscuits and a chat. They also take some bread home from our local bakery who very kindly let us have what they didn't sell the day before (leftovers are dropped off at Sanctuary housing so nothing is wasted!)

We held an agencies session alongside the Foodbank one Friday last month, with some local residents attending. It's all about raising awareness and our Foodbank volunteers are

very pleased to support and signpost local residents wherever possible. We are very grateful for CAB support too, Sylvia attends twice a month and is generally kept busy! In addition, Councillor Dave Harris is very supportive and currently has secured funding for Monkwick satellite for costs associated with running the satellite for the benefit of the community.

We have recently had two more volunteers come forward and welcome them to our team.





## ROWHEDGE

The Rowhedge Foodbank continues to support an increasing number of local families. This year 326 adults and 464 children have benefitted from the foodbank.

We have received generous donations from individuals, local community events e.g., Village Lunch, Village Quilters and our local councillor Faye Smalls. The Foodbank has also received regular food donations from people living in the village, the local Coop, Hythe Tescos 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. The Citizens Advice Bureau, a monthly event at the Foodbank, has a number of people with a wide range of issues.

We continue to work with and strengthen our partnerships with different charities and mainstream organisations, include the Mariners Chapel in Rowhedge, Christians against Poverty and the Green Doctor.

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.

The partnership working with St. Lawrence's Primary School continues to be instrumental in reaching out to many more families and helping with food parcels particularly in the school holidays. At the end of term we set up a foodbank at the school.

The Mariners Chapel which hosts the Foodbank, provides a confidential meeting place for CAB or others, 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 continue to strengthen both our knowledge, our team identity and a positive 'can do approach'. Over the year we have been joined by a number of new volunteers while saying goodbye to others and continue to be able to run the Foodbank.

We have a team of thirteen volunteers. This ensures that we are a full team of four every Monday which allows us to make home deliveries to those families or individuals who

are unable to come to the Foodbank or those who are unable to carry too much. In addition, two of our volunteers have also run a 'Slow Cooker Club' which has proved successful for the 14 families that took part.

This year we set up a Foodbank tent on the Coronation Volunteer day to advertise the work of the Foodbank and to encourage volunteers to take part from the village.



## TIPTREE

The past year has been our busiest yet, with an increasing number of clients coming to our Foodbank. In December, we had people coming through our doors faster than we could pack up parcels. We are now able to offer clients a cup of tea and a chat with someone. We are also pleased to have Citizens Advice with us once a month. We are working in partnership with the new Tiptree Community Fridge, who supply us with fresh bread and eggs for our food parcels every week. Fortunately, we have been very well supported by local schools, churches and other organisations as well as a small number of individuals who donate to us regularly. We have also been able to recruit some new volunteers to join our amazing team. We continue to be grateful to Tiptree United Reformed Church who give us our store room and the use of their hall free of charge.







## WIVENHOE

Another busy year for the Wivenhoe Foodbank, as new clients have been coming from all sectors of the local community, illustrating how the cost of living crisis is now impacting on an even wider spectrum of the population.

At the beginning of the year we started supporting families from Ukraine that fled their homes and were living in the town and lately increasing numbers of students studying at Essex University have also been using our services as they struggle to make ends meet.

Again the local community has continued to make generous donations to us and we received over 1 tonne of food donations in 2022. Particular thanks to the Wivenhoe Allotment and Garden Association, (for supplies of fresh fruit and veg during the summer months), Wivenhoe Bookshop

and the Norwegian Bakers (for bread, cakes and pastries) and other local donation points in the town at Wivenhoe One Stop and the Co-op.

We continue to work with other agencies and local stakeholders with a particular thank you to the continuing support of Wivenhoe Congregational Church for hosting the foodbank.

We held a number of events to raise the profile of the foodbank and to raise funds over the year, including a Tombola stall at the community event on the jubilee weekend in June.

To help manage the increasing demand we welcomed some new members to the team this year, so thank you to them and the all the long standing volunteers without whom we would not be able to operate.



Tombola stall at the Jubilee community day.



Display of children's books at Tollgate supplied by the Wivenhoe Bookshop.





# OUR RECOGNITION & AWARDS

## THE REAL LIVING WAGE CHAMPION AWARD

As part of our long term ambition to close the foodbank, Colchester Foodbank charity's Board adopted the Real Living Wage as a Social Policy priority to campaign to alleviate in-work poverty.

We led on a Citizens Essex Real living Wage action, where over 50 leaders from Citizens Colchester and Essex Citizens visited the Foodbank to celebrate Colchester Borough Council for their Living Wage accreditation and commitment to ending in-work poverty, with Zoomers and Facebookers joining us online. The Leader and Deputy Leader of Colchester Borough Council's new administration attended and confirmed their support for the Real Living Wage just before going on to the budget meeting where they indeed voted to make this happen.

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 and Colchester Borough Council again affirmed their commitment to it. We have also urged other local charities and institutions and other foodbanks in our network to take action to lead by example and support the Real Living Wage. We sent representatives to the campaign in Parliament Square for a real Living Wage for care workers.



Our hard work was recognised with the award of the Real Living Wage Champion Award, Third Sector Champion, at an inspiring evening full of incredible stories of change and hope.

We pay the Real Living Wage. We campaign for the Real Living Wage. Now we focus on campaigning to make Colchester a Real Living Wage City. It is one of the best ways of reducing Foodbank use.





# WHAT PEOPLE SAY



Kayleigh Caplan

1 d · 🌐

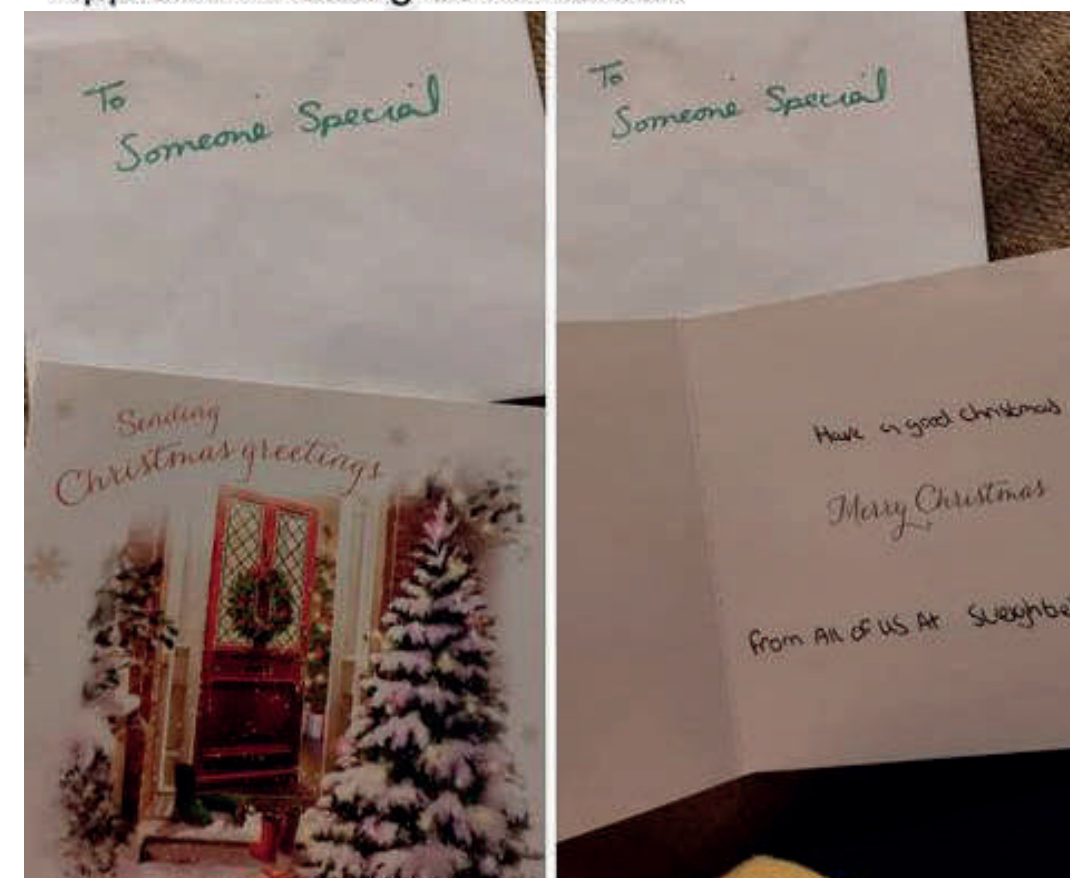
Just wanted to post this as I'm super overwhelmed and grateful

Today my husband went to the food bank for us with my son, and I'm amazed at the amount of stuff that people had donated. We got a whole bag of toys for the kids, lots of special christmas food, and this really sweet christmas card

I've tried googling but I can't seem to find what sort of group the sleighbells are, but if any of them are on here, we want to say thankyou so much!!

And if the lady who was dropping off christmas boxes happens to be on here too- you put a box of stuff in my husband boot while he was there, again we want to thank you so much!

I'm basically just overwhelmed by the thoughtful people who've donated, it really has made our Christmas, I can't even begin to say how apprciateive and grateful we are!







# OUR FINANCES

## MY TIME AS TREASURER WITH THIS AMAZING ORGANISATION HAS COME TO AN END.

I am pleased that in a period of unprecedented growth in the activities of the Foodbank we have been able to maintain and enhance financial probity, and to manage resources in a way to secure on-going viability in what we know is a really challenging economic situation for so many people.

It has been a privilege to be alongside such dedicated and talented individuals over them years, and everyone should feel proud of all that has been, and is being, accomplished together. It's a real team effort!

I'm grateful for the unstinting support that I've enjoyed from Trustees, staff and volunteers. I would like to record my thanks, too, to Nick Taylor for his care and attention in examining our accounts and ensuring that we continue to meet the requirements of the Charity Commission each year as well as providing clarity for our supporters.

Finally, it's good to know that our accounting will now be in the very capable hands of Shahidul, who I am confident will be an absolute star for the Foodbank.

Every good wish,  
Clive Joyce



Our accounting will now be in the very capable hands of Shahidul, who I am confident will be an absolute star for the Foodbank.





# TREASURER'S REPORT

## 2018 TRUSTEE RESOLUTION 1:

When we close the Foodbank our assets will be used for anti poverty charity work in the Colchester area.

## 2018 TRUSTEE RESOLUTION 2:

Now we have passed Resolution 1 Trustees resolve to fundraise to buy a new to us Food HQ building.

## 2021 TRUSTEE RESOLUTION:

We aim to close Colchester Foodbank by 2030. This may not be possible but the very act of aiming at it changes our trajectory.

## GENERAL FUNDS RESERVES POLICY:

The policy of Colchester Foodbank is to hold reserves sufficient to cover at least 3 months of income and expenditure and if possible 6 months. To also cover cash flow fluctuations, and to cover future income uncertainty. We therefore aim to keep our general funds reserves somewhere within £20K tolerance on either side of between £60K and £120K but preferably within that range, we do expect them to fluctuate seasonally during the year, any excess/shortfall will be a matter for Trustees at the end of the year.



**Shahidul Islam:**  
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 2022.

### **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:  
30<sup>th</sup> August 2023





CHARITY COMMISSION  
FOR ENGLAND AND WALES

Colchester Foodbank		Charity No	1152387
Annual accounts for the period			
Period start date	01/01/2022	To	Period end date 31/12/2022

## Section A Statement of financial activities

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
<b>Incoming resources (Note 3)</b>					
<b>Income and endowments from:</b>					
Donations and legacies	279,569	-	-	279,569	217,249
Gift Aid relief	6,028	-	-	6,028	5,591
Charitable activities	-	-	-	-	-
Other trading activities	-	-	-	-	-
Investments	63	-	-	63	222
Grants received	46,175	50,035	-	96,210	34,878
Other	-	-	-	-	-
<b>Total</b>	<b>331,833</b>	<b>50,035</b>	<b>-</b>	<b>381,868</b>	<b>257,940</b>
<b>Resources expended (Note 6)</b>					
<b>Expenditure on:</b>					
Raising funds	-	-	-	-	-
Charitable activities	169,137	43,000	-	202,137	118,752
Governance costs	6,453	-	-	6,453	5,683
Other	-	-	-	-	11
<b>Total</b>	<b>165,590</b>	<b>43,000</b>	<b>-</b>	<b>208,590</b>	<b>124,446</b>
<b>Net income/(expenditure) before investment gains/(losses)</b>	<b>166,243</b>	<b>7,035</b>	<b>-</b>	<b>173,278</b>	<b>133,494</b>
Net gains/(losses) on investments	-	-	-	-	-
<b>Net income/(expenditure)</b>	<b>166,243</b>	<b>7,035</b>	<b>-</b>	<b>173,278</b>	<b>133,494</b>
Extraordinary items	-	-	-	-	-
Transfers between funds	-	-	-	-	-
<b>Other recognised gains/(losses):</b>					
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-	-
Other gains/(losses)	-	-	-	-	-
<b>Net movement in funds</b>	<b>166,243</b>	<b>7,035</b>	<b>-</b>	<b>173,278</b>	<b>133,494</b>
<b>Reconciliation of funds:</b>					
Total funds brought forward	479,944	-	-	479,944	346,450
<b>Total funds carried forward</b>	<b>646,187</b>	<b>7,035</b>	<b>-</b>	<b>653,222</b>	<b>479,944</b>

## Section B Balance sheet

	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total this year £ F04	Total last year £ F05
<b>Fixed assets</b>					
<b>Tangible assets (Note 10)</b>	53,270	-	-	53,270	63,553
<b>Total fixed assets</b>	<b>53,270</b>	<b>-</b>	<b>-</b>	<b>53,270</b>	<b>63,553</b>
<b>Current assets</b>					
<b>Stocks (Note 11)</b>	-	-	-	-	-
<b>Cash at bank and in hand (Note 12)</b>	599,952	-	-	599,952	418,102
<b>Total current assets</b>	<b>599,952</b>	<b>-</b>	<b>-</b>	<b>599,952</b>	<b>418,102</b>
<b>Creditors: amounts falling due within one year</b>	-	-	-	-	1,711
<b>Net current assets/(liabilities)</b>	<b>599,952</b>	<b>-</b>	<b>-</b>	<b>599,952</b>	<b>416,391</b>
<b>Total assets less current liabilities</b>	<b>653,222</b>	<b>-</b>	<b>-</b>	<b>653,222</b>	<b>479,944</b>
<b>Creditors: amounts falling due after one year</b>	-	-	-	-	-
<b>Provisions for liabilities</b>	-	-	-	-	-
<b>Total net assets or liabilities</b>	<b>653,222</b>	<b>-</b>	<b>-</b>	<b>653,222</b>	<b>479,944</b>
<b>Funds of the Charity</b>					
<b>Endowment funds</b>	-	-	-	-	-
<b>Restricted income funds</b>	-	7,035	-	7,035	-
<b>Unrestricted funds</b>	646,187	-	-	646,187	479,944
<b>Revaluation reserve</b>	-	-	-	-	-
<b>Total funds</b>	<b>646,187</b>	<b>7,035</b>	<b>-</b>	<b>653,222</b>	<b>479,944</b>

Signed on behalf of all the trustees by:

Signature	Print Name	Date of approval dd/mm/yyyy
	Rev Andrew Fordyce	30/08/2023
	Peter Tibber	30/08/2023



## 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\* ☒ \* -Tick as appropriate  
No\* ☐

*Please disclose:*

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

*(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\* ☒ \* -Tick as appropriate  
No\* ☐

*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\* ☒ \* -Tick as appropriate  
No\* ☐

*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.

<b>Recognition of income</b>	These are included in the Statement of Financial Activities (SoFA) when: <ul style="list-style-type: none"> <li>the charity becomes entitled to the resources;</li> <li>it is more likely than not that the trustees will receive the resources; and</li> <li>the monetary value can be measured with sufficient reliability</li> </ul>	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Offsetting</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Grants and donations</b>	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Legacies</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>Government grants</b>	The charity has received government grants in the reporting period	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Tax reclaims on donations and gifts</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Contractual income and performance related grants</b>	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Donated goods</b>	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.  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.  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'.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Donated services and facilities</b>	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.  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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
		<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>Support costs</b>	The charity has incurred expenditure on support costs.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Volunteer help</b>	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Income from interest, royalties and dividends</b>	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Income from membership subscriptions</b>	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						

<b>Settlement of insurance claims</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>Investment gains and losses</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>2.3 EXPENDITURE AND LIABILITIES</b>								
<b>Liability recognition</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Governance and support costs</b>	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.  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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Grants with performance conditions</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>Grants payable without performance conditions</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>Redundancy cost</b>	The charity made no redundancy payments during the reporting period.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Deferred income</b>	No material item of deferred income has been included in the accounts.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Creditors</b>	The charity has creditors which are measured at settlement amounts less any trade discounts	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>Provisions for liabilities</b>	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	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Basic financial instruments</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>2.4 ASSETS</b>								
<b>Tangible fixed assets for use by charity</b>	These are capitalised if they can be used for more than one year, and cost at least £1,000  They are valued at cost.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
	The depreciation rates and methods used are disclosed in note 9.2.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td>✓</td><td></td><td></td></tr> </table>	Yes	No	N/a	✓		
Yes	No	N/a						
✓								
<b>Intangible fixed assets</b>	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	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td>✓</td><td></td></tr> </table>	Yes	No	N/a		✓	
Yes	No	N/a						
	✓							
	They are valued at cost.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>Heritage assets</b>	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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td>✓</td><td></td></tr> </table>	Yes	No	N/a		✓	
Yes	No	N/a						
	✓							
	They are valued at cost.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>Investments</b>	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.  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	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
<b>Stocks and work in progress</b>	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.  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.	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
	Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						
	Debtors (including trade debtors and loans receivable) are measured on initial recognition at	<table> <tr><td>Yes</td><td>No</td><td>N/a</td></tr> <tr><td></td><td></td><td>✓</td></tr> </table>	Yes	No	N/a			✓
Yes	No	N/a						
		✓						



**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.

✓		
---	--	--

**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
		✓

# THE FOODBANK

## WAYS YOU CAN HELP



FIND OUT  
WHAT IS  
NEEDED



PICK UP EXTRA  
ITEMS WHEN  
YOU SHOP



VOLUNTEER

THEY DO A  
GREAT JOB AT  
THE FOODBANK



GOSSIP  
POSITIVELY



INVITE SOMEONE  
FROM THE FOODBANK  
TO TALK TO YOUR  
CHURCH OR GROUP



DONATE  
MONEY

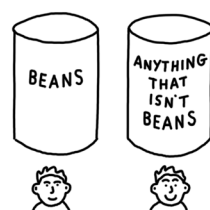


FUNDRAISE

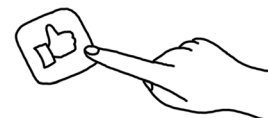
WHY IS THE  
NEED FOR  
FOODBANKS  
INCREASING?



ASK AWKWARD  
QUESTIONS



ASK PEOPLE FOR  
FOODBANK DONATIONS  
RATHER THAN PRESENTS



LIKE THE  
SOCIAL MEDIA  
PAGE

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

#### Note 3 Analysis of income

	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year
				£	£
<b>Donations and legacies:</b>					
Donations and gifts	279,569	-	-	279,569	217,249
Gift Aid	6,026	-	-	6,026	5,591
Legacies	-	-	-	-	-
General grants provided by government/other charities	46,175	50,035	-	96,210	34,878
Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	-
Donated goods, facilities and services	-	-	-	-	-
Other	-	-	-	-	-
<b>Total</b>	<b>331,770</b>	<b>50,035</b>	<b>-</b>	<b>381,805</b>	<b>257,718</b>
<b>Charitable activities:</b>					
	-	-	-	-	-
	-	-	-	-	-
Other	-	-	-	-	-
<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Other trading activities:</b>					
	-	-	-	-	-
	-	-	-	-	-
Other	-	-	-	-	-
<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Income from investments:</b>					
Interest income	63	-	-	63	222
Dividend income	-	-	-	-	-
Rental and leasing income	-	-	-	-	-
Other	-	-	-	-	-
<b>Total</b>	<b>63</b>	<b>-</b>	<b>-</b>	<b>63</b>	<b>222</b>
<b>Separate material item of income:</b>					
Fundraising	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Other:</b>					
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	-	-	-	-	-
<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>TOTAL INCOME</b>	<b>331,833</b>	<b>50,035</b>	<b>-</b>	<b>381,868</b>	<b>257,940</b>



## Section C Notes to the accounts (cont)

### Note 4 Analysis of receipts of government grants and other grants

	Description	This year £
Colchester Borough Council		10,000
Community 360		5,000
Essex Association of Local Councils	for Brightlingsea branch	1,960
Trussell Trust	Poverty advisor partnership project	50,035
Trussell Trust		29,215
		-
Other		-
	<b>Total</b>	<b>96,210</b>

	Description	Last 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 branch	1,000
Waitrose		2,866
Essex County Council	to open Brightlingsea branch	6,787
Trussell Trust	for salaries of warehouse supervisor	9,020
Other		-
	<b>Total</b>	<b>34,878</b>

## Section C Notes to the accounts (cont)

### Note 5 Donated goods, facilities and services

	This year £	Last year £
Seconded staff	-	-
Use of property	-	-
Other	-	-
	<b>-</b>	<b>-</b>

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
<b>Expenditure on charitable activities:</b>				£				£
Warehouse and storage costs	4,443	-	-	4,443	6,752	-	-	6,752
Premises repairs and maintenance	270	-	-	270	2,986	-	-	2,986
Rates and water	-	-	-	-	105	-	-	105
Light and heat	337	-	-	337	1,182	-	-	1,182
Satellite centres	5,396	-	-	5,396	8,647	-	-	8,647
Insurance	5,108	-	-	5,108	1,228	-	-	1,228
Advertising and signage	288	-	-	288	658	-	-	658
Wages and salaries	90,635	-	-	90,635	52,566	-	-	52,566
Managerial services	-	-	-	-	-	-	-	-
Food poverty advisors	-	43,000	-	43,000	-	-	-	-
Social Security and other pension costs	1,648	-	-	1,648	1,058	-	-	1,058
Van and travel expenses	5,936	-	-	5,936	11,162	-	-	11,162
Computer and telephone costs	-	-	-	-	1,201	-	-	1,201
Stationery and office supplies	3,236	-	-	3,236	1,416	-	-	1,416
Training and volunteer support	7,807	-	-	7,807	3,786	-	-	3,786
Food items	21,927	-	-	21,927	9,677	-	-	9,677
Bank and other costs	2,023	-	-	2,023	-	-	-	-
Depreciation, disposal and impairment	10,283	-	-	10,283	16,327	-	-	16,327
<b>Total expenditure on charitable activities</b>	<b>159,137</b>	<b>43,000</b>	<b>-</b>	<b>202,137</b>	<b>118,752</b>	<b>-</b>	<b>-</b>	<b>118,752</b>
<b>Expenditure on governance:</b>								
Subscriptions	2,539	-	-	2,539	1,549	-	-	1,549
Annual report costs	3,145	-	-	3,145	2,087	-	-	2,087
Payroll processing costs	469	-	-	469	302	-	-	302
Independent Examiner's fees	300	-	-	300	300	-	-	300
Other legal and professional fees	-	-	-	-	1,445	-	-	1,445
<b>Total expenditure on governance</b>	<b>6,453</b>	<b>-</b>	<b>-</b>	<b>6,453</b>	<b>5,683</b>	<b>-</b>	<b>-</b>	<b>5,683</b>
<b>Separate material item of expense</b>								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
<b>Total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Other</b>								
Interest paid on overdue tax	-	-	-	-	11	-	-	11
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
<b>Total other expenditure</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>11</b>	<b>-</b>	<b>-</b>	<b>11</b>
<b>TOTAL EXPENDITURE</b>	<b>165,590</b>	<b>43,000</b>	<b>-</b>	<b>208,590</b>	<b>124,446</b>	<b>-</b>	<b>-</b>	<b>124,446</b>

## 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).

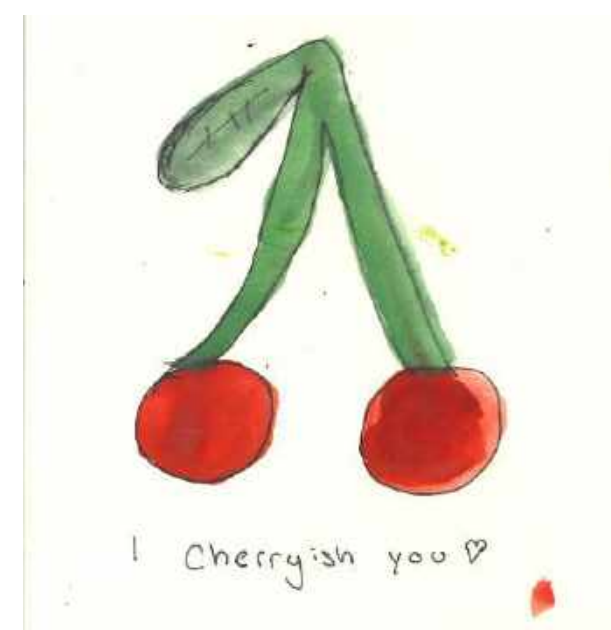
Independent examiner's fees

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**

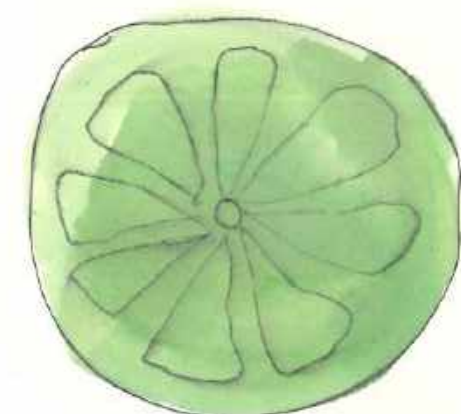
	This year £	Last year £
Salaries and wages	53,978	53,978
Social security costs	-	-
Pension costs (defined contribution scheme)	1,058	1,058
Other employee benefits	-	-
<b>Total staff costs</b>	<b>55,036</b>	<b>55,036</b>

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	-	-
<b>Total</b>	<b>3</b>	<b>3</b>



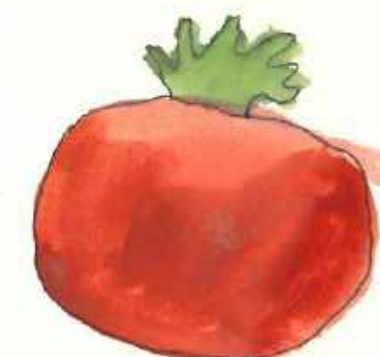
**Section C Notes to the accounts (cont)**

**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.*

	This year £	Last year £
Amount of contributions recognised in the SOFA as an expense	1,648	1,058

I Love you from my



head tomatoes



## 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	68,174	85,174
Additions	-	-	-	-	-
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
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	-	-	6,120	15,501	21,621
Disposals	-	-	-	-	-
Depreciation	-	-	2,176	8,107	10,283
Impairment	-	-	-	-	-
At end of the year	-	-	8,296	23,608	31,904

#### Net book value

Net book value at the beginning of the year	-	-	10,850	52,873	63,653
Net book value at the end of the year	-	-	8,704	44,566	53,270



## Section C Notes to the accounts (cont)

### Note 11 Stocks

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	-	-	-	-
<b>Total</b>	<b>-</b>	<b>-</b>	<b>1,711</b>	<b>-</b>

#### 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 £
-	-
554,868	379,804
45,084	38,298
-	-
<b>599,952</b>	<b>418,102</b>





**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		194,900	298,410	152,563	250,466	-	90,281
Premises Project	UR		250,534	-	-	249,466	-	500,000
Brightlingsea	UR		13,760	24,772	4,896	1,000	-	34,636
Wivenhoe	UR		7,058	8,651	500	-	-	15,209
Designated for food	UR	for food purchases	13,692	-	7,631	-	-	6,061
Poverty Advisor Project	R		-	50,035	43,000	-	-	7,035
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
<b>Other funds</b>	<b>N/a</b>	<b>N/a</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total Funds</b>			<b>479,944</b>	<b>381,868</b>	<b>208,590</b>	<b>-</b>	<b>-</b>	<b>653,222</b>

**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		186,634	235,033	106,283	100,484	-	194,900
Brightlingsea	UR		8,553	13,748	8,541	-	-	13,760
Wivenhoe	UR		5,524	1,594	60	-	-	7,058
Premises Project	UR		150,050	-	-	100,484	-	250,534
Designated for food	UR	for food purchases	15,689	7,565	9,562	-	-	13,692
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
<b>Other funds</b>	<b>N/a</b>	<b>N/a</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total Funds</b>			<b>346,450</b>	<b>257,940</b>	<b>124,446</b>	<b>-</b>	<b>-</b>	<b>479,944</b>



Section C

Notes to the accounts

(cont)

Note 14

Transactions with trustees and related parties

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.





# 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.

**BEST DAYS VINTAGE**

**BLUESKY PRINTERS**

**COLCHESTER ARTS CENTRE**

**THREE WISE MONKEYS**

**MERCURY THEATRE**

**TOLLGATE PARTNERSHIP**

**THE MAYOR OF COLCHESTER 2021/22 TIM YOUNG**

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

14th /28th Colchester Brownies  
14th Colchester Guides  
17th Sea Scouts Colchester  
1st Alresford Beavers & Scouts  
1st Coggeshall Guides  
1st Copford Brownies  
1st Feering Rainbows  
1st Horkesley Brownies  
1st Myland Rainbows  
1st Rowhedge Brownies  
1st Welshwood Rainbows  
1st West Bergholt Guides  
1st Wivenhoe Rainbows  
20th Colchester Guides  
25TH Colchester Guides  
26th Colchester Beavers  
26TH SEA SCOUTS  
2nd Coggeshall Brownies  
2nd Lexden Beavers  
2nd Lexden Guides  
2nd Myland Rainbows  
2nd Wivenhoe Guides  
44th Colchester Sea Scouts  
500 Club  
8th Colchester Scout group  
9th Colchester Guides  
Abbeyfield Community Church  
Agro Chemix  
ALDI London Road  
ALDI Cowdray Ave  
Aldi Stane Park  
All Saints Church Brightlingsea  
All Saints Church Great Horksley  
All Saints Shrub End  
Allen and Clarke Plumbing  
Alliance Disposables  
Amanda Babe Miller  
Ambitious Personnel  
Anthony Hemeh  
AQ INSURANCE  
Army Donation  
Asda Colchester  
Ashworth Financial Planning  
Aston Lark Insurance  
Atlantis Health and Beauty  
B&M

Barnardos Children Centre  
Birch Gardening Club  
Birch Parish Council  
Birch School  
Birch School/ Caterpillars Pre School  
Birkett Long, Legal Services  
Bishop William Ward School  
Bluebird Care  
Bookers  
Boxted Primary School  
Boxted WI  
Braiswick Primary School  
Brightlingsea Community  
Brightlingsea Coop  
Brightlingsea Foodbank  
Brightlingsea Junior School  
Brightlingsea SPAR  
Brightlingsea Tesco  
Busy Bees Kindergarten  
Butterfly Day Nursery  
Cadburys  
Camulos Academy  
Care Uk  
Castle Methodist Church  
CGN LTD McDonalds  
Chappel URC  
Chelmer Valley High School  
Chestnut Nursery  
Christ Embassy Colchester  
Christchurch CofE  
Church of Latter Saints  
CKDC Enterprise LTD  
Co-op Icen Way Shrub End  
Colchester Arts Centre  
Colchester County High School  
Colchester Dance HQ  
Colchester Deaf Church  
Colchester High School  
Colchester Hospital  
Colchester Hospital Pharmacy  
Colchester Institute  
Colchester Jewish Community  
Colchester Micro Biology  
Colchester Model Railway Club  
Colchester Police  
Colchester Rotary





**WHEN THESE 2 WONDERFUL YOUNG LADIES PAID US A VISIT, THEY DONATED NOT ONLY 37.7KG OF FOOD AND MUCH NEEDED TOILETRIES, THEY ALSO PRESENTED US WITH £75!! THESE AMAZING FOODBANK FANS SOLD CAKES RAISING £150, £75 TO THEIR 2 CHARITIES. ST HELENA HOSPICE AND US. WELL DONE GIRLS, WE ARE VERY HONOURED AND PROUD AND GRATEFUL FOR WHAT YOU HAVE ACHIEVED.**

Colchester Royal Grammer  
Colchester Seventh Day Adventist  
Colchester Synagogue  
Colchester Wigs  
Colne Community School  
Colne Engaine Primary School  
Company of Runners  
Coop Chesterwell Park  
Coop Harwich Road  
Coop Prettygate  
Coop Station Road Brightlingsea  
Coop West Mersea  
Coop Wimpole Road  
Coop West Bergholt  
Coop Wivenhoe  
Copford School  
Cornerstone Church  
COSTA Lion Walk  
Costa Tesco Hythe  
Country Food Trust  
CRC Probation

Crop Share Colchester Bennisons Farm  
CSH Environmental  
D&PScaffoldong  
David Connell Partnership  
Dedham Co-op  
Dedham Cof E Church  
Dedham Primary School  
Direct Meats  
Doucecroft School  
Dunbia Meats  
Earth Breeze  
East Bergholt High School  
East Mersea Church  
Ecto Peach Band  
Eight Ash Green Bakery  
Eight Asg Green Primary School  
Elim Church  
Ellisons  
ELMSTEAD NURSERY  
Elmstead Primary School  
Elmstead Rainbows and Brownies

Endeavour Colchester  
Essex Army Cadet Force  
Essex University  
Essex Wildlife Trust  
EVA Logistics LTD  
EVO Supplies  
Family Solutions  
Fareshare  
Feering Primary School  
Fenwicks  
Fiducia Wealth Management  
Fireglass  
Fisher Jones Greenwood  
Fiveways Co-op  
Fiveways primary school  
Focus  
Fosters Financial  
Fox Management Solutions  
Gateway  
Gavin Mills  
Gementera  
Global Stone  
Gosbecks Primary School  
Gray Dawes Travel  
Great Bentley Church

Great Bentley Cricket Club  
Great Bentley Primary School  
Great Bromley Cross Pub  
Great Tey Primary School  
Greenmill  
Greenstead Co-op  
Greenstead Evangelical Free Church  
Greenstead Foodbank  
Grey Dawes Travel  
Haines Watts Accountants  
Halifax Bank  
Hamilton Primary School  
Harrison & Hoole  
Hazelmer Junior School  
Heathlands Primary School  
Helping Hands  
Highwoods Primary School  
Highwoods Methodist (The Ark)  
Hill House Residential Home  
Hiscox  
Holmerstone Farm  
Holmwood House School  
Holy Trinity Primary School  
Homebase Tollgate  
Homestart



**JENSON RECENTLY HAD A BIRTHDAY PARTY, INSTEAD OF HAVING PRESENTS HE ASKED HIS GUESTS TO BRING FOOD FOR THE FOODBANK! 33.60KGS !! AMAZINGLY FANTASTIC JOB THERE JENSON. THANK YOU FOR BEING A FOODBANK HERO**



Honeywood School  
Hope Church  
Horizon Construction  
HSBC Bank  
Iceland  
IceniAcademy  
Intuitive Support Services  
Ireton Road Neighbourhood  
Ivell Marketing  
Jaywick Council  
John Fowler Solicitor  
Jollys (DOG FOOD)

JumpStreet  
Kelvedon Labour Club  
Kendall Road Primary School  
Kiddie Care  
Kingsford infant school  
Kingswood Hoe School  
Laila Divali  
Lakeland Primary School  
Layer De La Haye Church  
Layer de la Haye Primary School  
Layer Pre School  
Lexden Methodist

Lexden Primary School  
Lexden Springs School  
Lidl Abbotts Road  
Lidl Gosbecks Road  
Life House Church  
Linden Lady  
Linklaters  
Linmar Care  
Lion Walk URC  
Lions Corner Community Shop, Langenhoe  
Little Beginnings Child Minding  
Little Bentley Service Station  
Mackman  
Marfleet Contractors  
Mariners Chapel, Rowhedge  
Marks & Spencer  
Mayne Vets  
McColls Monkwick  
McDonalds  
McGahan Lees Irish Dance Academy  
McLauchlans Fruit Far,Boxted  
Mercers Farm Allotmnet  
Mercury Theatre  
Mersea Bakery  
Mersea Island Coop  
Mersea Mud Shack  
Mersea Road Coop  
Messing Primary School  
Mile End Coop  
Milton Lodge  
Mitchells Farm Shop  
Monkwick Infant School  
Montgomery Infant School  
Morrisons Little Clacton  
Mosaic Publicity  
Musicians Supporting the Homeless  
Myland Primary School  
National Trust  
Nayland Primary School  
New Town Pilates  
Next Chapter  
North Primary School  
Old Heath Coop  
Old Heath Primary School  
One Stop Greenstead  
One Stop North Hill



**A HUGE THANK YOU TO ALL THE CHILDREN AT BOXTED ST PETERS C OF E SCHOOL WHO HAVE COLLECTED A WHOPPING 82.6KG IN THEIR HARVEST FESTIVAL. THANK YOU AGAIN**

One Stop Plume Avenue  
Open Door  
Open Road  
Orchard Baptist Church  
Oxford House School  
P&F CLADDING  
Parish Church of St Peter & St Paul  
Peldon Community  
Penguin Books  
Pentecost Men's Church  
Perrywoods Garden Centre  
Plan B  
Plume Avenue Church  
Prettygate Baptist Church  
Prettygate Junior School  
Primark Stores  
Property Inspection Service  
PUSH Investment Group  
Queen Boudica Primary School  
Re- Focus  
Reading Partnership  
Redeemer Church



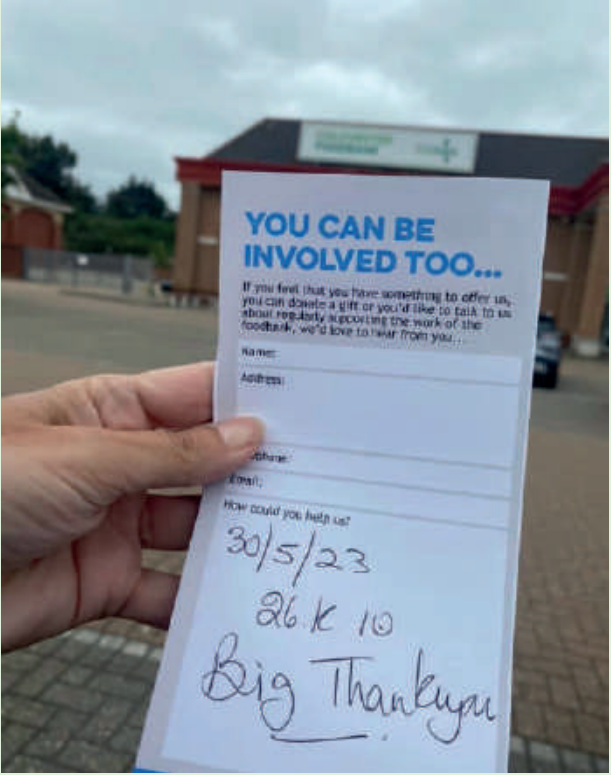
**OUR FOODBANK SUPERHERO MADE ANOTHER SURPRISE VISIT TODAY... NOT ONLY MAKING OUR FANTASTIC VOLUNTEERS LAUGH AT HIS ANTICS, BUT ALSO BRINGING IN A MASSIVE 87.5KILO'S OF DONATIONS !!!!! THANK YOU SUPERHERO... UNTIL NEXT TIME**



RHQ Parachute Regiment  
Roach Vale Primary School  
Robinsons Britvic  
Roman River Pre School  
Rotary Club  
Rowhedge Coop  
Sainsbury's Priory Walk  
Sainsbury's Layer Road  
Sainsbury's Stanway Tollgate  
Samson Road Co-op Brightlingsea  
SBM SERVICES  
Second Steps Nursery  
Sharp Redmore  
Slimmers World  
Smyhths  
SODEXO  
Squirrelsfield Close  
St Albrights Tots  
St Andrews Arlesford  
St Andrews Church Greenstead  
St Andrews Church Marks Tey  
St Andrews Church Wormingford  
St Andrews Primary School  
St Barnabus Ladies Group  
St Benedict's College  
St Botolph's Church  
St George's Primary School Great Bromley  
St Georges Junior School  
St Helena Hospice  
St Helena School  
St James Primary School  
St James the Less Church  
St James, Brightlingsea  
St John Payne Ladies Group  
St John The Baptist Mount Bures  
St John's Church, Ipswich Road  
St John's Cof E Primary School  
St John's Payne Church  
St Lawrence C of E Primary School  
St Leonard's Church  
St Luke's Highwoods  
St Mark's Church Highwoods  
St Mary's Church Great Bentley  
St Marys Church West Bergholt  
St Mary's School  
St Mary's Church Wivenhoe

St Michael's, Myland  
St Peter's Boxted  
St Stephen's Church  
St Teresa's Church, Lexden  
St Therasas School Lexden  
St Thomas Moore School  
Stagecoach Colchester  
Stanley Bragg Associates  
Stanway Primary School  
Stanway Rovers  
Stratford St Mary Church  
SUBWAY  
Success After Stroke  
Sussex Road Neighbours  
Swan Housing Association  
Tarmac Ltd  
Taylors Dance Company  
Tesco Hythe  
Tesco High Street Colchester  
Tesco Highwoods Colchester  
Tesco Colchester Magdln Exp  
Tesco Crouch Street  
Tesco Manningtree  
Tesco Victoria Place Brightlingsea  
The Bell Inn Panfield  
The Bonnie Blue Oak Tiptree  
The Business Fitness Centre  
The Feeders UK  
The Gym Club  
The Maltings, Student Living  
The Well Methodist Church  
Think BDW  
Thomas Lord Audley School  
Thomas Lord Audley Staff  
Thompson Smith and Puxon  
Tiddlywinks Nursery  
Tile Project Warehouse  
Tiptree Jam Factory  
TK MAX  
Tollgate Surgery  
TREFOIL GUILD  
Trinity School  
University Library  
Viola Waste Disposal  
Voice Communication  
Waitrose Colchester

My name is Paige and I am 7 years old. I heard about all the people that are going without food this christmas and it made me really sad. I really wanted to help so every week I spent my pocket money on buying food for those that really need it. I also got people to donate money too. I raised 115 pounds which I spent on shopping for the food bank. I'm really happy I could help make a difference. Lots of love Paige



**A HUGE THANK YOU TO COMMUNITY ORGANISATIONS AND COMMUNITY EVENTS LIKE COMPANY OF RUNNERS, PARKRUN AND COLCHESTER 10K WHO COLLECT FOOD AND MONEY DONATIONS AT THEIR EVENTS.**

Wavell Avenue, Residents  
Weston Business Centre  
Whitehall Resources  
Wivenhoe Allotment Association  
Wivenhoe Child Minders  
Wivenhoe Community  
Wivenhoe Foodbank  
Wivenhoe Park Nursery  
Wivenhoe Rainbows  
WOODLAND VIEW  
Woodland View Care Home  
WRS Insurance







## Contact Us

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Stanway, Colchester CO3 8RG.

T: 01206 621 998

 @FoodBankColchester  
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 @FoodBankColchester  
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[www.colchester.foodbank.org.uk](http://www.colchester.foodbank.org.uk)

Colchester Foodbank is a registered charity in England number 1152387

