

RE:STORE NORTHAMPTON

BRINGING COMMUNITIES TO LIFE THROUGH LOVE & COMPASSION

ANNUAL REVIEW 2022-23

ANNUAL REVIEW & FINANCIAL STATEMENTS

For the Year Ended 31st March 2023

Re:store Northampton (Charity Number: 1154625)

Trustees Report

The Trustees present their annual report and financial statements for the year ended 31 March 2023.

Reference & Administration Details

Registered Charity Number: 1154625

Address: 42 Sheep Street
Northampton
NN1 2LZ

Bankers: HSBC
22 Abington Street
Northampton
NN1 2AJ

Independent Examiner: CVS Northamptonshire
32-36 Hazelwood Rd
Northampton
NN1 1LN

Website: www.restorenorthampton.org.uk

Contents

Structure, Governance & Management	4
Focus	5
Action	6
Overview 2022-23	6
Projects - Crisis Provision	7
- Northampton Food Bank	
- Growbaby	
- Growbaby Christmas	
Projects - Support & Strengthen	10
- Support	
- Occupational Therapy	
- Parenting Course	
- Allotment	
- Money	
Projects - Building Community	16
- Baby Nest	
- Sensory Nest	
- Baby Massage	
- Family Fun	
- Hub Cafe	
- Family Hub	
Community Engagement	23
- Voice	
- Volunteers	
Financial Review	24

Structure, Governance & Management

Governing Document

Re:store Northampton is a registered charity, charity number 1154625, governed by a constitution, operating as a CIO. The charity was registered on 18th November 2013 and prepared its first set of accounts to 31st March 2015. The charity started operating with effect from 1st April 2014.

Trustees

Kenneth Willis (Chair) (resigned Sept 2023)
Samantha Rajagopal
Daniel Walter
John Campbell
Michael Sturgess
Steve Gee (appointed October 2023)

Organisational Structure

The day-to-day running of the charity is led by the Director, and appropriate work delegated to paid staff and volunteers.

Appointment of Trustees

A new trustee may be appointed by a resolution of the Trustees passed at a meeting of Trustees at which there is a majority of the Trustees present and such resolution shall be recorded in the minutes and signed by the new Trustee and by the chairman of the meeting and such records shall be conclusive evidence of his / her appointment

Focus

Re:store Northampton has a wide range of projects that focus on building community and strengthening families, which in turn contribute to our main aim of reducing the impact of poverty within the town and improving health and wellbeing. Through partnership working, with beneficiaries and local agencies, Re:store has always been able to adapt to address the emerging needs within the town. The hope is to contribute to thriving communities, where people belong and are empowered.

1.Reducing Impact of poverty

Most recent statistics revealed that more than one in every four children are living in poverty in the town. This has a serious knock-on effect for these families in all areas of life, including but not limited to mental health, housing stability, food provision, safety and security. Re:store provides much needed **support in crisis, and works collaboratively to address the underlying causes of poverty.**

2.Building Community

Connecting people and bringing life to communities is a key part of the work at Re:store Northampton. Through creating welcoming, accessible community spaces that celebrate diversity and promote unity, people are brought together to build healthy relationships. These activities, including Nest and Hub, enable natural support networks to form, which counteract the vicious cycle of poverty and social isolation.

3.Improving Health & Wellbeing

All projects and activities at Re:store have a holistic approach that enables us to focus on **improving the health and wellbeing of families and individuals** that engage with us at a universal level. The range of support on offer includes accessible open activities that encourage healthy lifestyles, to more targeted work to address issues that impact mental health, such as housing insecurity, debt and parenting concerns.

4.Strengthening Families

Connecting families through creative play environments has a positive impact on both children and parents/carers. Children are thriving as they engage with the wide range of activities on offer at Re:store Northampton, and **parents report they feel less lonely and more supported.** Many families accessing services have complex issues that impact on their health and wellbeing, but feel more positive as they develop healthy relationships once they access support services, such as Growbaby and Nest. The holistic therapeutic approach to all services seeks to develop skills and confidence and build resilience in families.

5.Inspiring Change

Re:store has an individualistic approach within a group-work or drop-in setting. Through the skilled work of support workers, project co-ordinators and our Occupational Therapist, adults accessing services are empowered to make positive changes. Likewise, the **invaluable volunteer teams** in all projects are encouraged to identify areas for development so they reach their full potential. Many projects are focused on or provide an element of building practical life skills, such as the Allotment, or volunteering in the cafe at the Hub.

6.Working Together

Re:store Northampton recognises the wealth of experience in the community, including the “lived experience” of beneficiaries, and engages them to identify opportunities for improvement. As many who access Re:store Northampton present with complex needs, the access to wider support is paramount. Where possible, **Re:store engages with and provides facilities for partners agencies to provide better outcomes for all of the community.** There is a wealth of charities and services across the town that deliver incredible services to people and communities in Northampton and Re:store always seeks to honour and champion these partners.

Action

What Re:store does in Northampton

Re:store Northampton is a charity run and supported by local people, to serve those in need within the town. The projects range from crisis support, providing food and necessities to those suffering from unforeseen economic hardship, to longer term support work in the form of sharing skills and giving emotional and practical support. We aim to give a 'hand-up' rather than just a 'hand-out' and seek to give individuals the opportunities to move forward into greater independence.

Whilst there are many different projects that make up Re:store, they are all interlinked and most often the guests (clients) will have one or two points of entry, and then move onto other in-house services. In recent years there has been a greater emphasis on families, and less so on food poverty, but the journey from crisis support to building community still underpins the way in which Re:store operates.

The IMPACT STORIES shared within the Annual Review highlight the personal effect on those engaging with the services at Re:store. All are anonymous, and each given a pseudonym starting with "I" as this is the 9th Annual Review of Re:store. Photos included are taken at Re:store Northampton, and shared with permission. However the stories and photos are not to be shared outside of this report.

Overview 2022-23

April-June-22 Range of projects operating at Re:store Mon-Thu. Including Care for the Family Early Years Parenting Course.

July/August-22 Family Fun activities on site, including bouncy castles and a visiting farm on site.

September/October-22 Community Law Service launches on site at Hub (Food Bank) and Family Hub (Growbaby).

November/December-22 Christmas appeal for Growbaby families, reaching over 200 children. Hundreds of refugees settle in temporary accommodation in Northampton, and access services at Re:store.

January/February-23 All staff and team on site, positive planning for year ahead. Involvement in local inter-agency task groups around poverty, supporting families and advice services. Charity Director elected Chair of Food Aid Alliance West Northamptonshire.

March-23 Development of projects and team, through training, support and project reviews. OT student from Northampton University begins placement within Re:store.

Projects - Crisis Provision

NORTHAMPTON FOOD BANK

Northampton Food Bank has been providing emergency food parcels to families and adults across the town since 2009. This is a response to adults and families facing food poverty on a daily basis, including one out of every four children who are living in poverty in Northampton.

Northampton Food Bank offers accessible food aid through a network of Food Bank Points across the town, over six days of the week. A referral is necessary, and **almost 1,000 Referrers are registered to make the services accessible when needed**, including schools, health visitors, doctors surgeries, mental health worker and many more. The food/essentials offered are for those in short-term crisis and Referral Agencies make their assessment based on the eligibility criteria. The referral process is essential to offer the best support at early stages to the individual and to create a dignified welcoming space when collecting the food parcel.

At each distribution point a community cafe is open to the public, who can freely access this space for connection and support. Whilst the Food Bank is referral based, these cafe spaces are open to all to return as often as desired. This creates a community where needs can be identified, addressed and people signposted for more specialist support if required. It is also positive to note that some who attend regularly more frequently move into volunteering positions within Northampton Food Bank.

In total Northampton Food Bank gave out **3,654 food parcels** between 01/04/22 and 31/03/23, which is over 1,000 more than the previous year. This represents approximately 9,000 adults and children although it may be more, as many families have more than the estimated average of two to three children per family. At Re:store Northampton's central location, 966 parcels were distributed in this time, again an increase on the previous year.

The cost of food and essentials given through Northampton Food Bank during 2022-23 is almost £200,000. This includes food, toiletries and household essentials such as toilet roll and nappies. The costs were calculated accurately based on value and mid-range products purchased or donated at full retail value, as Re:store does not have access to food waste or reduced cost items on a regular basis. It is significant to note that since the last statistics reordered by the Food Bank team in 2020, the value of each parcel has doubled due to rise in cost of living alone.

There has been a rise in families accessing Northampton Food Bank in recent years, either referred in-house from other projects at Re:store or through our strong network of referrers that include schools and children's health professionals. A common theme in the reason for referral is either an issue with benefits or lack of access to welfare support, such as No Recourse To Public Funds (NRPF).

More Referral Agencies have been signing up each week to ensure that those in the community can have support more quickly and are supported beyond the point of crisis. This is a response to adults and families facing food poverty on a daily basis, including 1/4 children who are living in poverty in Northampton.



Through 2022-23, Re:store has been able to access funds specifically for the food and essentials that are distributed through membership of the **Food Aid Alliance West Northamptonshire** (FAAWN). Food donations from the public and organisations are still important due to the demand exceeding the funding obtained. Although at times the Food Bank sometimes experiences scarcity in some areas, such as nappies, toiletries and some food, this has generally been overcome within a week through careful planning and appeals.

IMPACT STORIES

Ian was a self employed builder, who was able to support himself and his family and always put a roof over their heads and food on the table, even during Covid lockdowns. In 2022, he was involved in an accident where a car crushed his foot and he was unable to work. Being out of work due to the injury, Ian found himself in a desperate situation. He sought advice and was able to access benefits but the process is slow, and he was without food for some time before he cautiously used Northampton Food Bank. Ian told the volunteers that he never imagining he would ever find himself in this situation, but was overwhelmed by the kindness of strangers who made him welcome, and gave empathy instead of the judgement he anticipated.

Projects - Crisis Provision

GROWBABY



Growbaby was established in 2019 in connection with a national network of projects by the same name, led by Vineyard Churches across the UK. The project focuses on providing clothing and essentials for families with babies and children 0-5 years, and includes the preparation for school with uniform, shoes, bags and coats for 4-5 year olds.

The model relies on high quality preloved clothing, equipment, toys and essentials to be donated, sorted and then made available for families to collect.

In January 2021 a permanent boutique style shop for Growbaby was created. Many brand new items line the shelves and the stunning open layout, with industrial steel and wood, softened with fabrics and handmade quilts and lovely clothing, creates a more dignified experience that families delight in being invited into.

Between April 2022 and March 2023, **476 referrals** were completed for Growbaby almost an identical figure to the previous year. This represents **238 distinct families**, each referred by an external agency, as many have multiple children, and some families return more than once within twelve months. The static number accessing this service suggests a positive ongoing relationship and communication with Referral Agencies, who are now regularly referring when there is a need.

As well as essential clothing items, we were also able to respond to requests for larger items, such as stair gates, cots and buggies. All families were extremely grateful to receive the items, which they would otherwise have struggled to provide.

The Growbaby project has enabled great community involvement in a variety of different ways.

- There is a dedicated team of volunteers that sort through donations on a weekly basis and continue to ensure high quality items are re-stocked into the boutique.
- The Growbaby Project has a dedicated Facebook page which is used as a means of communicating and engaging with the public particularly where donations are required for the boutique. This has been really successful in ensuring we target and receive the specific items needed on a weekly basis.
- In order to try and be a little more environmentally friendly the Growbaby Team decided to stop using disposable paper/plastic bags and introduce re-useable tote bags to parcel up the clothing/toiletry items. These are hand-made by members of the community from donated fabric. We have begun to see some of these bags being re-donated to the boutique to be given out again.
- There are members of the community from across the county that hand-make knitted, crocheted and sewn items especially for the boutique such as blankets/jumpers/cardigans. These are always received with joy and very much appreciated by the families referred.

The Growbaby project has worked well from the outset in terms of crisis support, but through feedback received, we decided to further improve connections between crisis support services and community building projects at Re:store. The boutique and lounge together creates **a safe space that families feel welcome to access beyond the moment of immediate need** as well as to build relationships with the team and peers. This led to the creation of a Family Hub, through additional external funding.

IMPACT STORIES

India first came along to Growbaby with her referrer as she was too anxious to attend alone. She was going through a turbulent time at home and felt very isolated as a new mum. She also felt very unconfident in her ability to parent her first child. She was able to see and experience Family Hub on that first initial attendance and was encouraged by both the Growbaby Team and her referrer to continue to attend Family Hub.

India accessed all the essentials she needed for her toddler, and was delighted (as was the child) with the toys and gifts they could choose alongside the clothes. India's son picked a brand new digger truck which he had spotted in a shop the week before India could not afford. She recounted the tantrum her son had, and became emotional as she felt Re:store has "been expecting them" knowing not only what she needed, but even what her son wanted.



Projects - Crisis Provision

GROWBABY CHRISTMAS 2022



Due to the successful nature of our Christmas 2021 event, and positive feedback received, it was decided to run a similar event in December 2022.

An appeal was well advertised and attracted attention across Northampton (and further), generating around £4,000 in gifts via an online wish-list, delivered directly to Re:store's offices. An additional £6,000 was secured through two successful grant applications from National Grid and Love Your Neighbour, totalling **£10,000 to make Christmas special for the vulnerable families referred**. Volunteers from Central Vineyard and Re:store sorted toys and created

small gift bags for families, as well as sourcing wrapping paper, selection boxes and advent calendars. Families who had accessed Growbaby in previous months, or were referred specifically for this appeal through our partner agencies, were invited in over three consecutive weeks to choose from an array of toys, books and gifts for their children. They were overwhelmed by the generosity of the wider community and incredible selection that filled a vast space, and enjoyed choosing gifts and having them wrapped and labelled from the parent to child (rather than from the charity) to give the parent/carers dignity in the gift-giving.

In our review of 2021, several changes were identified to improve the experience. This included:

- Introducing a ticket system where families were given a time slot to come and select their items, meaning we could prepare better, know who to expect and there was an even spread of people arriving across the days.
- Some families reported feeling overwhelmed by the large choice of gifts on display so we decided to have slightly less choice of toys and have less on display at one time to help make it easier for parents to decide what gifts they wanted to pick.
- Gifts were organised in age specific groups so that parents could easily be directed to the age appropriate items for their children. This helped parents to feel less overwhelmed in making a choice.
- Gift sessions were run on separate days to the normal Growbaby sessions. This meant we could fully focus on the Christmas gift sessions, manage stock levels better and use our volunteers more effectively.

In the lead up to Christmas 2022, we were inundated with referrals. This led to us expanding our initial plans and increasing the number of collection days. **Through the generosity of our supporters, we were able to reach 300 children in Northampton who were really struggling.** The Grotto was a blast, stacked full of the most beautiful presents. Families were blown away, many in tears of gratitude and speechless at others' kindness. The gifts have not only blessed a child, but an entire family, allowing parents to experience the joy on the face of their child opening a gift on Christmas morning. Something they could not provide without the kindness and generosity of our supporters.



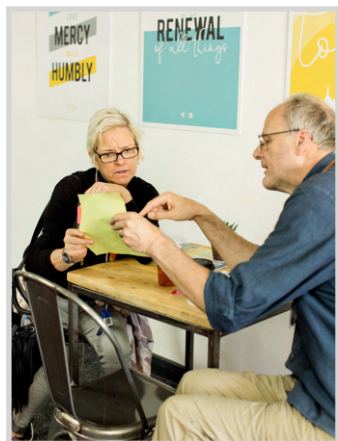
IMPACT STORIES

Imy, mum of three pre-school children/babies texted the Re:store Support Worker after attending the Growbaby Christmas gift event: *"thanks thanks so much to everyone that put a smile on our face this Christmas a wonderful and unforgettable one for me and my children, I really appreciate every single bit of what you have done and I and my children are so excited right now. Thanks"*

Projects - Support & Strengthen

SUPPORT

We continue to offer support through advice, befriending, signposting and courses such as parenting and money. For many, the crisis support services of Food Bank and Growbaby are the first point of contact, with the individual or family reaching out due to financial struggles or other difficult circumstances. From their first visit, guests are welcomed into cafe environments with a team of befrienders who are happy to listen to their story over a cup of tea and cake. This happens naturally in most cases, and makes it relatively simple to identify areas where support can be offered.



The support work at the start of this period primarily consisted of **emotional support, signposting, advice, money management, finding grants or funds to help with crisis support, sourcing items such as beds, buggies, cots, providing phones, laptops or other technology through donors**, assistance completing forms, visas and other applications. Our Citizen's Advice offer switched from a designated phone line for our services users, to being back on site from early 2022, adding an extra layer of support.

The causes of poverty or crisis continue to include homelessness or threat of eviction, financial worries and debt including harassment from lenders, benefit delays or sanctions and not being able to meet basic needs, such as food and heating.

The Support Worker found that the guests who were in the most vulnerable and desperate situations were often those who were originally from outside of the UK. They had arrived in the UK often on either working or student visas and then had found themselves pregnant and no longer able to work. Situations were compounded by domestic abuse, spousal illness or death, personal physical or mental health problems, homelessness or threat of eviction.

Our Support Worker was able to offer essential outreach support to resettled Afghans, following a surge of Afghan families and their children being placed in hotels within Northampton. This included connecting with other local charities and supporting Afghan parents to access Growbaby for help with children's essentials. They were also supported to access our Hub drop in community cafe, and additional cafe sessions were arranged to enable Afghans to leave the hotels to bring their children, connect with others, practise English speaking skills and enjoy traditional Afghan refreshments. Many of these families were also able to benefit from our Growbaby Christmas gift giveaway.

The departure of our Support Worker in July 2022 had an impact on the ways we provided support to our guests and led us to reevaluate the support offer at Re:store.

IMPACT STORIES

Imani was referred to Re:store Northampton by a Social Worker in the local authority. She had no recourse to public funds, due to issues with her visa and had recently become homeless after leaving her abusive partner. Due to her immigration status and cuts in local funding, no refuge was able to offer support to Imani but she and her children were very vulnerable. The temporary accommodation provided by the local authority was inappropriate, insecure and unsafe, with threats from drug dealers in the common areas of the accommodation on a regular basis. One of her two children had a serious medical condition, but the child's needs were not being supported by any other service, and Imani felt overwhelmed and desperate.



The Re:store Support Worker offered emotional and practical support, through small grant funds and help with the visa application. As the relationship built, Imani shared some of her dreams of a career working with children, and the RSW was able to help source a laptop and support her in finding a free online course in a relevant field. The laptop was also an invaluable tool for the children with their school work.

Imani reported that engaging in learning whilst she was waiting for her immigration status to change really boosted her wellbeing. The Re:store Support Worker also linked her up with others to provide peer to peer support. Imani is now regularly getting out of the house, has had her immigration status changed and is looking for work.

Projects - Support & Strengthen

OCCUPATIONAL THERAPY

Following the departure of the support worker in July 2022, we reviewed the crisis support work that had been offered and pulled together a number of services from the community to offer support within our crisis projects. This has included an advisor from Community Law, a Support Worker (in association with our membership of FAAWN), staff from MIND and other agencies who have been able to provide their services onsite, and filled the gap around support that our support worker had left.

The longer term support of families including relationship building, up skilling parents in their roles and into employment as well as supporting parents' mental health is now able to be expanded through the role of the OT who has had adaptations made to their role to enable capacity to develop this support.



'Inspire' was designed in 2018 by the OT through extensive consultation and research with similar programmes across the UK, as a fully engagement led programme of workshops, training, volunteering and mentoring. Using bespoke Action Plans and Occupational Therapy assessment tools, the OT worked individually with the participant to identify goals and the steps needed to make progress, and then linked with a Community Mentor to give regular support. Workshops included interpersonal skills such as dealing with conflict and practical skills, such as cooking. There were opportunities to work towards accredited awards in volunteering, food hygiene and manual handling, to increase access to further employment or volunteering.

All participants completed the programme in 2020, and were involved in a review process to help shape future courses. The intention was to adapt this programme in partnership with beneficiaries, to make it more accessible to those with young children (and no childcare). The hope was that Inspire Families would re launch, with a gradual uptake, in Autumn 2021, but a few challenges meant this was adapted in a way that key components were able to be delivered instead of the complete Inspire Families project. Covid continued to caused disruption to services between September 2021 and January 2022, affecting staffing levels through large amounts of sickness. This also impacted the capacity available for the OT to be able to launch this new project as time was needed to focus on managing the team and the focus on the delivery of existing projects.

The OT has been able to offer 1:1 work with families, supporting them in setting personal goals that look towards developing healthy families, positive mental health and opportunities to enter volunteering, employment and education. We have focused on delivering parenting courses as a key way to up skill families in their role as parents. We have also developed links with Strong Start who will be delivering child development sessions that will up skill families further, such as 'Introducing Solids', 'First Aid for children', and 'Getting school ready'.

The OT is also looking to expand the 1:1 support offered to families in the way of befriending opportunities - this will offer a similar service to the Community Mentors of the previous Inspire project, however will focus more on reducing isolation, loneliness, and be more tailored to family support.

We are still looking to introduce an additional space alongside our Sensory Nest to offer more tailored therapeutic activities to a smaller group of parents that are specifically referred by professionals as families who would benefit from additional therapeutic support provided by the OT.

With the impending appointment of a dedicated Team Manager, the OT will be able to develop these services to a fuller extent, including the 1:1 family work (long term goals/employment/upskilling), the befriending projects, a therapeutic families group, parenting courses, and supervising OT students.

Projects - Support & Strengthen

PARENTING COURSE

During early 2021, two staff members trained to deliver **Care for the Family's 'Time Out for Parents, The Early Years'**. The course brings together parents and carers to look at building healthy relationships with their babies, toddlers and pre schoolers and develop learning through fun and play.

The course begins by looking at what happens when we become a parent – the surprises, disappointments and joys. It has a focus on how to develop children's emotional security, and build the bond between parent and child through recognising their feelings, responding appropriately, listening well, and being positive in what we say. Through the sessions positive interactions and play are explored and activities are set to try new things. A vital topic is boundaries, routines and consequences and why they matter. There's a toolkit of strategies for handling difficult behaviour and this is tailored to meet the individual families needs. There is time to consider the needs of the adults, and how conflict is handled. The final session focuses on 'belonging' – the importance to children of feeling part of their family – and how this can be developed through shared activities and creating family traditions.

The course is designed to run for six consecutive sessions with childcare on site. The focus is on building healthy family relationships and strengthening parents through skills, resources and positive connections. The first course launched in the Autumn of 2021 with six committed parents. However, due to ill health/covid-19 impacting staff and participants, the course was postponed, and was relaunched in Spring 2022.

Seven parents attended the rearranged parenting course - a few were unable to attend some of the sessions due to illness, but generally attendance was positive.



We realised there was a role for someone to be a link person between the creche and the parenting course - someone to support the creche if any children were particularly struggling to settle, to check the children were all ok, and to feed back to anxious parents who weren't used to leaving their children. We therefore had support from our Nest coordinator with this role as she had a relationship with many of the children and families already.

At the end of the course we decided to plan in an additional 'regathering lunch' - parents were sad for the course to end and we were keen to see how they were getting on with the knowledge they had learnt from the course. It was also an opportunity for the parents to reconnect with each other and for us to initiate some co-production work.

We were able to launch the next course in Jan 2023 following successful completion of the training by a further member of staff.

For the second parenting course eight parents attended and committed throughout. Parents engaged well with the course, with lots of verbal feedback and interaction during sessions. All parents commented they were sad that it was coming to an end.

We found that the first few sessions of creche can be a bit of a challenge due to unsettled children. We have therefore adopted a shorter settling in session the week before the course so that parents can go into the creche with their child as needed, and also an opportunity for any paperwork to be completed.

The offer of a creche was a real success, with a team of volunteers able to help the children settle each week. It enabled single parents to have a break from their children - for some, it was the first time leaving their children and a good stepping stone towards getting them ready for nursery. For the second course we were also able to recruit a parent from the first parenting course (and Nest) to help in the creche.

Following on from the course, as a **regathering event we ran a successful pamper morning with a creche to help aid an opportunity for the parents to engage in 'time for me' as discussed in session 6**. The majority of parents were single parents with limited peer/family support, so lack opportunities for quality 'me time'.

All parents were offered support following completion of the course from the Occupational Therapist, through 1:1 meet up, and those that missed any of the sessions were offered 1:1 support to go through any content they missed. Some parents have expressed an interest in volunteering and have received support from the OT to start this.



Following the second course:

- Seven parents felt their confidence in parenting had grown
- All felt more able to understand their child and their needs more
- All felt more confident in setting boundaries
- All felt their bond with their child will strengthen
- Half felt they would like 1:1 support after the course so this has been a good way to identify any unmet needs, including needs unrelated to parenting.

IMPACT STORIES

Two parents that attended were both single parents and both had an autistic child, as well as additional younger children. They provided a positive peer support through the course which continued beyond the sessions, and a natural bond formed.

Imelda reported at the start of the course feeling very unsure about how to set boundaries for her children - she said she viewed discipline as something negative, like a punishment. She reported finding the session on setting boundaries really helpful and now viewed discipline as training rather than punishment and is working on what boundaries to set for her children.

Ingrid was invited to do the parenting course as she told the OT that she was lonely as a single mum of one. She was keen to socialise and gain confidence in her parenting. Although she scored herself well at the start, so **did not seem to make massive progress if looking quantitatively, the qualitative impact was significant**. Ingrid flourished in the connection with her child, adding in praise, encouragement and warmth to interactions that nobody at Re:store had seen before. She smiled when she came in to the group and by the last week was chatting happily with others, exchanging numbers and meeting up outside the group. The transformation has been marked, and Ingrid has gone on to volunteering in the creche for an additional parenting group so others can have the same positive experience she had.

Course feedback:

'I have learnt so many things that I didn't know before coming onto this course. I have learnt boundaries, how to spend more time with my child and listen to them.'

'It has taught me so much. I'm a mum of four and I've learnt some things I didn't know.'

'I am more confident with parenting'

Feedback from pamper morning:

'This has come at just the right time - I can't believe I get 2 hours to myself!'

Projects - Support & Strengthen

ALLOTMENT

The community allotment has been operating since 2013 and creates an opportunity for those in hardship to learn how to grow their own fruit and vegetables, reduce food bills and reduce isolation. It is increasingly recognised that there are many benefits to be gained for mental health and well-being from accessing outside space. The whole process of growing plants, nurturing them and harvesting the produce seems to be beneficial and many participants have commented on the peace and tranquillity of the Community Allotment.



In addition to learning skills to be self-sufficient and grow their own food, clients were supported with their mental, emotional and practical needs through the befriending role of mentors and signposting to relevant agencies.

Clients were first invited to attend a basic skills course where they learn how to plant, weed and tend to vegetables. Upon completion of the initial programme, some individuals have continued to participate in group sessions in line with their skillset. Particularly committed individuals have progressed to their own mini-plot. There are currently eight mini-plots allocated, with the potential for more.

Through Re:store's extensive network of professional contacts, we received a number of external referrals to the project this year, demonstrating a recognition from these agencies of the benefits the project offers to their clients. Professional referrals have included the Probation Service, Community Mental Health Team, the Planned Care and Recovery Team and MIND.

We have a strong team of dedicated and passionate volunteers who contributed approximately 800 hours of their time this year.

Each guest has their own unique circumstances so what they take from the project can differ. For some, the main impact of attending the allotment project is to come out with a newly found confidence, particularly those that have previously suffered with their mental health. The new skills developed can be used personally, but also encourage people that they can do whatever they choose to put their mind to.

For others, **the main impact is community. Where many attendees suffer from isolation and lack of contact, the friendly project, run in the fresh air, provides a huge boost.** Guests appreciate somewhere to be amongst friends in a welcoming environment. Often we are the only contact that they have during the week, so it is of crucial importance to their social development. This has been a year of deepening long term relationships, with some of the participants having attended for a substantial period of time. As a lot of these guests struggle with long term issues, these partnerships are invaluable.



One challenge this year has been with illness of key volunteers, resulting in absences. We are pleased to report that the other volunteers have stepped up to the challenge, to ensure that the project can run.

A local private girls school faithfully supports the Allotment Project through fundraising - each year the students design and host an event to raise funds. A class had the opportunity to come for a special session to get stuck in and learn more about the allotment, and then raise awareness of the work of Re:store. This is a really positive connection, and outside the usual field of Re:store, but highlights the way in which Re:store is loved and supported by the people of Northampton, and connects with all parts of our community. This has had the impact of giving these young people an insight into the charity sector, and hopefully planted in them a desire to continue to help those in need going forward.

IMPACT STORIES

We were pleased to welcome Ivan to the Community Allotment project about two years ago. He came with a support worker and initially found it quite hard to communicate with us and to join in with the other participants. He spent a lot of time watching and frequently said the task was too hard and he was too tired to do any more. When he was no longer receiving support we were unsure whether he would still attend the sessions.

We were delighted that his mother could bring him and he started coming round to the plot independently. He seems to enjoy the sessions, has started texting to let us know if he cannot get a lift and now initiates short conversations. I was thrilled a couple of weeks ago when he asked me if he could “step up” now he has been coming for a while. It took a long time to work out what he had in mind but we eventually realised he wanted to use the mower, which was great! Ivan can sustain working at a task for longer now and finds it easier to take part in group activities. His favourite part of the session is still coffee and biscuits! We feel we are gradually getting to know Ivan; he is now much more confident and comfortable working with different volunteers.

Projects - Support & Strengthen

MONEY

Nearly everyone we have contact with has issues with money, whether it be prolonged poverty, a financial crisis, struggling with debt or managing on a low income. 40% of all mental health issues are related to finance, and we see the crippling effect that it can have on a household. We offer a course led by volunteers designed by CAP (Christians Against Poverty). This has the potential to provide much needed support to many who are in financial difficulties or struggling to balance their income and expenses and budget adequately. We also link with the CAP Debt advice service and other agencies to help people resolve their debts.



Individual courses were offered through 2022-23, but only two participants engaged. Both were on a one-to-one basis, one face-to-face and the other through an online communication service. The impact of covid on support work and groups was very evident in this area, as finances are always such a sensitive matter, it relies on relationship, trust and rapport to be built before a group can be formed.

Projects - Building Community

NEST

As a charity we have long identified the benefits of hosting groups such as baby massage and a designated baby group, and had some plans in motion for getting these groups started. From June 2021 two new indoor settings to run in term-time for under fives were launched: Baby Nest and Sensory Nest, and alongside this Baby Massage.



Each Nest setting creates intentional opportunities for families to connect with each other and receive support. Sessions are planned with our focal points in mind - reducing isolation, strengthening families, improving mental health and building community. Families that have connected with Re:store through Growbaby or other targeted services are welcomed into these spaces, where they can access support regularly and attend free high quality play sessions.



During the course of this period, we have identified parents who want to become parent befrienders in the sessions. These parents have been identified as taking a keen interest in welcoming other parents in the group, making sure that people feel included and welcomed each week. They help new parents to integrate into the group and form friendships. They are also good role models, setting examples of how to parent well. Notably, several of the parents who attended the parenting course and are now involved in the coproduction group have come through Baby Nest.

We have also been able to identify parents who would benefit from attending our parenting course. We feel parents have had more confidence to join the course than they would have done without any relationship through attending the Nest sessions.

After our first parenting course we have noticed some parents in Nest have a better level of engagement in play with their children than before they attended the course.

Several parents have met other parents within the session and gone on to form strong friendships where they are supporting each other outside of the group and meeting up regularly. Some of these parents were very isolated prior to these new friendships.

We have had an overwhelming number of people that have wanted to attend the Nest sessions. We have needed to create a waiting list for places so that we can filter who needs the place most. Our priority is to give places to those who are referred from Growbaby and from other agencies that we are linked to.

The Baby room has got quite full and people are not always able to move up to Sensory Nest, so the age of the room has gradually become older. We are now only allocating babies younger than 6 months a place in the baby room at the moment, so we know people will be there for a while.

Projects - Building Community

BABY NEST

A welcoming play space for families with children under the age of one initially ran alongside Growbaby with the hope that this would increase the chances of them returning in future weeks. With the introduction of Family Hub to run alongside Growbaby, Baby Nest was moved to run alongside Sensory Nest. The motivation for this was so that children from Baby Nest would seamlessly move up to this group. We found that families were reluctant to move to the new group for the following reasons:

- The difference of day meant that families might not be able to make the new day
- Families were not able to see the new group they were moving to, so were not confident to attend.
- Having the group on the same day means that parents can make visits to the new group before they move up properly.

The volunteer team hosting this **cosy environment listen to families, offer refreshments, support parents/carers in playing and connecting with their babies and offer support or guidance where appropriate.** Quality time for conversation and giving people a place to form relationships is key in their parenting journey.

Two of our members of staff who are accredited trainers of the 'Care for the Family' parenting course are in the session, so are able to chat through general parenting concerns with families, should they need this support. A link with local health practitioners and First Aid training has been made available to parents through the Nest Co-ordinator.

IMPACT STORIES

Imogen, a first-time-mum, accessed Baby Nest after having her baby during a time when covid rates were increasing. She initially attended with mask and social distancing, but has stayed with the group through all the changes and has felt very welcome and at home. She told the team in conversation, that she noticed that the volunteers are interested in getting to know you and care about your needs. Volunteers in other groups seem to be there to make sure the group runs smoothly rather than to build relationships or encourage friendships. She appreciates this relaxed environment, and has been crucial in inviting and welcoming new families to the groups. Imogen is interested in becoming a "be-friender" in some of the family settings, so will explore this with the Nest Coordinator.

Isla, a mum who was very isolated and low in mood started coming along to Baby Nest this year after being referred by her support worker. Since the first attendance, she has come almost every week and grown in confidence chatting to other parents. She has made friends with a mum within the session and they have formed a strong friendship where they see each other most days outside of the session to support each other. This mum is keen to volunteer with us once her child goes to nursery.

Projects - Building Community

SENSORY NEST

Sensory Nest is an interactive multi-faceted play session aimed at families with preschool children, with a range of activities that stimulate the senses, engage the whole body, mind and emotions, and encourage gentle natural connections between parent/carers and their children.

The environment is calming and comforting, with low lighting and relaxing music, creating a sanctuary in the middle of often noisy and chaotic lives with little ones. Sensory spaces create an environment that can relieve stress, stimulate senses, provide calm and change behaviour cycles which give an ability to function better by regulating emotions. The session ends with an interactive song time that includes props and a bubble machine and engages all the families together in a circle-time.



Sensory Nest sessions enhance the wellbeing of both parents and children that attend so that they will be able to cope better with the challenges in life that they are facing.

When children turn one they are given a place in Sensory Nest. We move children up to Sensory Nest termly in small groups of parents who have already formed connections with each other, making the transition smoother.

Despite the successes of the project, there are challenges. Currently we have no breastfeeding support. Since the pandemic we have lost the support of Northampton Breastfeeding Alliance which means our volunteer peer support breastfeeding support volunteer is unable to operate without their oversight.

The music time in Sensory Nest isn't always settled, with the behaviour of some impacting on others - this is getting better but is taking a lot of reminding from the project coordinator for people to engage.

Projects - Building Community

BABY MASSAGE



The holistic approach to wellbeing starts with the newborn and encompasses the parent/carers and whole family. Re:store's Occupational Therapist is trained to an accredited level in Baby Massage. **Baby massage has been proven to improve attachment between infant-carer and to build a secure safe bond, often in little worlds that can be chaotic, especially if the family have experienced crisis or trauma.** There are additional health benefits which have a positive impact on the whole family as well as the baby, including improving sleep. This targeted activity runs alongside the Baby Nest, increasing opportunities for families to move between the two levels naturally, and providing a safe inviting space where parent/carers can feed their babies after the session, chat with others and relax in an extended therapeutic environment.

This has been in high demand from parents and professionals, and it began successfully with families who had connected over the past year who had been isolated at home with a newborn.

Baby massage first began as a six week course, however it was apparent that for many of our families, committing to a weekly course was a challenge. Changes were therefore made so that baby massage could take part during the Baby Nest session as drop in taster sessions. This way, parents could join in with baby massage if they wanted, deciding on the day, but there was no pressure for them to and no negative impact on the massage session should they not be there one week.

By doing it in the session as a drop in, it also meant that two sessions could be run back to back if there were enough people wanting to joining that week. The number of sessions can be flexible week on week depending on demand, and there has been the need for a few back to back sessions.

We have been through a stage of having fewer younger babies in Baby Nest - massage is best when babies are immobile (age 0-6 months). As they start wanting to crawl and play more, parents usually opt to remain in the Baby Nest play session rather than join in with massage. This means some weeks, there has been a smaller uptake for baby massage. The courses have been very well received and many have commented how they now do massage at home with their babies as part of a bedtime routine.



IMPACT STORIES

Isabelle was a mum who had fled domestic abuse and came out of a refuge having given birth whilst there. She had accessed Growbaby and then shortly afterwards started attending baby massage after her support worker brought her along to the Baby Nest session. She lacked a lot of confidence in herself and her parenting but regularly came along to baby massage and learnt the techniques which enabled her to start using baby massage as a way to connect with her baby at home. Due to financial challenges this lady would not have been able to pay to attend an alternative baby massage class.

We received a thank you card and gift from three parents who have joined in with baby massage - comments in the card:

'A massive thank you for baby massage and everything else. The massage is a perfect bonding session. We have loved it.'

'Thank you for all you do - me and baby have loved baby massage from the beginning and it's something we now do at home.'

'Thank you for your time and patience whilst trying to teach massage.'

Projects - Building Community

FAMILY FUN

The majority of specialist services run in term-time due to participant accessibility (many have school age children). However, **school holidays can be a challenge for many families, especially those on limited income, who are isolated or in limited accommodation without outside space, and especially those under additional stress.**

Activities provided in holiday time have traditionally had a high engagement and so we aimed to provide high-level services that were accessible to families with a wider child age group. These included indoor themed events, with hired-in services that gave families experiences that they could not usually afford, as well as outdoor family activities.

We ran play sessions in July and August 2022. In July we had a visiting farm. The family fun session was open to families with children of any ages, with provision from babies to children up to the end of Primary school. We had a designated baby play place, a cafe area with games and colouring for older children, soft play and then our visiting 'small animal' farm.

Parents were allocated time slots to visit the animals. Children who had never visited a farm before were able to meet the animals and have an experience of petting them and feeding them. There was plenty for the children to engage in during the course of the morning with the other activities taking place alongside the farm. There was time for families to have a second visit to pet the animals should they wish to do so. There were refreshments available for parents and children during the course of the session.



Our second event in August was a soft play session that was open to families, again with children of any ages. Our provision was from babies to children up to the end of Primary school. We had two rooms, one was for the younger children with soft play and a ball pool and the other room had two larger bouncy castles. Children and parents were able to choose where they wanted to spend their time and move between the two rooms. Children who had never attended a soft play session before were able to experience it during the session. There were refreshments available for parents and children during the course of the session. The family fun sessions were very well attended, with approximately forty families at each.



Due to staff/volunteer capacity and the efforts involved to host the larger sessions, we held weekly buggy walks to the local park in the weeks between, which were less labour intensive. Despite efforts to publicise the events, the buggy walks were not as well attended. The Family Hub continued to run over the summer and families from the Nest groups primarily decided to attend here.

IMPACT STORIES

Isla is a working mum of two who used to attend Nest from when her babies were born, to starting school. In 2022, her youngest had finished nursery and would be starting school in September. Due to the impact of lockdowns during her daughter's early years, her little one was anxious to begin school. The invite to Family Fun sessions meant a lot to Isla and her children, where they enjoyed re-

connecting with the support team and old friends. Her children were able to interact with peers, and loved the activities. Isla said she felt more confident about her daughter starting school by seeing how she developed over the few hours each session.

Projects - Building Community

HUB CAFE

Whilst much of Re:store's work has focused on families over the past year, Re:store is a space that is welcome to all and has its roots in supporting those experiencing hardship. The Hub Cafe was one of the first projects to launch in Re:store alongside Northampton Food Bank, and still opens every week. It has changed size, shape and style over the years, at times offering hot meals, opening multiple times a week, and trialled at different times of the day. **The project has responded to the needs of the community, been shaped by participants and beneficiaries and regularly gives space for feedback and development. The thing that remains consistent is a warm, welcoming community cafe that is open to the public with well trained volunteer be-frienders who are skilled in hospitality and support.**

The Hub runs alongside Northampton Food Bank, although guests are welcome without a referral and can return as often as they wish. The aim is to create a community space where people can connect with others as well as receive signposting, information and support. It attracts a diverse population, with mixed ages/life stages, socio-economic backgrounds, cultures and ethnicities. Within the room there may be adults who work night-shifts, elderly local residents who need somewhere warm and familiar to see others, families with children who are seeking asylum and awaiting school places, those out of work and needing advice about housing or money, and professionals supporting people with a whole range of issues but most often mental health. Mixed in with a strong volunteer team, the room buzzes with conversation and our guests mix and socialise in a positive way.



The cafe has a modern, coffee shop feel, to encourage people to chat and to build a sense of community. The welcoming environment meant that the majority of people stayed well past the short amount of time it takes to make up their food parcels.

There is a partitioned area with 1:1 support allowing a specialist advice service and other agencies to be accessible, yet private. Our in-house Support Worker gets alongside guests and worked with them towards their goals. We involve our Support Worker and the wider team to seek to address any underlying issues that are preventing the service user from exiting crisis, as well as to prevent people from becoming dependent on our services. This ensures that provision is a hand up, rather than a hand out.

Families with young children that came to us were referred to additional projects that we run that are geared towards building community and developing parenting skills. Individuals were referred to projects such as our money management course, as well as our allotment project, which build skills such as how to manage a budget properly, and practical skills such as guests growing their own food, creating resilience and independence. Volunteering opportunities were provided for service users in the food bank and with other projects.

At Christmas, guests were welcomed to make up a Christmas hamper of treat foods and seasonal goods, which had been donated from local busi-



nesses and individuals. Some commented on how much it meant to be considered at this time, and be indulged with chocolates, sweets and gifts.



IMPACT STORIES

Ibrahim connected with Re:store Northampton through Central Vineyard Church. He is an Iranian refugee who arrived in Northampton in Autumn 2022 (face concealed due to circumstances). After being invited to The Hub, he soon asked how he could get involved. He and his family were living in a hotel room (which was their “temporary” home for a year) and he was keen to be active. He is young and physically able to help with set-up and food bank sorting/lifting being a massive asset to the team of mostly retired volunteers.

Ibrahim asked if anyone had a bike for a family at the hotel, and shared how isolated adults and children were due to it's location. Ibrahim played a role in getting over ten bikes from donors and distributing to other refugees and also made use of a bike to get to Re:store Hub. Within a few months Ibrahim's wellbeing and sense of belonging improved from attending Hub and playing a part in the team. He invited others to the Hub and Central Vineyard from the hotel and engaged with Iranian refugees from a wider area.

Projects - Building Community

FAMILY HUB

The Family Hub is a welcoming cafe space in which families receive support and community is built. The Family Hub project is now run at the same time as our Growbaby project. Before and after visiting Growbaby, families are welcomed into the hub with a chance to meet other families and access support to improve their circumstances and/or broader parenting support.



The project is not exclusively for parents/carers who have accessed Growbaby, with families from our other projects also attending the cafe, as well as drop-in guests - this all builds a sense of community.

Through our partnership with Central and East Northants Citizens' Advice, an advisor was available onsite for appointments during the session time. Following the conclusion of this arrangement, we secured an advisor from Community Law Service to provide a similar role. Advice was provided on a wide range of topics.

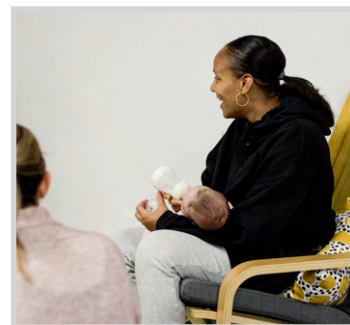
Befrienders in the sessions listened to the guests, offering support, encouragement and signposting.

The play spaces, with engaging activities for children, enable parents to play with their children, but just as importantly, there were volunteers on hand who could play with children, allowing parents some respite, and precious time to speak with volunteers, fellow guests and support staff - the true focus of the sessions.

The Family Hub sees families returning week on week to play and chat. We have received positive comments from referrers and clients about the welcoming environment. It is a natural addition to Growbaby, allowing guests to feel valued, supported and listened to and have seen first-hand evidence of how this input has enabled families to move on from their point of crisis and begin to thrive in their role as parents.

IMPACT STORIES

Iris and her child have been attending Family Hub regularly for the last 12 months and there has been a noticeable difference in her confidence and demeanour. Iris is now relaxed and happy in the Family Hub environment and interacts well with both peers and the Growbaby Team. The Growbaby/Family Hub Co-ordinator was able to signpost her on to other Re:store services and she has gone on to complete the most recent Parenting Course offered by Re:store.



Community Engagement VOICE

We have traditionally been good at gathering regular informal feedback to assess impact and make continual improvements. It is important that people are in the lead across our full range of projects - from crisis to community, however our previous experience has been that at initial point of contact, recipients of emergency aid are not always in a place to commit to a more formal community-voice programme.

We were very keen to benefit from the full “lived experience” of beneficiaries, and engage them to identify opportunities for improvement. Following a successful parenting course, during which a great deal of camaraderie was built between participants, six members of this course agreed to join our first formal coproduction group. The first meeting was held soon after the culmination of the first parenting course, with meetings held every two to three months thereafter.

The Re:store “Voice” group (the name was decided collectively by participants) has created a space for the beneficiaries to not only be heard but to impact change and co-design projects for the future. In time we hope it will be increasingly peer-led but initially it has been supported by members of the staff team. We will eventually gather beneficiaries from all projects at the point in which they are ready to engage.



Consideration has been made to accessibility and barriers such as having young children, with a creche being provided for earlier sessions. This has developed into something of a hybrid, with childcare in the same room and this has been agreed by the participants as a useful addition.

Some key developments made as a result of the participation of the group have been:

- Extending the timing for our Nest sessions. This was both because the session was enjoyable, but also means that those with issues around the timings will still want to attend, even if they have to miss the first 30 minutes, whereas before it would not be worthwhile attending.
- Better publicity of Re:store events with posters and leaflets
- Working together to produce the ‘Re:store Families’ leaflet which is for families to learn about our services.

VOLUNTEERS

Re:store could not impact the community and the individual lives it does without dedicated volunteers. Across all projects and including the Distribution Point Partners of Northampton Food Bank,

Re:store has over fifty regular volunteers that are committed to bringing communities to life through love and compassion. This ranges from stocking shelves, to listening to others' stories, to setting up groups and leading sessions. There are a diverse range of opportunities, that reflect the skills and experience of our teams.

Through the year, Re:store offers key training that equips and supports the whole team, and there are opportunities for all to engage with this no matter the role. This reflects the dedication to an IRTDMN style of coaching ("identify-recruit-train-deploy-monitor-nurture"). We believe each person should be supported in reaching their full potential, so if a guest comes in to access a service and is keen to volunteer, they may begin their journey behind the scenes sorting donations whilst they build confidence, but may want to work towards a hospitality or connecting role such as cafe or befriending. The training gives this opportunity to gain skills and knowledge that goes alongside safe opportunities to build experience.



Recent training offered at Re:store has included Safeguarding, Manual Handling, Food Hygiene, Domestic Abuse, Mental Health First Aid, Paediatric First Aid, Personal & Professional Boundaries and Afghan Refugee Welcome. Relevant staff have also completed the Parenting Course training and Baby Massage training, with others completing IT based training in systems to improve logistics.

Teams enjoy training opportunities, with good quality refreshment/lunches provided as part of the package and an opportunity to network between projects - again adding to the family feel of Re:store.



Volunteers provide incredible value for money to Re:store, with an estimated 12,500 hours given each year, to the value of £150,000. Of course the social value is even higher, with **lived experience, co-production and an incredible range of skills and experience that could not be represented in a few members of staff** that would cover these hours in paid employment. Re:store Northampton would genuinely not be the incredible family that loves and impacts the community without such an incredible volunteer workforce. Any issues with

volunteers are few and far between, with the main impact being when volunteers have issues in their personal lives, when obviously these need to take priority. We support volunteers in these circumstances and stay in touch and provide flexibility about when they are able to return. Sometimes it can be hard to find new volunteers for specific roles or those who can make specific times, so we still are working hard to build relationships and advertise opportunities.

Financial Review

FUNDING

In 2022/23 Re:store was financially supported by local and national grants, local churches/community groups, businesses and individuals through annual commitments, regular giving and one-off donations. Premises are provided free of charge through the support of Central Vineyard Church. In addition to space to run all projects, office space has been secured and all storage required. There are also resources and equipment made available to Re:store including PA systems, projection, specialist lighting and a fully fitted kitchen.

Until this year, the facilities provided to Re:store were at a zero cost for overheads including rent and utilities as a gift-in-kind from Central Vineyard Church. This includes 5 large multi-functional high-spec meeting rooms for hosting activities, the two purpose built store-rooms/shop-fronts for Growbaby and Food Bank, and office space with on-site parking for all staff and volunteers, as well as a lift between floors to improve accessibility.

Due to the costs of energy increasing so dramatically, Restore have been in discussion with Central Vineyard Church as to what this means and Restore has agreed to contribute towards its share of the energy bills.

A major source of income since December 2021 has been the National Lottery Community Fund, which provides staff costs and the majority of the running costs for our family projects until May 2024.

Additional funding has been granted through the Northamptonshire Community Foundation (St Giles and Constance Travis funds), Thomas Brington Foundation, Northampton Borough Council Partnership Fund, West Northamptonshire Council and the B and Q Foundation.

We have been grateful to receive additional income from Northamptonshire Community Foundation and the Independent Food Aid Network. We have also gratefully received donations from local councillors, businesses, groups and individual donors.



FUNDRAISING & DONATIONS

Re:store is supported by many businesses, churches and individuals through donations of physical items and food, and through financial contributions. Re:store receives 80% of its public support between October-December each year. Harvest and Christmas appeals are instrumental in gathering this support and attract the general public inclination towards generosity at these times of year. Businesses and public figures look for opportunities to give at Christmas, and manage to gather larger donations which they want to be advertised.



We have been so impressed by our young fundraisers. In 2020 a four year old asked her mum to help her collect food at Christmas for Northampton Food Bank. Each year since, this child has created a campaign, with now a whole room full of food being donated to Re:store!

Local organisations and faith groups including churches, WI's and the Rotary Clubs have faithfully supported Re:store through fundraising and general giving. The consistent gifts enable the crisis support projects to keep running throughout the year.

Fundraisers have been arranged by individuals, community groups and sports groups, such as Northampton Road Runners pictured here from February 2023. The group ran with donations in hand across the town, at night,



to bring in the fundraised items to Northampton Food Bank.

FINANCIAL PERFORMANCE

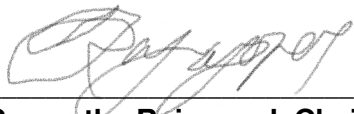
Income for 2022/23 was the sum total of £248,289 Outgoings for the same year were £152,749. At the beginning of the financial year £120,729 was carried forward. A balance of £216,269 was recorded at the end of the financial year. This will be used to support further activities in 2023/24 and the minimum retained in line with the reserves policy.

Independent Examiner

CVS Northamptonshire have agreed to offer themselves as Independent Examiners of Re:store Northampton.

Approval of Accounts

The accounts were approved on behalf of the Trustees on:



Samantha Rajagopal, Chair

28/02/2024

Date

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2023

Income from:	Unrestricted Funds	Designated Funds	Restricted Funds	2023	2022
Note 3	-£-	-£-	-£-	-£-	-£-
Donations and Legacies:	39,828	6,944	201,443	248,215	140,771
Investments	75			75	
Total Income	39,902	6,944	201,443	248,289	140,771
Expenditure On:	Note 4				
Charitable Activities	4,476	9,017	139,256	152,749	178,512
Total Payments	4,476	9,017	139,256	152,749	178,512
Net Income/(Expenditure)	35,426	(2,073)	62,186	95,540	(37,741)
Balance Brought Forward	86,739	5,378	28,612	120,729	158,469
Balance Carried Forward at 31st March 2023	122,165	3,305	90,799	216,269	120,729

BALANCE SHEET AS AT 31ST MARCH 2023

	Unrestricted funds -£-	Designated funds -£-	Restricted funds -£-	2023 -£-	2022 -£-
Current Assets					
Debtors			464	464	515
Cash at Bank	124,532	3,305	90,761	218,598	163,869
Total Current Assets	<u>124,532</u>	<u>3,305</u>	<u>91,225</u>	<u>219,062</u>	<u>164,383</u>
Creditors					
Other Creditors	<u>2,366</u>	<u></u>	<u>427</u>	<u>2,793</u>	<u>43,655</u>
Net current assets/(liabilities)	<u>122,165</u>	<u>3,305</u>	<u>90,798</u>	<u>216,269</u>	<u>120,729</u>
Total assets less current liabilities	<u>122,165</u>	<u>3,305</u>	<u>90,798</u>	<u>216,269</u>	<u>120,729</u>
Creditors: amounts falling due after one year					
Total net assets or liabilities	<u>122,165</u>	<u>3,305</u>	<u>90,798</u>	<u>216,269</u>	<u>120,729</u>
Funds of the Charity					
Restricted funds			90,798	90,798	33,990
Designated funds		3,305		3,305	
Unrestricted funds	<u>122,165</u>	<u></u>	<u></u>	<u>122,165</u>	<u>86,739</u>
Total Funds	<u>122,165</u>	<u>3,305</u>	<u>90,798</u>	<u>216,269</u>	<u>120,729</u>

The financial statements were :

Approved by the Trustees on _____ and

Signed on their behalf by _____, Trustee

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023

1. Basis Of Preparation

1.1 Basis of Accounting

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 1st October 2019, the Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland (FRS102) and with the Charities Act 2011. The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements are prepared on a going concern basis under the historical cost convention modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

1.2 Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

2. Accounting policies

2.1 Recognition of Income

All incoming resources are included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received. For donations to be recognised the charity will have been notified of the amounts and the settlement date in writing. If there are conditions attached to the donation and this requires a level of performance before entitlement can be obtained then income is deferred until those conditions are fully met or the fulfilment of those conditions is within the control of the charity and it is probable that they will be fulfilled.

No amount is included in the financial statements for volunteers as it is not practical to quantify such costs.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023 (CONT.)

2.2 Recognition of Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably. It is categorised under the following heading:

- Expenditure on charitable activities includes all costs incurred in fulfilling the church's objectives, together with any costs in support of these. This category includes costs normally considered support costs but because the building and staff are integral to fulfilling our objectives, they are included here.

2.3 Debtors and Creditors

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

2.4 Provisions for Liabilities

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

3. ANALYSIS OF INCOME

Analysis	Unrestricted funds -£-	Designated funds -£-	Restricted funds -£-	Total 2023 -£-	Total 2022 -£-
Donations & legacies:					
Donations and gifts	39,828		12,657	52,485	58,639
Grants		6,944	188,785	195,730	82,132
	<u>39,828</u>	<u>6,944</u>	<u>201,443</u>	<u>248,215</u>	<u>140,771</u>
Income from investments:					
Interest received	75			75	
	<u>75</u>	<u>0</u>	<u>0</u>	<u>75</u>	
Total Income	<u>39,902</u>	<u>6,944</u>	<u>201,443</u>	<u>248,289</u>	<u>140,771</u>

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023 (CONT.)

4. Analysis of Expenditure

Analysis	Unrestricted funds -£-	Designated funds -£-	Restricted funds -£-	Total 2023 -£-	Total 2022 -£-
Expenditure on charitable activities					
Operational Costs	120	8,291	40,780	49,191	77,691
Management & Administration	4,356	726	42,874	47,955	45,369
Operational Staff Costs			55,602	55,602	55,452
Total expenditure on charitable activities	4,476	9,017	139,256	152,749	178,511
Total Expenditure	4,476	9,017	139,256	152,749	178,511

5. Net income/(expenditure) for the year

This is stated after charging:	2023	2022
	-£-	-£-
Independent examiner's fees	280	275
	<u>280</u>	<u>275</u>

6. Staff Costs

	2023	2022
	-£-	-£-
Salaries <i>Gross salary</i>	103,557	100,821
Total	<u>103,557</u>	<u>100,821</u>

No employees had employee benefits in excess of £60,000. There is currently a pension scheme in place for Charity employees.

None of the trustees received any fees for their services as Trustees.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023 (CONT.)

7. Debtors

	2023 -£-	2022 -£-
Prepayments and accrued income	464	515
Total	464	515

8. Creditors

	Amounts falling due within one year	
	2023 -£-	2022 -£-
Accruals and deferred income	427	40,619
Taxation and social security	2,366	3,036
Total	2,793	43,655

9. Cash At Bank And In Hand

	2023 -£-	2022 -£-
Cash at bank and on hand	218,598	163,869
Total	218,598	163,869

10. Analysis Of Charitable Funds

Analysis Of Movements In Unrestricted Funds

	1st April 2022 -£-	Income -£-	Expenditure -£-	31st March 2023 -£-
General	86,739	39,902	4,476	122,165
Totals	86,739	39,902	4,476	122,165

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2023 (CONT.)

Analysis Of Movements In Designated Funds

	1st April 2022 -£-	Income -£-	Expenditure -£-	31st March 2023 -£-
Growbaby (NBC)	870			870
Food Bank & Growbaby (West Hun PC)	508		508	0
CENCA (NBC)	4,000		2,165	1,835
Household Support Fund		5,444	4,844	600
West Northamptonshire Council (Warm Welcome Fund)		1,500	1,500	0
Totals	5,378	6,944	9,017	3,305

Analysis Of Movements In Restricted Funds

	1st April 2022 -£-	Income -£-	Expenditure -£-	31st March 2023 -£-
Community Fund	5,987	123,283	81,008	48,262
Awards for All	(0)	9,467	3,521	5,945
Thomas Brington	0	10,000	8,641	1,359
Star		11,411	11,411	(0)
Growbaby & Hub (St Giles)	1,907		1,907	0
Growbaby (St Giles)		5,000		5,000
Food Bank	14,493	5,282		19,776
Growbaby	6,130	2,811		8,941
Afghan	72		72	(0)
Allotment	24	787	605	206
Waitrose Family Fun		500	500	0
Growbaby Christmas		6,426	6,426	0
National Grid		5,000	4,190	810
Bambino Mio		15,974	15,974	0
NCF Queens		5,000	5,000	0
Neighbourly		500		500
Totals	28,612	201,443	139,256	90,798

To: **THE MEMBERS**
RESTORE NORTHAMPTON
Registered Charity Incorporated Organisation (CIO) No: 1154625

INDEPENDENT EXAMINER'S REPORT

We have examined the accounts of the Charity set out on pages 27 to 33, which have been prepared on the accrual concept for financial year ending 31st March 2023.

This report is made solely to the Trustees in accordance with Section 43 (3) (a) of the Charities Act 2011. Our work has been undertaken so that we might state to the Trustees those matters which we are required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Trustees for our work, for this report, or for the opinions we have formed.

Respective responsibilities of the Trustees and examiner

As described on page 5 the Charity's Trustees are responsible for the preparation of the accounts; you consider that the audit requirements of Section 144 (2) of the Charities Act 2011 (the Act) does not apply. It is our responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commissioners under Section 156 of the Act, whether particular matters have come to our attention.

Basis of independent examiner's report

Our examination was conducted in accordance with the General Directions given by the Charity Commissioners. 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 seeking 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 we do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

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

1. which gives us reasonable cause to believe that in any material respect the requirements:
 - to keep accounting records in accordance with Section 130 of the Act; and
 - to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met:
- 2 to which, in our opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.

Brenda Peers-Ross

Brenda Peers-Ross FMAAT. ACIE
1ST March 2024