

NOURISH COMMUNITY FOODBANK LIMITED

England & Wales · Charity number 1154716

Details

Status	Registered
Legal form	Charitable company
Company number	08303764
Registered	2013-11-24
Register	View on the Charity Commission register

Contact

Address	Unit 5 Kingstanding Business Park Kingstanding Way Tunbridge Wells Kent TN2 3UP
Phone	01892548892
Email	finance@nourishcommunityfoodbank.org.uk
Website	http://www.nourishcommunityfoodbank.org.uk

Activities

Objects: THE PREVENTION OR RELIEF OF POVERTY IN TUNBRIDGE WELLS AND THE SURROUNDING AREA IN PARTICULAR BUT NOT EXCLUSIVELY BY PROVIDING EMERGENCY FOOD SUPPLIES TO INDIVIDUALS AND FAMILIES IN NEED.

Activities: Nourish is an independent community Foodbank that provides short term emergency food and support to those in crisis in Tunbridge Wells and the surrounding areas. Our aim is "No one need be hungry in Tunbridge Wells".

Classification

- **How:** Provides Human Resources, Provides Services
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** Children/young People, Elderly/old People, The General Public/mankind

Geography

- **Area of benefit:** LOCAL
- East Sussex
- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£303,659	£461,798	-	-
2024-03-31	£458,207	£483,843	-	-
2023-03-31	£494,579	£449,372	-	-
2022-03-31	£291,791	£293,470	-	-
2021-03-31	£576,074	£271,054	£427,188	0

Trustees

Name	Role	Appointed
Adrian Tofts		2015-05-18
Bryony Roy		2022-02-22
Matthew Lowe		2023-05-18
Simon Paul Vincent		2020-11-18
Suneeta Puranik		2024-03-14
Vivienne Barbara Ruth Packer		2019-02-06

NOURISH COMMUNITY FOODBANK LIMITED

England & Wales - Charity number 1154716

Accounts



Unit 5, Kingstanding Way, Tunbridge Wells, TN2 3UP

Nourish Community Foodbank Limited is a Registered Limited Company (08303764) in England and Wales & a Registered Charity (1154716) in England and Wales



The Queen's Award
for Voluntary Service

Annual Report for the year ending 31st March 2025

Nourish is a registered charity and an independent foodbank providing emergency food, household essentials and support to individuals and families in times of crisis across the borough of Tunbridge Wells and south Tonbridge

Nourish Community Foodbank

Registered Charity Number (England and Wales)

1154716

Registered Company Number (England and Wales)

08303764

Board of Trustees

Simon Vincent - Chair

Adrian Conroy

Adrian Tofts

Bryony Roy

Elaine Hanham (resigned 01.05.25)

Lynne Mephram (resigned 30.04.24)

Matthew Lowe

Michael Weller

Peter Wooster - Treasurer (resigned 01.05.25)

Richard Williams – Treasurer (appointed 01.10.24)

Sally Gwinnell (appointed 01.06.25)

Sue Smith

Suneeta Puranik

Viv Packer

Address and Registered Office

Unit 5, Kingstanding Way, Tunbridge Wells, Kent TN2 3UP

Bankers

CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JC

NatWest Bank, 89 Mount Pleasant Road, Tunbridge Wells, Kent TN1 1JQ

Metro Bank PLC, 2 & 4 Calverley Road, Tunbridge Wells, Kent TN1 2TB

Accounts independently reviewed by

Deeks Evans, Chartered Accountants, West Barn, North Frith Farm, Ashes Lane, Hadlow, Tonbridge, Kent TN11 9QU

A year in numbers

3,685

clients referred



142,812

meals provided



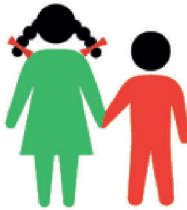
£106,294

of *food* purchased



46%

of our clients
were *children*



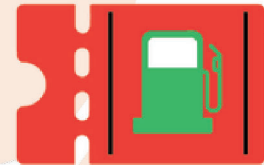
15,868

deliveries to
clients



£104,016

of *fuel vouchers*
distributed



The statistics above are drawn from our records

In 2024-25, we continued to see **high levels of food poverty across our community**. Even here, in one of the wealthiest parts of the country, families, children, and individuals faced hunger and hardship. **Nearly half of those we helped last year were children** - a stark reminder that urgent support is needed to protect some of the most vulnerable in our community. These realities strengthen our resolve and drive our determination to do more, to be there for people whenever they need us, and to ensure that no one has to face hunger alone.

The pressures on the agencies that refer clients to us have grown, and for many people this means delays and barriers to accessing support. As a result, **people are turning to us at moments of real crisis**, when they have run out of options and hope. Our **self-referral programme is beginning to help**, offering a quicker route to the help they need, and we are committed to promoting it so that more people can get support without delay.

At the same time, **Nourish itself is under increasing strain**. Food donations remain lower than needed and financial contributions have fallen, forcing us to use reserves and purchase food to meet demand. **This makes it more urgent than ever that we receive both food and financial support**, so that we can continue to provide essential help without compromising our ability to operate.

Nourish remains a vital lifeline across every part of our community, reaching people from all walks of life who are experiencing food poverty. Based on our staff's experience, **the people we support include a wide range of community members** – nurses, teaching assistants, care workers, retirees - reflecting the diverse circumstances in which food poverty can occur. Like foodbanks across the country, we are a central part of the local safety net, and we take that responsibility to heart. We aim to continue standing alongside those who need us - but we cannot do it alone. **Your support now is critical to ensure that no one in our community goes hungry.**

Chair's message

It is a privilege to write my first message as Chair of Nourish. I would like to begin by thanking Sue Smith, my predecessor, for her outstanding leadership and dedication. Her compassion and commitment guided Nourish through some of its most challenging years, and I am delighted that she will continue to serve as a trustee, ensuring her experience and insight remain part of our work.

This year also saw a change in our Treasurer, as Peter Wooster stepped down after many years of valued service on the Trustee Board. We are very grateful for his careful stewardship and unwavering support throughout his time with Nourish. I am also grateful to all our Volunteer Trustees for their dedication and hard work, which have been invaluable in supporting me and the organisation this year.

Sadly, many of the challenges Sue highlighted last year have continued. The cost-of-living crisis still weighs heavily on households, and while overall referrals have dipped slightly, the need for support remains high. In particular, demand for fuel vouchers has increased, placing further pressure on our resources. The funding required to sustain this scheme has a direct impact on our reserves, and regrettably, it is not possible to support both food and fuel assistance without compromising our core mission of providing emergency food aid.

Despite these pressures, the past year has again shown remarkable resilience and community spirit. We continue to be deeply grateful for the generosity of our supporters, volunteers, and partners. We are indebted to our grant funders for their support this year and are strengthening our collaboration with local supermarkets and community organisations to boost food collections and maintain a steady supply of essentials. Our annual Twelve Days of Christmas appeal - supported by the Tunbridge Wells Round Table and Rotary Club - together with strong Harvest and supermarket drives, including collections at Sainsbury's and Asda, have made a real difference this year.

I would also like to applaud the work of Dawn Stanford, our Operations Director, and her dedicated team of staff and volunteers. Their commitment, energy, and compassion are the driving force behind Nourish. From managing the warehouse and coordinating deliveries to nurturing partnerships and community engagement, their teamwork ensures that help reaches those who need it most. The charity simply could not function without them, and I extend my heartfelt thanks for all that they do.

Like many organisations, all charities face challenges during times like these and Nourish is no exception. We do not take the generosity of our donors or the trust of our supporters for granted. As we look forward as a charity, we will continue to evaluate, adapt, and evolve to ensure that we can remain responsive, sustainable, and effective in meeting the needs of our community.

Food poverty can affect any one of us. It is not a distant issue but a reality that can touch any household at any time. As we look ahead, I ask that you continue to support Nourish - through donations, volunteering, or advocacy - so that together we can ensure no one in our community goes hungry.

"Hunger does not discriminate. It can affect any one of us, and it takes all of us to end it - all that's needed is a little help and support from a lot of local people." Quote from Nourish Community Foodbank Trustee

Simon Vincent

Chair of Trustees

Operations Director's message

As we reflect on the past year at Nourish, I'm reminded once again that it's not grand gestures alone that keep us going - it's the power of many people giving what they can, when they can. Our founding belief has always been simple: that if a lot of people each give a little, we can achieve something extraordinary together. This year has proven that truth again and again.

The ongoing cost-of-living crisis continues to hit the most vulnerable in our community the hardest. We see the reality of that every day - families struggling to make ends meet, individuals who never imagined they'd need to ask for help, and an increasing demand for support that shows no signs of slowing down. Yet, in the face of all this, something remarkable continues to happen.

Our amazing team and volunteers - truly the backbone of Nourish - have shown unwavering dedication, compassion, and resilience. Their ability to respond with care, urgency, and heart in the most challenging circumstances is what keeps us moving forward. I am endlessly grateful for their efforts.

Equally, the support we receive from the wider community remains humbling. Whether through food donations, time, fundraising efforts, or kind messages of encouragement, your belief in what we do matters more than words can say. To every single person who gave financially this year - and allowed us to reach out and say thank you - please know that your contribution is part of something bigger than any one of us. Together, you are holding up this charity, and in doing so, you are holding up the people we serve.

On behalf of all of us at Nourish, thank you. For giving, for caring, and for standing with us. Your support is never taken for granted.

With gratitude,

Dawn Stanford
Operations Director



Dawn Stanford



Simon Vincent

What we do

Nourish Community Foodbank is an independent charity providing emergency food, household essentials and support to individuals and families in crisis across the borough of Tunbridge Wells and south Tonbridge. We serve an area of almost 300 km² with the help of a dedicated team of volunteers and just five members of staff.

Our mission is simple: to make sure that no one in our area goes hungry.

We work with more than 200 frontline referrers across our area, including charities, local government teams, schools and social workers. These partners rely on us to help the vulnerable people and households they identify as being in need. We deliver food parcels direct to people's doors - within hours of receiving a referral, if needed.

In 2024-25 as well as helping people in food poverty, we continued to help those struggling with fuel poverty caused by persistently high energy prices. With minimal central government funding available, the majority of this support – just over half - came from our own reserves. In total, we provided £104,016 in vouchers to support people in paying their energy bills.

Regrettably, due to a significant reduction in funding this year, we made the difficult decision that we could no longer sustain this support on an ongoing basis. That means that once the remaining vouchers are distributed, we will end our energy payment assistance programme and return our focus to our core mission: providing emergency food, guidance and signposting to support networks for those facing food poverty.

Our clients

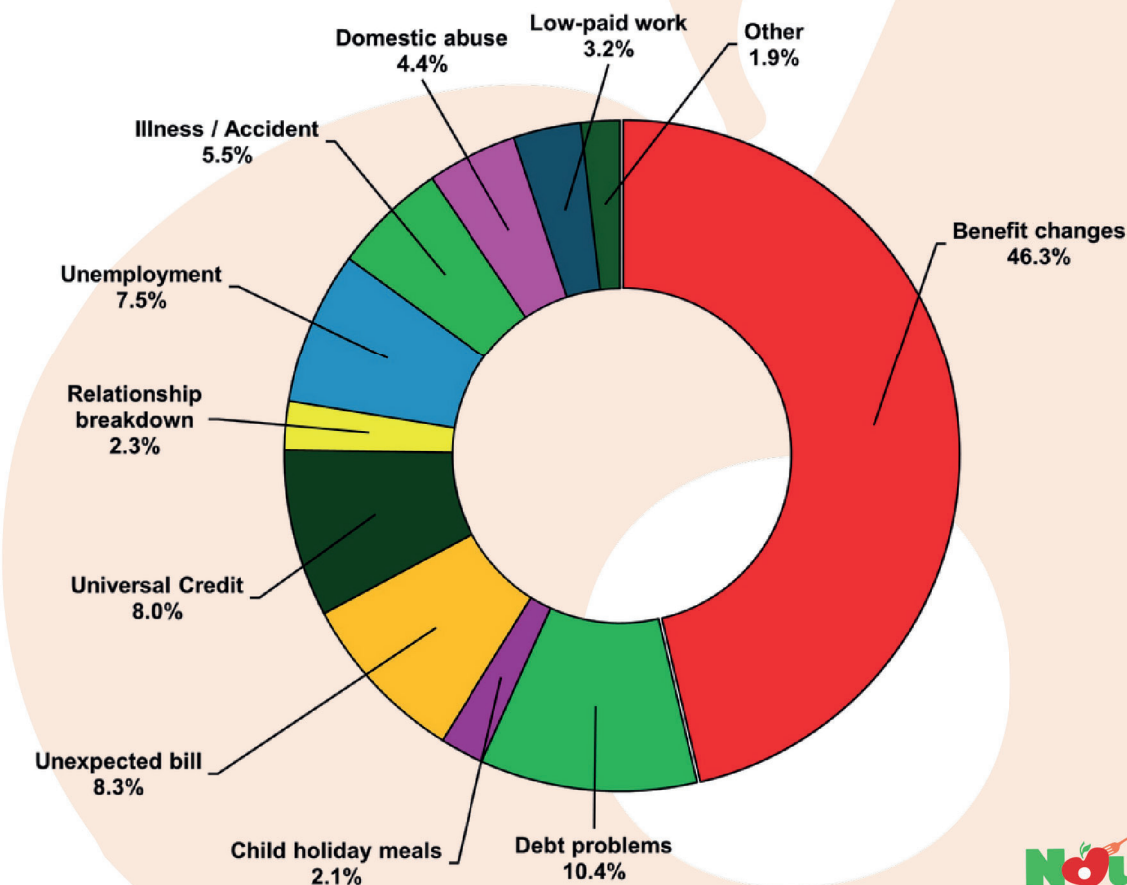
When clients come to us, it can be for any number of reasons, often a combination of factors. Most referrals are due to events outside the client’s control, leaving them struggling with no one else to turn to. The most common primary referral reasons in 2024-25 are shown in the pie chart below.

Once again, the leading reason for referral was changes to clients’ benefits. This occurs when clients are moved onto a new social security benefit or when their support changes, leaving them without payments for several weeks while the system catches up. More clients cited this reason compared to last year, and there was also an increase in those identifying Universal Credit as their main cause.

Other common factors included accidents (which can leave zero hours workers without sick pay), unemployment, debt problems and covering an unexpected large bill without any ‘rainy day’ savings.

Clients come to us when they have run out of other options, and we help them without judgement - whatever the reason they need our support.

Primary reason for client referral 2024-25



How we work

The referral process

To receive support from Nourish, prospective clients are assessed for eligibility.

Most come to us through referrals by over 200 frontline professionals, including social workers, GPs, schools, housing support workers, the police, mental health organisations, local authority teams and charities like Citizens Advice and Age UK.

Following a successful 2024 trial, we also offer a self-referral system, allowing people to apply directly. Our staff ask screening questions to assess needs and verify addresses and identity before approving applications.

All assessments - by referrers or staff - follow our policy of making no distinction based on age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

Food delivery

Volunteers prepare food parcels Monday to Friday, every week of the year. Each parcel provides three nutritious meals a day for three days and includes staples, tins, fresh produce, toiletries, and household items. Essentials such as baby food, nappies, sanitary products, and pet food are included when needed, and we aim to accommodate dietary preferences, religious requirements, and allergies.

These parcels are delivered directly to clients' homes by our team of friendly volunteer drivers, helping protect dignity and confidentiality (which is particularly important for vulnerable clients who are victims of domestic abuse or coercive relationships). Delivery also avoids the need for elderly or infirm individuals to carry heavy bags themselves. Most clients receive one parcel per week, typically for four weeks or fewer.

How we work

More than food

Operations team members speak to each client (and/or their referrer) to understand their circumstances and challenges and to provide non-judgemental support and guidance. Where possible, we refer clients to specialist agencies for issues such as debt or housing and contribute to local case study teams addressing issues affecting vulnerable individuals. Understanding our clients' needs helps us shape services to reduce food poverty locally and maintain best practice in collaboration with other regional foodbanks.

Our operations centre

Our warehouse on the Tunbridge Wells North Farm Industrial Estate, occupied since 2021, provides space for stock and staff offices. This is also where our volunteers receive and sort food donations and deliveries and make up food parcels. We regularly collect donations from supermarkets, schools, churches, and local businesses, and also receive contributions directly from the public.

Our staff and volunteers

Our small but dedicated team includes a full-time Operations Director and four part-time roles: Operations Manager, Director of Finance, Administration Assistant, and Warehouse Manager.

Over 50 regular volunteers, without whom the charity could not operate, give their time to support the charity – they pack and deliver parcels, manage stock, provide technical expertise and help with fundraising activities. Youth groups and corporate teams also contribute, developing skills while helping the local community.

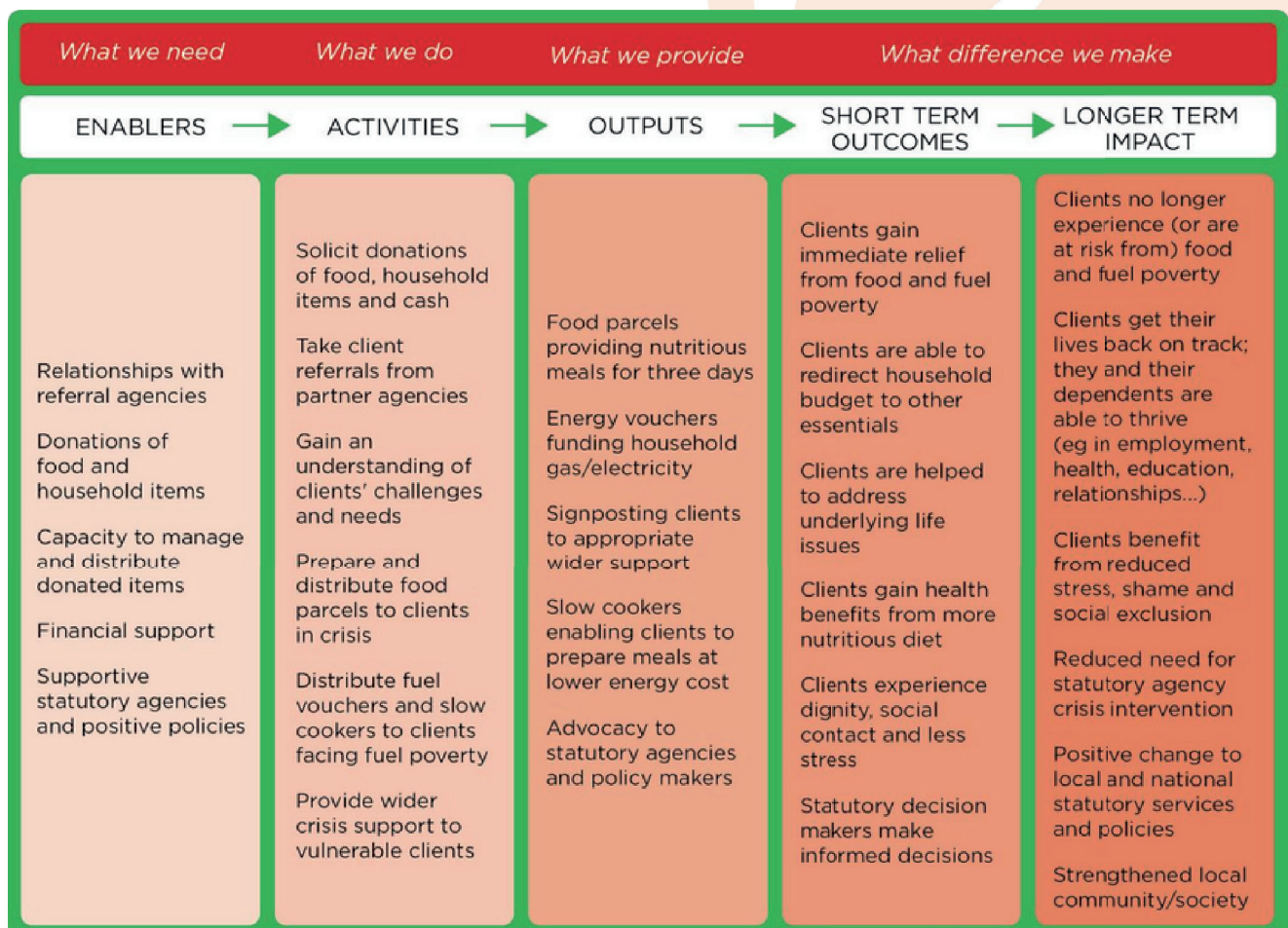
A few changes to the Board of Volunteer Trustees brought fresh energy and expertise to support the charity. We welcomed Michael Weller, Richard Williams (Treasurer) and Suneeta Puranik, whose backgrounds in operations, finance, compliance and social impact strengthen the Board and enhance our ability to support the community. Together, they bring new perspectives and skills that will help guide Nourish as we continue to respond to local need.

Our impact

For some clients, a single delivery is enough to help them get back on their feet. Others receive two or three parcels before things start to improve. Sadly, some clients are referred multiple times, often for entirely different reasons. Every case is unique. Many clients are reluctant to share details of their circumstances due to the shame of needing a foodbank, and referral agencies cannot disclose confidential information. As a result, quantifiable data about our impact can be limited.

That said, we make it a priority to speak with clients and referral agencies regularly, to refine our service and ensure it truly helps. Qualitative feedback from all our stakeholders provides a strong sense of the difference our support makes to clients and their families.

On the opposite page, three anonymised accounts illustrate the ways we helped clients last year. Below, we also show how our work contributes to improving lives across Tunbridge Wells and south Tonbridge.



The people we help

At Nourish we are here for people in crisis, whatever the reason. This year, thousands of individuals and families received the support they needed. Here are just a few of their stories.

Nita* is a mum of three children, all under 10. Her world changed overnight when she was unexpectedly bereaved, left without income and facing the challenge of applying for benefits for the first time. Amidst her own grief, she had to stay strong and provide for her children. Unsure where to turn, Nita spoke to the family liaison officer at her children's school who referred her to Nourish. At first she was hesitant. Allergic to gluten, she worried she couldn't eat the contents of a standard food parcel. But her first delivery was overwhelming in the best way: alongside all the essentials - fresh fruit and vegetables, pantry staples, toiletries and nappies - were gluten-free products specially for her, donated by someone who understood that everyone has individual needs.

Nourish supported Nita for four weeks, helping her through those first impossible days. **Knowing she wasn't alone and that someone had considered her needs made a lasting impact.**

Malcolm's* life changed suddenly after a serious workplace accident. For the first time, he relied on others for help with his day-to-day mobility, and to support navigating the complex sickness benefit system.

When he visited a local food waste larder, he told a volunteer how the loss of income was causing debts to pile up. The larder referred him to Nourish, where we quickly arranged food parcels to support him and his beloved dog for four weeks.

Through our network, we introduced Malcolm to a partner organisation specialising in debt support and financial advice. Crosslight helped Malcolm negotiate lower payments and freeze some debts, while he recovered. Nourish acts as a bridge to a wider network of services. We signpost clients and work alongside agencies, ensuring no one falls through the gaps or faces delays from having to contact multiple services separately. **Malcolm's story is a testament to the power of collaborating, and how, with support, recovery is possible even in the toughest situations.**

After a difficult start in life and a troubled family background, **April*** left home at a young age. She was housed by the Salvation Army Housing Association (SAHA) while attending college and working. But she struggled to afford the basics with her limited income.

Referred to Nourish by SAHA, April received a "starter parcel" with cupboard essentials like cooking oil and condiments, plus washing powder and toiletries. We also included fresh produce to help with packed lunches and a few treats to brighten her day. This support was followed by three more weeks of standard parcels.

With support from Nourish, April was able to stretch the small amount of money she had to buy a few personal items that made her room feel more like home. This helped ease the trauma of feeling alone in a new place. **Supported by the caring staff at SAHA, April began cooking for herself, building confidence, and thriving in her new life.**

*All names have been changed to protect identities.

Donations and income

Food donations in 2024-25

As a foodbank, we rely on the generosity of our community to feed people in crisis. After a decline in 2022-23 and 2023-24, food donations rose slightly in 2024-25 thanks to seasonal collections, supermarket drives, and the dedication of volunteers, local schools, and community groups. We are continuing these initiatives with a more sustained marketing programme, hopeful that we can build on this increase and reverse the overall downward trend.

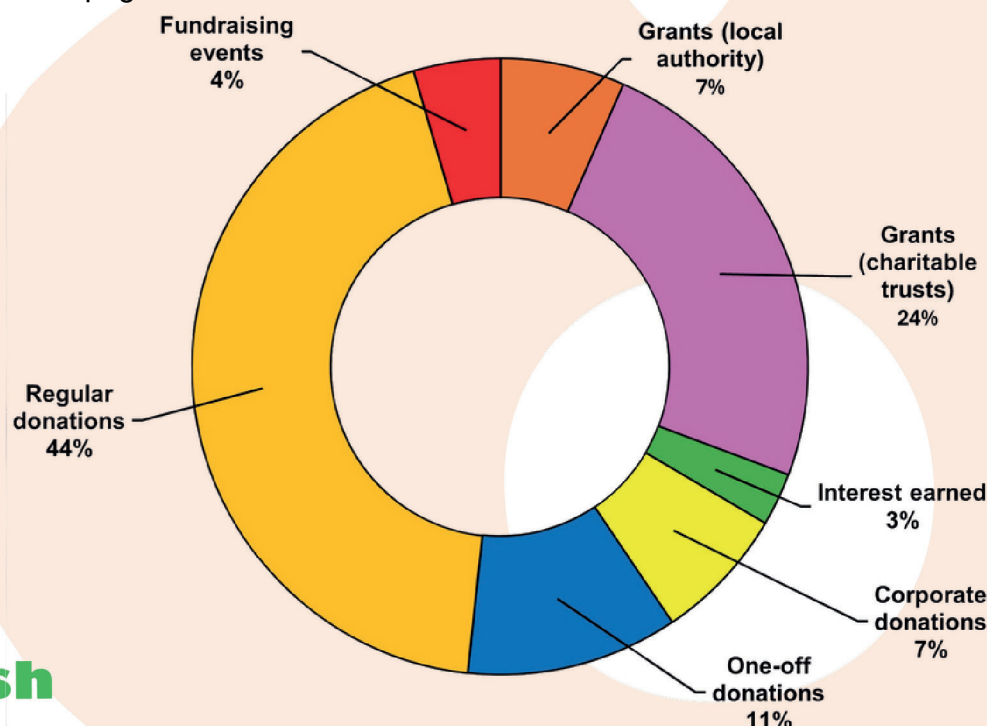
Despite these efforts, food donations remain below what we need. As a result we continue to purchase significant amounts of food and to draw heavily on our financial reserves to maintain support for clients. This approach ensures no one goes without essentials, but it is not sustainable long-term. Without an increase in food donations or financial support, our ability to continue providing emergency food aid is under serious pressure.

Financial income in 2024-25

Our work depends on the generosity of donors and grant funders, whose support covers core costs and enables frontline services. Regular donations are particularly valuable, providing stability that allows us to plan ahead and invest in initiatives to reach more people in need.

This year, we experienced a significant fall in corporate, regular, and one-off donations, as well as grant funding. Combined with lower food donations, this has meant increased reliance on our reserves and a greater proportion of purchased food, putting real pressure on our financial sustainability.

To continue helping those in crisis, we urgently need to grow either food donations or financial support. Every donation - whether food, time, or money - makes a tangible difference and continued support is crucial to ensuring that we can survive as a charity and maintain the vital lifeline we provide to families and individuals facing food poverty. Further details on our income are available in the annual accounts on pages 14–22.



Key supporters

We are incredibly grateful to our supporters who include:

Grant-makers

Tunbridge Wells Borough Council Community Support Fund
The Ian Askew Charitable Trust • Ludlow Trust • Neighbourly: Pret Foundation
Neighbourly: Southern Co-op • Rowan Bentall Charitable Trust
The SMB Charitable Trust • The Kenora Foundation
The Reginald Moses Phillips Charitable Foundation
The Violet Helen Dixon Charitable Trust • The Whitehead Monckton Charitable Foundation

Corporates

Childrensalon • The Guinea • Maxipay • Bailey Wighton Ltd • Black Dog Cafe
BNP Paribas • Boston Consulting Group Ltd • Crimson Tide • Evelyn Partners
Gail's Bakery • Henry Paul Funerals • Lamberts Healthcare Ltd • Leaningstock
Little Blue Finch • Metrobank • Mitchell Design and Construction Ltd • Sainsbury's
STEP Exhibitions Ltd • Thomson Snell & Passmore Charitable Trust
Town & Country Housing Group • Viridian International Ltd

Our local community

Benenden School • Cranbrook School • Church of King Charles the Martyr
Eridge Fair • Jim Clark Memorial Golf Day • KHL Warriors
Rotary Club of Tunbridge Wells • Royal Tunbridge Wells Round Table
Sacred Heart Church, Wadhurst • Soroptimist International Tunbridge Wells
St Dunstan's Church • St George's PCC Benenden • St Giles Lodge
St Gregory's Catholic School • St James Primary School
St Mary's Church Speldhurst • St Matthew's Church • St Thomas Church
The Pantiles Rotary Club • The Skinners' School students • Tonbridge Lions
TW Lotto • TWRFC • Uplands Academy • Wadhurst Friends • Wadhurst Parish Church
Wadhurst Trefoil Guild • West Kent Masons • Weald of Kent Young Farmers

Gift in kind supporters

The Beacon • British Land • Cobwebb • Colley Raine & Associates
Charlie's Angels Kitchens • The Counter • Deeks Evans • Hattons • Infinity Group
Kalkwik • Kumquat • Bibi Roy • Salesforce • Sankey's – The Old Fishmarket
Rosemary Shrager • SS Distribution • Step3 Digital • Zendbox

Individual fundraisers

Paul Eames ran the London Marathon raising nearly £4,000
Esme Overd ran 10K and raised over £200 for Nourish
Jayna Marsh and the Skinners team ran the Tunbridge Wells Half Marathon again,
raising nearly £300
The KHL Warriors raised nearly £300 completing the London T100

Nourish Community Food Bank Ltd

Report of the Trustees for the Year Ended 31 March 2025

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, memorandum and articles, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08303764 (England and Wales)

Registered Charity number

1154716

Registered office

Unit 5
Kingstanding Way
Tunbridge Wells
Kent
TN2 3UP

Trustees

Ms V B R Packer
Ms B Roy
Ms S L Smith
A Tofts
S P Vincent
P J Wooster (resigned 1.5.25)
Ms L Mephram (resigned 30.4.24)
A Conroy
M Lowe
M D Weller
Ms S Puranik
Ms E Hanham (resigned 1.5.25)
R L Williams (appointed 1.10.24)
Ms S Gwinnell (appointed 1.6.25)

Independent Examiner

Deeks Evans Audit Services Limited
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

Approved by order of the board of trustees on 22 July 2025 and signed on its behalf by:

R L Williams - Trustee

**Independent Examiner's Report to the Trustees of
Nourish Community Food Bank Ltd**

Independent examiner's report to the trustees of Nourish Community Food Bank Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Richard Young ACA

Deeks Evans Audit Services Limited
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

22 July 2025

Nourish Community Food Bank Ltd
Statement of Financial Activities for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	216,426	64,990	281,416	428,783
Charitable activities					
Charitable activities		11,903	-	11,903	16,253
Investment income	3	8,445	-	8,445	10,693
Other income		<u>1,895</u>	<u>-</u>	<u>1,895</u>	<u>2,478</u>
Total		<u>238,669</u>	<u>64,990</u>	<u>303,659</u>	<u>458,207</u>
EXPENDITURE ON					
Raising funds		25,140	-	25,140	37,271
Charitable activities					
Charitable activities		350,163	64,990	415,153	424,413
Other		<u>21,505</u>	<u>-</u>	<u>21,505</u>	<u>22,159</u>
Total		<u>396,808</u>	<u>64,990</u>	<u>461,798</u>	<u>483,843</u>
NET INCOME/(EXPENDITURE)		(158,139)	-	(158,139)	(25,636)
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>445,079</u>	<u>-</u>	<u>445,079</u>	<u>470,715</u>
TOTAL FUNDS CARRIED FORWARD		<u>286,940</u>	<u>-</u>	<u>286,940</u>	<u>445,079</u>

Balance Sheet 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	2025 Total funds £	2024 Total funds £
FIXED ASSETS					
Tangible assets	7	44,083	-	44,083	59,227
CURRENT ASSETS					
Debtors	8	41,202	-	41,202	39,720
Cash at bank		<u>213,992</u>	<u>-</u>	<u>213,992</u>	<u>354,935</u>
		255,194	-	255,194	394,655
CREDITORS					
Amounts falling due within one year	9	<u>(12,337)</u>	<u>-</u>	<u>(12,337)</u>	<u>(8,803)</u>
NET CURRENT ASSETS		<u>242,857</u>	<u>-</u>	<u>242,857</u>	<u>385,852</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>286,940</u>	<u>-</u>	<u>286,940</u>	<u>445,079</u>
NET ASSETS		<u>286,940</u>	<u>-</u>	<u>286,940</u>	<u>445,079</u>
FUNDS					
Unrestricted funds	10			<u>286,940</u>	<u>445,079</u>
TOTAL FUNDS				<u>286,940</u>	<u>445,079</u>

This page does not form part of the statutory financial statements

Balance sheet continued

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2025 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 22 July 2025 and were signed on its behalf by:

R L Williams - Trustee

Notes to the Financial Statements for the Year Ended 31 March 2025

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. DONATIONS AND LEGACIES

	2025	2024
	£	£
Donations	188,201	276,133
Grants	<u>93,215</u>	<u>152,650</u>
	<u>281,416</u>	<u>428,783</u>

Notes to the financial statements continued

3. INVESTMENT INCOME

	2025	2024
	£	£
Deposit account interest	<u>8,445</u>	<u>10,693</u>

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation - owned assets	<u>15,144</u>	<u>15,146</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2025	2024
	5	5
Salaries	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

7. TANGIBLE FIXED ASSETS

	Short leasehold £	Motor vehicles £	Totals £
COST			
At 1 April 2024 and 31 March 2025	<u>43,476</u>	<u>43,193</u>	<u>86,669</u>
DEPRECIATION			
At 1 April 2024	13,042	14,400	27,442
Charge for year	<u>4,344</u>	<u>10,800</u>	<u>15,144</u>
At 31 March 2025	<u>17,386</u>	<u>25,200</u>	<u>42,586</u>
NET BOOK VALUE			
At 31 March 2025	<u>26,090</u>	<u>17,993</u>	<u>44,083</u>
At 31 March 2024	<u>30,434</u>	<u>28,793</u>	<u>59,227</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025	2024
	£	£
Other debtors	36,306	36,369
Accrued income	1,896	-
Prepayments	<u>3,000</u>	<u>3,351</u>
	<u>41,202</u>	<u>39,720</u>

This page does not form part of the statutory financial statements

Notes to the financial statements continued

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2025 £	2024 £
Social security and other taxes	2,835	2,319
Other creditors	5,955	1,964
Accruals and deferred income	<u>3,547</u>	<u>4,520</u>
	12,337	8,803

10. MOVEMENT IN FUNDS

	At 1.4.24 £	Net movement in funds £	At 31.3.25 £
Unrestricted funds			
General fund	95,079	71,861	166,940
Cessation of activities	125,000	(30,000)	95,000
Funding shortfall	100,000	(100,000)	-
Warehouse Reserve	25,000	-	25,000
Hypothecated for Fuel Vouchers	50,000	(50,000)	-
Self-referral Project	<u>50,000</u>	<u>(50,000)</u>	<u>-</u>
	<u>445,079</u>	<u>(158,139)</u>	<u>286,940</u>

TOTAL FUNDS

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	238,669	(166,808)	71,861
Cessation of activities	-	(30,000)	(30,000)
Funding shortfall	-	(100,000)	(100,000)
Hypothecated for Fuel Vouchers	-	(50,000)	(50,000)
Self-referral Project	<u>-</u>	<u>(50,000)</u>	<u>(50,000)</u>
	238,669	(396,808)	(158,139)
Restricted funds			
Tunbridge Wells Community Support Fund	20,000	(20,000)	-
Ludlow Trust	39,690	(39,690)	-
SMB Charitable Trust	2,000	(2,000)	-
Whitehead Monckton Charitable Foundation	1,000	(1,000)	-
Ian Askew Charitable Trust	500	(500)	-
Neighbourly	1,550	(1,550)	-
Rowan Bentall Charitable Trust	<u>250</u>	<u>(250)</u>	<u>-</u>
	<u>64,990</u>	<u>(64,990)</u>	<u>-</u>
TOTAL FUNDS	<u>303,659</u>	<u>(461,798)</u>	<u>(158,139)</u>

Notes to the financial statements continued

10. MOVEMENT IN FUNDS - continued Comparatives for movement in funds

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	45,715	49,364	95,079
Cessation of activities	150,000	(25,000)	125,000
Funding shortfall	150,000	(50,000)	100,000
Warehouse Reserve	25,000	-	25,000
Hypothecated for Fuel Vouchers	100,000	(50,000)	50,000
Self-referral Project	-	50,000	50,000
	<u>470,715</u>	<u>(25,636)</u>	<u>445,079</u>
TOTAL FUNDS	<u>470,715</u>	<u>(25,636)</u>	<u>445,079</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	294,707	(245,343)	49,364
Cessation of activities	-	(25,000)	(25,000)
Funding shortfall	-	(50,000)	(50,000)
Hypothecated for Fuel Vouchers	-	(50,000)	(50,000)
Self-referral Project	50,000	-	50,000
	<u>344,707</u>	<u>(370,343)</u>	<u>(25,636)</u>
Restricted funds			
Kent Community Foundation	21,000	(21,000)	-
National Lottery	40,000	(40,000)	-
Tunbridge Wells Community Support Fund	20,000	(20,000)	-
Hollick Family Charitable Trust	15,000	(15,000)	-
Colyer-Fergusson Charitable Trust	10,000	(10,000)	-
Garfield Weston Foundation	7,500	(7,500)	-
	<u>113,500</u>	<u>(113,500)</u>	<u>-</u>
TOTAL FUNDS	<u>458,207</u>	<u>(483,843)</u>	<u>(25,636)</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2025.

**Detailed Statement of Financial Activities
for the Year Ended 31 March 2025**

	2025 £	2024 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	188,201	276,133
Grants	<u>93,215</u>	<u>152,650</u>
	281,416	428,783
Investment income		
Deposit account interest	8,445	10,693
Charitable activities		
Fundraising events	11,903	16,253
Other income		
Other income	<u>1,895</u>	<u>2,478</u>
Total incoming resources	303,659	458,207
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	22,244	30,036
Marketing & promotion	<u>2,896</u>	<u>7,235</u>
	25,140	37,271
Charitable activities		
Wages	137,178	123,460
Insurance	2,940	2,783
Telephone	9,130	3,183
Sub-contractors	493	62
Travel costs	14,994	13,676
Sundries	2,078	2,153
Food purchases	106,294	123,236
Warehouse expenses	53,827	45,856
Gas and Electricity vouchers	86,948	110,004
Project costs	<u>1,271</u>	<u>-</u>
	415,153	424,413
Support costs		
Management		
Depreciation of tangible and heritage assets	15,144	15,146
Finance		
Bank charges	352	1,176
Governance costs		
Governance costs	2,715	2,837
Accountancy	<u>3,294</u>	<u>3,000</u>
	<u>6,009</u>	<u>5,837</u>
Total resources expended	<u>461,798</u>	<u>483,843</u>
Net expenditure	<u>(158,139)</u>	<u>(25,636)</u>

This page does not form part of the statutory financial statements

Structure, governance and management

Legal form and governance

Nourish Community Foodbank is a charitable company limited by guarantee, incorporated on 22 November 2012 and registered with the Charity Commission on 24 November 2013. It is governed by its Memorandum and Articles of Association, which are reviewed periodically.

Trustees and board operations

The charity is governed by a voluntary Board of Trustees, who are also the company's directors. Trustees receive no remuneration or benefits, and no expenses were claimed during the reporting period.

The Board met regularly during the year ended 31 March 2025 to oversee strategy, operations, compliance and risk. Trustees are appointed based on identified skills needs. Prospective trustees are interviewed, attend meetings as observers and receive a structured induction on appointment.

Management and staffing

Day-to-day operations are delivered by five staff members, supported by over 50 volunteers. The Board may delegate specific tasks to staff or subcommittees but retains overall responsibility. Staff oversee logistics, referrals, administration and volunteer coordination.

Governance and policies

The charity has a suite of policies and procedures to ensure compliance and effective management. These are reviewed regularly and updated as needed in response to legal or operational changes. External advice is sought when appropriate.

Risk management

The Board monitors key risks through a regularly reviewed risk register. Nourish is exposed to financial, operational, legal and reputational risks. Principal areas include funding variability, safeguarding, supply continuity and data protection. Mitigating actions are in place to manage these risks.

Conflicts of interest and related parties

Trustees declare any conflicts of interest on appointment and at each Board meeting. These are recorded and managed according to policy. No trustee or connected person received any personal benefit during the reporting period.

Looking ahead

This past year has been incredibly challenging for Nourish, as it has been for so many in our community. The cost-of-living crisis continues to bite, with rising food prices and ongoing financial pressures meaning more families and individuals are facing hunger and hardship than ever before. For some, the help we provide is a lifeline that gets them through a difficult week; for others, it is the difference between despair and hope. **Every parcel we deliver, every voucher we give, every time we guide people or connect them to further support, every moment of volunteer time, matters - and it all comes from the generosity and care of our supporters.**

Looking to the year ahead, **we know the challenges will continue**. We are exploring every way to adapt, to use our resources wisely, and to make sure our services reach as many people in need as possible. That means expanding fundraising, strengthening partnerships, and encouraging both financial and food donations, so we can continue to meet rising demand without over-stretching our reserves.

The generosity of our community continues to inspire us. **We have seen what can be achieved when people come together** - neighbours supporting neighbours, local businesses stepping in, volunteers giving their time, and donors making a tangible difference to the lives of others. Yet, we also know that **many of our supporters are facing their own pressures, and some have been unable to give as generously** as they might have in the past.

That is why your support matters more than ever. Every donation, whether it is food, money, time, or skills, has a real and lasting impact. Every contribution helps families keep a roof over their heads, ensures children do not go hungry, and gives individuals a chance to regain their independence. **Together, we can offer hope in a time of uncertainty and stand alongside those in crisis** and ensure that no one in our community has to face hunger alone.

Whether you have donated food, money, time, or skills - thank you.

With your continued support, Nourish will meet the year ahead with determination, care, and compassion. **But we cannot do it alone. The challenge is real, the need is urgent, and the difference we can make together is profound.**

Grant funders

Nourish Community Foodbank would particularly like to thank the following organisations for their generous support through grant funding in 2024-25.



Rowan Bentall Charitable Trust

The SMB Charitable Trust

NOURISH COMMUNITY FOODBANK LIMITED

England & Wales - Charity number 1154716

Accounts



Annual Report for the year ending 31st March 2024

Nourish is a registered charity and an independent foodbank providing emergency food, household essentials and support to individuals and families in times of crisis across the borough of Tunbridge Wells and south Tonbridge

Nourish Community Foodbank

Registered Charity Number (England and Wales): 1154716

Registered Company Number (England and Wales): 08303764

Board of Trustees

Sue Smith - Chair

Peter Wooster - Treasurer

Viv Packer

Bryony Roy

Nicola Hill (resigned May 2023)

Adrian Tofts

Annie Jordan (resigned November 2023)

Simon Vincent

Lynne Mephram

Adrian Conroy

Matthew Lowe (joined May 2023)

David Robson (joined April 2023, resigned January 2024)

Michael Weller (joined March 2024)

Suneeta Puranik (joined March 2024)

Elaine Hanham (joined March 2024)

Address and Registered Office

Unit 5, Kingstanding Way, Tunbridge Wells, Kent TN2 3UP

Bankers

CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JC

NatWest Bank, 89 Mount Pleasant Road, Tunbridge Wells, Kent TN1 1JQ

Metro Bank PLC, 2 & 4 Calverley Road, Tunbridge Wells, Kent TN1 2TB

Accounts independently reviewed by

Deeks Evans, Chartered Accountants, West Barn, North Frith Farm,

Ashes Lane, Hadlow, Tonbridge, Kent TN11 9QU

A year in numbers

4,395
clients referred



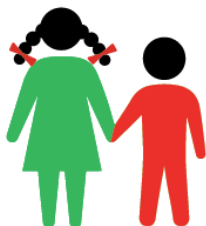
159,498
meals provided



£123,236
of *food* purchased



45%
of our clients
were *children*



17,721
deliveries to
clients



£99,422
of *fuel vouchers*
distributed



In 2023-24 the cost of living crisis continued to affect people in the Tunbridge Wells and south Tonbridge areas. Once again, we saw an increase in demand for our services across the region and we delivered more food than ever before. Once again we had to use our cash reserves to help people struggling with energy bills and provide vouchers so they could afford to cook their food as well as heat their homes. Once again, almost half of the people we helped were children.

Foodbanks remain a vital lifeline for a growing number of people across the country, and are increasingly becoming a standard part of the safety net for helping the most disadvantaged in our society. Regrettably, this is also true for Nourish here in Tunbridge Wells and south Tonbridge.

Note: the statistics above are drawn from our records. As part of our ongoing work to improve our processes and make ourselves more efficient, we are using systems and software differently to help us manage client referrals and record keeping better. This means that while we have more data available now, it is not directly comparable with previous years, so we have not included a year-on-year comparison. For reference, our previous Annual Reports are available on our website.

Chair's message

In my message last year, I reflected that the year had not been an easy one, with the cost-of-living crisis biting still harder and creating ever-increasing levels of food poverty, need and crisis amongst vulnerable and hard-working people in our community. I would have liked to say that things have improved significantly during 2023-2024, but unfortunately this has not been the case.

This time last year food donations were diminishing, understandably, with food costs rising due to the economic downturn, and the war in Ukraine. We had to spend more of our financial reserves to supplement our food supplies and it has not changed this year. What was different this year, was the additional significant drop in monetary donations.

We therefore had to take the difficult decision to suspend the purchase and distribution of energy vouchers which were helping those struggling with utility bills. This scheme began in 2022 with government funding, and we had decided to continue providing them with Nourish monies from February 2023. However, in October, with the reduction in financial giving, we deemed it right to pause the scheme, until we could increase donations and obtain additional grant funding to support the project. This we managed to do successfully, receiving more than £75,000 in response to grant applications. Additionally, by once more running our 'Twelve Days of Christmas' campaign (supported by Tunbridge Wells Round Table and Rotary Club), and working harder on our Harvest and supermarket collections, the warehouse was full by the end of the year.

I must, at this point, pay tribute to Dawn Stanford, Nourish's Operations Director, and her team of staff and volunteers. They do a fantastic job running the warehouse and managing the deliveries, but between the end of October and going into January this year, they pulled out all the stops to respond to our minor crisis in funding and supplies. I would also like to highlight Dawn's amazing ability to network and use all media channels to bring wide-ranging positive attention to Nourish's 'raison d'être'. This was instrumental in the success of the campaigns, and key to our being able to restart the provision of energy vouchers and keep the warehouse fully stocked with food donations.

However, we know we cannot be complacent, and we need to develop and improve. We will therefore be continuing to highlight the need for food and financial donations, especially regular giving, which is so important in creating a sustainable budget. Although referral numbers have not increased as much as originally anticipated, we know that this is not an accurate reflection of need in our area. Evidence suggests that a number of clients needing food would benefit from being able to apply directly to us, rather than via referral agencies, so we are considering introducing a direct referral system in parallel. In the meantime, with a view to better communication of the work we do, and to enable more efficient and accurate referrals for food parcels, we refreshed the look, feel and functionality of our website, and we will continue to work on this.

Food poverty can affect any one of us, and as we look ahead to another challenging year, I ask that if you are able to support Nourish in any way, please do. The whole team of staff, volunteers and trustees would be deeply appreciative, as indeed would our clients.

Sue Smith
Chair of Trustees

Operations Director's message

Every year I give school assemblies at Harvest festival time, to tell young people about Nourish and to encourage food donations. As a charity that continues to grow and is as busy as we are, it is hard to stop and reflect, but assemblies help me to do that. I read out a letter from a client, that she wanted to be passed on to supporters to explain how grateful she was. I'm sharing it here because I think it sums up not only what the impact of a donation is, but the fragility of life, of finances and how things can change that are totally out of our control.

Dear Nourish supporter

We have always worked, since leaving school really, and enjoyed what I think is a nice life. We go out, we have holidays, and our house is pretty much just the way we want it. We both worked at the same restaurant when the pandemic hit, we both got laid off on furloughed wages. At first it was ok because we had savings and we thought it wouldn't be for long. We dipped into our savings more and more and I started to worry the longer things went on.

Stress is a strange thing, I used to be stressed at work when things were busy but stress over bills and lack of money is totally different. I had to go to my doctor and was prescribed medication.

Things got tougher. In fact I'm not sure how we managed through that long period. When things opened up our restaurant didn't and although my husband got a new job fairly quickly we were down to one wage and my mental health got worse. We had a referral to Nourish and food parcels arrived! We had always donated to Nourish, at our local supermarket and even through the pandemic too when we could.

Now I've had those food parcels.

During all this I was diagnosed with breast cancer a year ago. The treatment has been successful so far but I am left unable to work and things are still tough. One wage is not enough to pay our bills or heat our home and the food and energy vouchers we have had from Nourish have kept our heads above water.

I used to be you, putting a tin of food or some bubble bath in a collection and not really knowing who received it at the other end. But let me tell you, when things have gone wrong, things that you can't control and you can't see a way up, that bubble bath, that cup of tea and a biscuit, those ingredients for a dinner you didn't know how you would make, they mean the world.

Thank you. Thank you. Thank you.

Dani.x

For me, this is why Nourish was formed and why we fight hard to keep Nourish going, so that for the next person who needs us, Nourish can be there. When we help someone, to be a part of their story is truly something special, and I want every supporter and volunteer to feel part of it, because Nourish continues to be here thanks to them.

If you support us with time, money, donations or spreading our message, thank you, and from every client like Dani, I pass on their thanks too.

Dawn Stanford
Operations Director

What we do

Nourish Community Foodbank is an independent charity providing emergency food, household essentials and support to individuals and families in crisis across the borough of Tunbridge Wells and south Tonbridge. We serve an area of almost 300 km² with a team of volunteers and just five members of staff, only one of whom is full-time.

Our mission is to make sure that no one in our area goes hungry.

We work with over 200 frontline referrers across our area, including charities, local government, schools and social workers. These agencies rely on us to help the vulnerable people and households that they identify as being in need. We deliver food parcels direct to people's doors - if needed, within hours of the referral being made.

In 2023-24, we continued to help address the problem of fuel poverty, caused by the crisis in energy prices. This year there were no government vouchers, so we stepped up and provided just under £100,000 of support to people struggling to pay their utility bills. This meant the hard-pressed households that we were providing with food could cook that food *as well as* heat their homes - without having to choose between heating and eating. We continued to distribute slow cookers (with recipes and ingredients) to help people in crisis cook more economically.

Our clients

When clients are referred to us, it can be for any number of reasons, and usually a combination of factors. Most frequently, referrals arise as a result of events outside the client’s control, leaving them struggling with nobody to turn to. The most common primary referral reasons in 2023-24 are shown in the pie chart below.

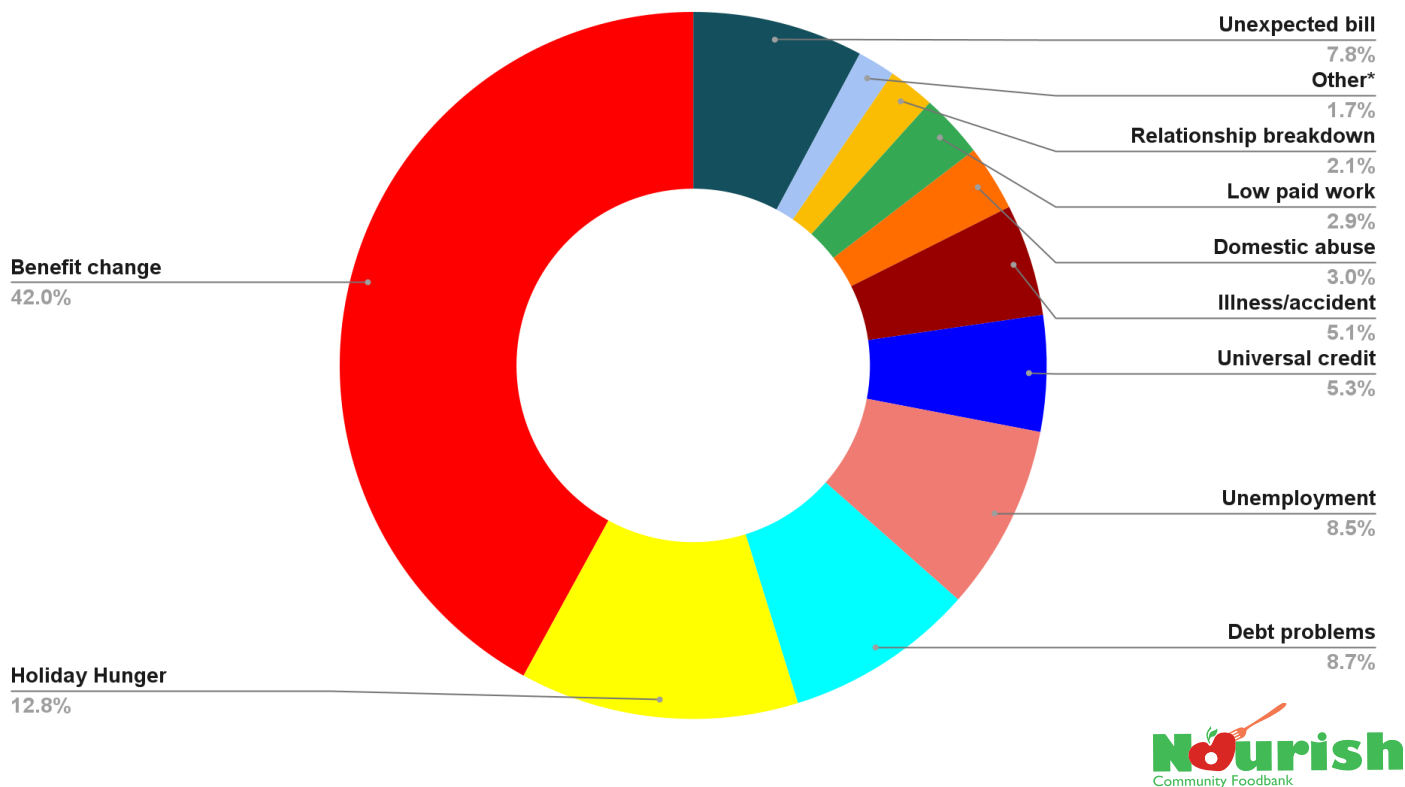
Once again, the most common reason for referral was changes to clients’ benefits. This is when clients are moved onto a new social security benefit or their support changes and they are left without payments for several weeks as the system catches up.

It is worth noting that, although our data shows a smaller number (compared to last year) of clients citing domestic abuse as the primary factor, regrettably this is because of a minor adjustment to our data gathering methods, not a real decrease in domestic violence.

Other factors included accidents (which can leave zero hours workers out of work with no income), unemployment, debt problems and covering an unexpected big bill without any ‘rainy day’ savings. ‘Holiday hunger’ is a category that has increased this year: these are referrals for families unable to feed their children through the school holidays, when extra childcare costs or the absence of Free School Meals can critically affect a family budget.

Clients are referred to us when they have run out of other options, and we help them without judgement - whatever the reason they need us.

Primary reason for client referral 2023-24



How we work

The referral process

Our clients are referred to us by over 200 frontline professionals. These include social workers, GPs, family liaison officers, schools, housing support workers, the police, mental health organisations, local authority early intervention teams and charities like Citizens Advice and Age UK. Referrers assess clients' eligibility, abiding by our policy of making no distinction based on gender, age, ethnicity or political, religious or other opinions.

Food delivery

Volunteer packers make up food parcels in our warehouse Monday to Friday, every week of the year. Each food parcel contains staples (e.g. cereals, pasta, rice), tins and bread, as well as fresh fruit and vegetables, plus toiletries. If clients need them, we also include essentials such as baby food, nappies, sanitary products and pet food. We aim to accommodate specific dietary preferences such as vegetarian or vegan, religious requirements and intolerances and allergies.

The parcels are then taken directly by our friendly volunteer drivers to the doorsteps of people in crisis. Clients receive one food parcel a week, and most clients receive four parcels or fewer. We deliver, rather than require clients to collect from a central point, because it builds dignity and ensures confidentiality (this is particularly important for vulnerable clients who are victims of domestic abuse or coercive relationships). Delivery also eliminates the need for elderly or infirm clients to carry heavy parcels of food to their homes. It is often difficult for clients to collect at predetermined times, meaning delivery is more practical as it helps us to manage our hours of operation, as well as minimising travel costs for hard-pressed households.

More than food

A member of the Nourish Operations team speaks to each client (and their referrer) to better understand their circumstances and life challenges. We provide non-judgemental support and advice. If we can, we refer clients to other specialist agencies (e.g. debt alleviation or housing organisations) to help them address any underlying issues and move forward with their lives. Nourish also contributes to local case study teams, helping to address issues affecting vulnerable individuals. Understanding clients' challenges helps us to shape our service to reduce food poverty in our local community, and we collaborate with other regional food banks to ensure we are following best practice.

How we work

Our operations centre

We operate from a unit on the Tunbridge Wells North Farm Industrial Estate, which we moved into in 2021, having outgrown our previous premises. The warehouse provides space for stock, offices for our staff to work, and space for our volunteers to receive and sort incoming food donations and deliveries, as well as make up food parcels for distribution to clients. We regularly collect food from donation points in local supermarkets, schools, churches and businesses. We also receive donations of stock directly to the warehouse from members of the public and local organisations and businesses.

Our staff

Despite the growing need in our community, our team remains small. They are very dedicated and efficient and always go above and beyond to provide exceptional service to our clients. The team comprises a full time Operations Director plus four part time roles: Operations Manager, Finance Manager, Administration Assistant and Warehouse Manager.

Our volunteers

Nourish has over 50 wonderful regular volunteers, without whom the charity could not operate. They undertake a variety of roles including packing and delivering food parcels, stock management, providing IT support and assisting at fundraising events. During the year we have been delighted to welcome youth groups and corporate teams to the warehouse, helping them develop new skills and contribute to their local community.

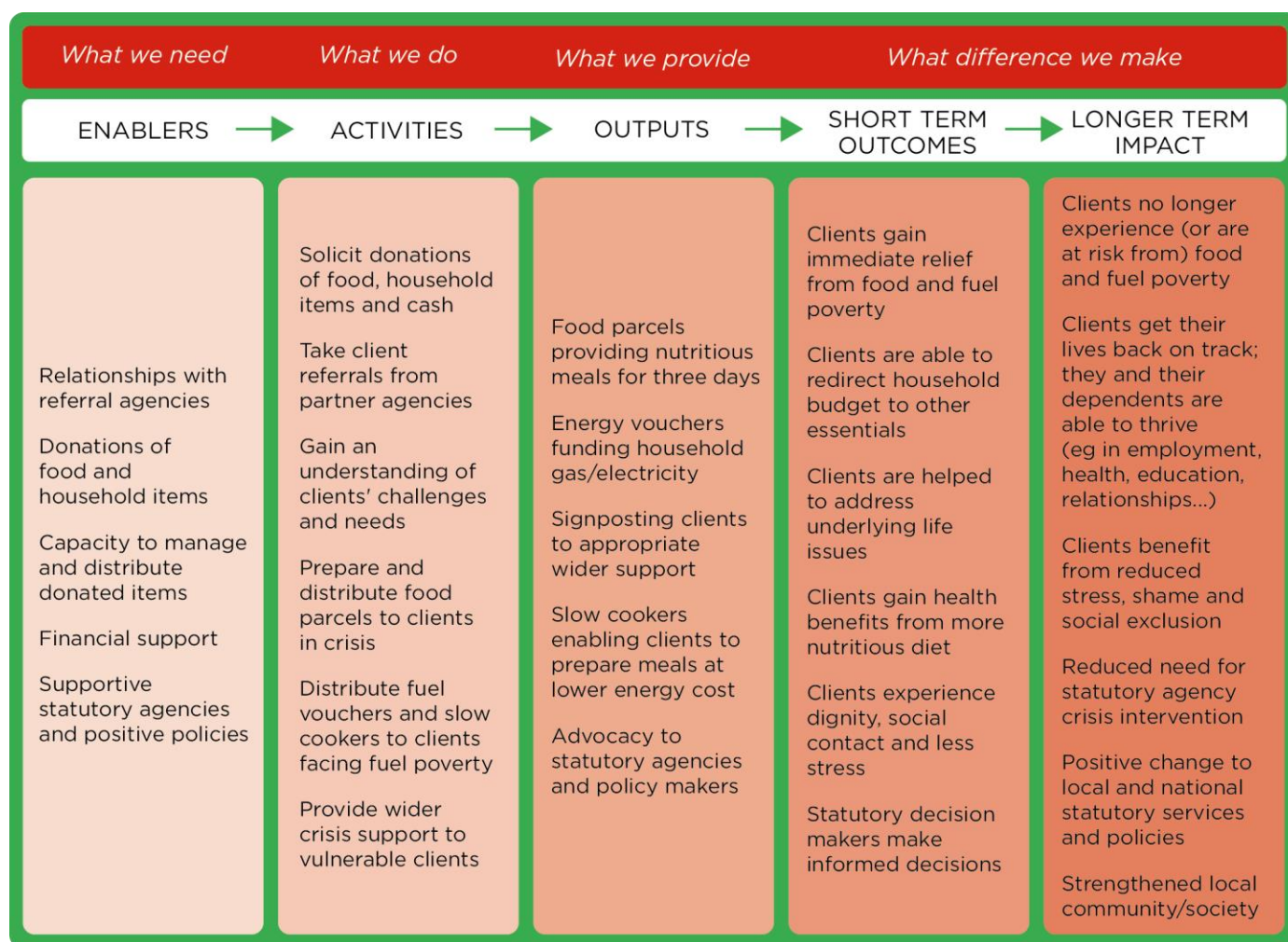
There have been a few small changes of personnel on the Board of Trustees, with some resignations and appointments as new recruits join to contribute their skills and experience.

Our impact

For some of our clients, one delivery is enough to improve things and then they do not need any further help from us. Others receive two or three parcels and are back on their feet. Some clients, sadly, are referred multiple times, but often for entirely different reasons. Every case is different. Many clients are reluctant to give us details about their circumstances, because of a sense of shame at having to turn to a foodbank. Referral agencies cannot, of course, share confidential information about clients. In short, quantifiable data about our impact is hard to come by.

That said, we make it part of our work to talk to clients and referral agencies all the time, to improve our service and make sure it is helping our clients. Qualitative feedback from all our stakeholders gives us a strong sense of the difference our services make to clients and their families.

On the opposite page are four anonymised accounts of clients we helped last year, and what we did to support them. Below is a representation of how we believe our work fits into and contributes to improving lives in the Tunbridge Wells and south Tonbridge areas.



The people we help

At Nourish we help people in crisis, whatever the reason. Here are just four examples from the thousands of people that we helped this year with food, vouchers, slow-cookers and other support.

After suffering most of her life from schizophrenia and related mental health problems, and with a history of self-neglect, **Geraldine**, now in her late 60s, had turned a corner and had been living independently on her pension, with support from NHS specialists. On one of their regular visits, they found her in a terrible way - slumped in a chair, her flat smelling, with no heating, no hot water, no electricity, and no food. She hadn't eaten for days. Geraldine had been robbed. She was using all her pension to pay off a funeral plan, mis-sold by a phone scammer, and she had no money for anything else. Nourish brought her two weeks of nutritional prepared meals to ease the immediate malnourishment, then four further weeks of food parcels and a slow cooker. We gave her vouchers for her fuel and gradually she has returned to an even keel.

John has learning difficulties, but was living independently with a paid job and a little help from his mum. When she died, John was overcome with grief and was unable to work. He was referred to Nourish, who helped him with regular food parcels and a slow cooker, as well as fuel vouchers to heat his flat. As the funeral approached we realised he had no clothes, other than his work uniform, so we contacted one of our generous corporate supporters, Childrensalon, who helped him with clothing, including a coat and shoes. We supported him again at Christmas, as he continued to struggle with his mum's passing.

Jen came to us through a Holiday Hunger referral from her son Jake's school. Jake has significant learning difficulties, something that Jen often struggled to understand and help him with. Nourish talked to Jen about Jake's food obsessions and adapted the parcels to suit his needs. We also helped Jen to get appropriate housing and advised her on the available benefits and how to apply for them. Later in the year, they came to us again for food support, when Jen needed money for Jake's school uniform, but things are improving for them in their new home.

Magda is in her 50s and had been homeless for over 10 years. After getting help from the Bridge Trust, a Nourish referral agency, she was ready to move into some accommodation on her own. However, the change was tricky and she struggled mentally and financially with moving from supported to independent living. Nourish provided her with a starter parcel for her new home, and then five weeks of food parcels together with a slow cooker. Magda found a part time job and began to learn how to manage her money. She enjoyed her chats with her regular Nourish delivery driver and the contact and support helped her adapt - and she now volunteers at a food larder near her home.

All names have been changed to protect identities.

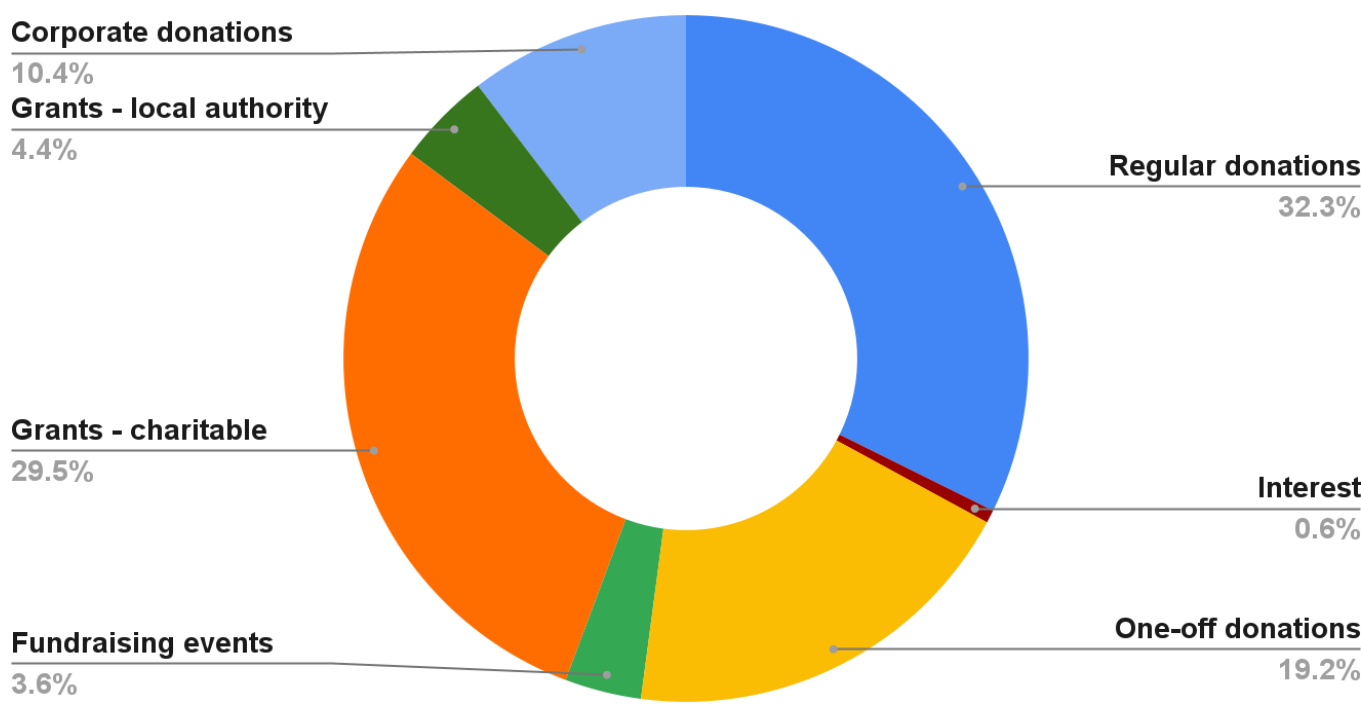
Donations and income

Food donations in 2023-24

As a foodbank charity, we rely on donations to feed our clients. In 2022-23 we experienced a significant fall in food donations, a trend which continued into 2023-24. This has meant in the early part of the year that once again we had to purchase food supplies using financial donations and cash reserves. As the year continued, however, our efforts to increase the number and size of food donations bore fruit. Thanks to increased amounts donated at Harvest and Christmas collections, as well as targeted donation drives at supermarkets, our food supplies were again at a sustainable level. Looking forward to 2024-25, we are hopeful that, with continued sustained activity on our part and generosity from our wonderful donors, food donations will continue at this level.

Financial income in 2023-24

Financial donations and grants fund the core costs which enable our frontline work. We are extremely grateful for regular donations, which have increased in number and value since last year. This builds our financial sustainability, and predictable cashflow enables us to plan expenditure and invest in new initiatives. This year we were able to significantly increase contributions from grant-funding sources, thanks to targeted efforts in that area. Further information on our income is shown in our audited annual accounts on pages 14-21.



Key supporters

Grant-makers

Tunbridge Wells Borough Council Community Support Fund, Kent Community Foundation, The National Lottery Community Organisations Cost of Living Fund, Hollick Family Foundation, Colyer-Fergusson Charitable Trust, Garfield Weston Foundation High Hilden Fund, The Ian Maidens Charitable Trust, Gatwick Foundation Fund, The Lawson Trust, Kent Reliance Provident Society Community Fund, The Souter Charitable Trust, Neighbourly: JD Foundation, Neighbourly: Southern Co-op, The Cole Charitable Trust, The SMB Charitable Trust, The Locke Family Charitable Fund, South East Water TW Community Fund and The Kenora Foundation

Corporates

Childrensalon, The Guinea, Maxipay and The Bell in Ticehurst

Activision Bailey Wighton Ltd, Black Dog Café, BNP Paribas, Boston Consulting Group Ltd, Citibank, Cobwebb, Corinthian Benefits Consulting Ltd, Commotion Group, Cooper Burnett, Gail's Bakery, Groombridge Farm Shop, Intercontinental Exchange (ICE), Lush Cosmetics, Maslins, Metrobank, Mitchell Design and Construction Ltd, Sainsbury's and Shredquarters Tunbridge Wells

Southern Co-op, STEP Exhibitions, Team Gingermay, The Bank of England, The Bicycle Bakery, The Forum, Thomson Snell & Passmore Charitable Trust, Town & Country Housing Group TWUNT, 10Ninety Ltd and V2Radio

Our local community

Beechwood School Parents' Association, Benenden School Broomhill Bank School, Cranbrook School, Christchurch Tunbridge Wells, Church of King Charles the Martyr, Crowborough Vale WI, Eridge Fair, Fidgets Preschool, Friends of Marlborough House, Groombridge Amateur Dramatic Society (GADS), Molyneux Park Residents Association, Penshurst Church, Rotary Club of Tunbridge Wells, Royal Tunbridge Wells Round Table, Sacred Heart Church, Wadhurst, Soroptimist International Tunbridge Wells, Speldhurst Fete, St Augustine's Church - Flimwell, St Augustine's Church - Tunbridge Wells, St George's PCC Benenden, St James Primary School, St Mary's Church Speldhurst, St Matthew's Church, St Matthew's Primary School, St Paul's Church Rusthall, St Thomas Church, The Mead School, The Oddfellows Tunbridge Wells, The Pantiles Rotary Club, The Skinners' School students, The Venerables, Tidebrook Church, Tonbridge Adult Education Centre, Tonbridge Lions, TW Lotto, TWRFC, Wadhurst Friends, Wadhurst Parish Church, Wadhurst Trefoil Guild, Wealden Consort Choir, Wells Angels WI, West Kent Masons and West Kent Quakers

Gift in kind supporters

British Land, Cobwebb, Colley Raine & Associates, Deeks Evans, Infinity Group, Salesforce, SS Distribution, Step3 Digital and Zendbox

Individual fundraisers

- Theo Hyams requested donations to Nourish for his birthday present and raised over £300
- Martin Brice ran the Tunbridge Wells Half Marathon and raised over £500
- Jayna Marsh and the Skinners team also ran the Tunbridge Wells Half Marathon for us again and raised nearly £500
- Bryn Owen-Conway raised £125 on our behalf by fasting for 5 days!
- Our Dragon Boat Rowers helped us raise over £1,500

Nourish Community Food Bank Ltd

Report of the Trustees for the Year Ended 31 March 2024

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08303764 (England and Wales)

Registered Charity number

1154716

Registered office

Unit 5

Kingstanding Way

Tunbridge Wells

Kent

TN2 3UP

Trustees

Ms N G Hill (resigned 14.5.23)

Ms A E Jordan (resigned 14.11.23)

Ms V B R Packer

Ms B Roy

Ms S L Smith

A Tofts

S P Vincent

P J Wooster

Ms L Mepham (resigned 30.4.24)

A Conroy

D S Robson (appointed 15.5.23) (resigned 16.1.24)

M Lowe (appointed 18.5.23)

M D Weller (appointed 12.3.24)

Ms S Puranik (appointed 14.3.24)

Ms E Hanham (appointed 13.3.24)

Independent Examiner

Deeks Evans Audit Services Limited

Chartered Accountants

First Floor, West Barn

North Frith Farm, Ashes Lane

Hadlow

Tonbridge

Kent

TN11 9QU

Approved by order of the board of trustees on 2 September 2024 and signed on its behalf by:

P J Wooster - Trustee

Independent Examiner's Report to the Trustees of
Nourish Community Food Bank Ltd

Independent examiner's report to the trustees of Nourish Community Food Bank Ltd ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2024.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Richard Young ACA

Deeks Evans Audit Services Limited
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

2 September 2024

Nourish Community Food Bank Ltd

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	315,283	113,500	428,783	469,190
Charitable activities					
Charitable activities		16,253	-	16,253	22,469
Investment income	3	10,693	-	10,693	2,605
Other income		2,478	-	2,478	315
Total		<u>344,707</u>	<u>113,500</u>	<u>458,207</u>	<u>494,579</u>
EXPENDITURE ON					
Raising funds		37,271	-	37,271	22,123
Charitable activities					
Charitable activities		310,913	113,500	424,413	414,953
Other		22,159	-	22,159	12,296
Total		<u>370,343</u>	<u>113,500</u>	<u>483,843</u>	<u>449,372</u>
NET INCOME/ (EXPENDITURE)		(25,636)	-	(25,636)	45,207
RECONCILIATION OF FUNDS					
Total funds brought forward		470,715	-	470,715	425,508
TOTAL FUNDS CARRIED FORWARD		<u>445,079</u>	<u>-</u>	<u>445,079</u>	<u>470,715</u>

The notes form part of these financial statements

Nourish Community Food Bank Ltd

Notes to the Financial Statements for the Year Ended 31 March 2024

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. DONATIONS AND LEGACIES

	2024	2023
	£	£
Donations	276,133	357,851
Grants	152,650	111,339
	<u>428,783</u>	<u>469,190</u>

3. INVESTMENT INCOME

	2024	2023
	£	£
Deposit account interest	<u>10,693</u>	<u>2,605</u>

continued...

Nourish Community Food Bank Ltd

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

4. NET INCOME/ (EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation - owned assets	<u>15,146</u>	<u>12,296</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2024	2023
	5	5
Salaries	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

7. TANGIBLE FIXED ASSETS

	Short leasehold £	Motor vehicles £	Totals £
COST			
At 1 April 2023 and 31 March 2024	<u>43,476</u>	<u>43,193</u>	<u>86,669</u>
DEPRECIATION			
At 1 April 2023	8,696	3,600	12,296
Charge for year	<u>4,346</u>	<u>10,800</u>	<u>15,146</u>
At 31 March 2024	<u>13,042</u>	<u>14,400</u>	<u>27,442</u>
NET BOOK VALUE			
At 31 March 2024	<u>30,434</u>	<u>28,793</u>	<u>59,227</u>
At 31 March 2023	<u>34,780</u>	<u>39,593</u>	<u>74,373</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Other debtors	36,369	34,539
Accrued income	-	990
Prepayments	<u>3,351</u>	<u>3,178</u>
	<u>39,720</u>	<u>38,707</u>

continued...

Nourish Community Food Bank Ltd

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2024	2023
	£	£
Social security and other taxes	2,319	2,152
Other creditors	1,964	4,136
Accruals and deferred income	4,520	3,273
	<u>8,803</u>	<u>9,561</u>

10. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
Unrestricted funds			
General fund	45,715	49,364	95,079
Cessation of activities	150,000	(25,000)	125,000
Funding shortfall	150,000	(50,000)	100,000
Warehouse Reserve	25,000	-	25,000
Hypothecated for Fuel Vouchers	100,000	(50,000)	50,000
Self-referral Project	-	50,000	50,000
	<u>470,715</u>	<u>(25,636)</u>	<u>445,079</u>
TOTAL FUNDS	<u>470,715</u>	<u>(25,636)</u>	<u>445,079</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	294,707	(245,343)	49,364
Cessation of activities	-	(25,000)	(25,000)
Funding shortfall	-	(50,000)	(50,000)
Hypothecated for Fuel Vouchers	-	(50,000)	(50,000)
Self-referral Project	50,000	-	50,000
	<u>344,707</u>	<u>(370,343)</u>	<u>(25,636)</u>
Restricted funds			
Kent Community Foundation	21,000	(21,000)	-
National Lottery	40,000	(40,000)	-
Tunbridge Wells Community Support Fund	20,000	(20,000)	-
Hollick Family Charitable Trust	15,000	(15,000)	-
Colyer-Fergusson Charitable Trust	10,000	(10,000)	-
Garfield Weston Foundation	7,500	(7,500)	-
	<u>113,500</u>	<u>(113,500)</u>	<u>-</u>
TOTAL FUNDS	<u>458,207</u>	<u>(483,843)</u>	<u>(25,636)</u>

continued...

Nourish Community Food Bank Ltd

Notes to the Financial Statements - continued
for the Year Ended 31 March 2024

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	90,053	(44,338)	45,715
Cessation of activities	150,000	-	150,000
Funding shortfall	150,000	-	150,000
Warehouse Reserve	25,000	-	25,000
Hypothecated for Fuel Vouchers	-	100,000	100,000
	<u>415,053</u>	<u>55,662</u>	<u>470,715</u>
Restricted funds			
Sainsburys Neighbourly Grant	455	(455)	-
Kent Community Foundation	10,000	(10,000)	-
	<u>10,455</u>	<u>(10,455)</u>	<u>-</u>
TOTAL FUNDS	<u>425,508</u>	<u>45,207</u>	<u>470,715</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	394,579	(438,917)	(44,338)
Hypothecated for Fuel Vouchers	100,000	-	100,000
	<u>494,579</u>	<u>(438,917)</u>	<u>55,662</u>
Restricted funds			
Sainsburys Neighbourly Grant	-	(455)	(455)
Kent Community Foundation	-	(10,000)	(10,000)
	<u>-</u>	<u>(10,455)</u>	<u>(10,455)</u>
TOTAL FUNDS	<u>494,579</u>	<u>(449,372)</u>	<u>45,207</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2024.

Nourish Community Food Bank Ltd
Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	2024 £	2023 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	276,133	357,851
Grants	152,650	111,339
	<u>428,783</u>	<u>469,190</u>
Investment income		
Deposit account interest	10,693	2,605
Charitable activities		
Fundraising events	16,253	22,469
Other income		
Other income	2,478	315
	<u>458,207</u>	<u>494,579</u>
EXPENDITURE		
Raising donations and legacies		
Fundraising costs	30,036	19,496
Marketing & promotion	7,235	2,627
	<u>37,271</u>	<u>22,123</u>
Charitable activities		
Wages	123,460	109,512
Insurance	2,783	2,690
Telephone	3,183	2,835
Sub-contractors	62	259
Travel costs	13,676	21,991
Sundries	2,153	3,374
Food purchases	123,236	105,055
Warehouse expenses	45,856	45,610
Gas and Electricity vouchers	110,004	113,754
Slow cookers	-	4,155
	<u>424,413</u>	<u>409,235</u>
Support costs		
Management		
Depreciation of tangible and heritage assets	15,146	12,296
Finance		
Bank charges	1,176	503
Governance costs		
Governance costs	2,837	2,215
Accountancy	3,000	3,000
	<u>5,837</u>	<u>5,215</u>
Total resources expended	<u>483,843</u>	<u>449,372</u>
Net (expenditure)/ income	<u>(25,636)</u>	<u>45,207</u>

This page does not form part of the statutory financial statements

Structure, governance and management

The organisation is a Charity and Company limited by guarantee, incorporated on 22 November 2012 and registered as a charity on 24 November 2013. The Company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

The Directors of the Company are also Charity Trustees for the purposes of Charity law. All Trustees give their time voluntarily and receive no benefits from the charity. No expenses were claimed from the charity during this period. Trustees met regularly during the twelve month period to 31 March 2024. The membership of the Board of Trustees is intended to reflect the knowledge and skills required to manage a local foodbank, and new Trustees are invited to join as necessary areas of expertise are identified. Potential new Trustees are interviewed and briefed by the Chair and one or two other Trustees and are invited to attend Board meetings as observers before joining the Board. The charity had five employees during the reporting period, who worked with over 50 volunteers to manage food collection and distribution, referrals and administration.

The charity relies on grants and donations to fund its work, which are liable to fluctuate from year to year. Principal financial management policies will be found in the notes to the Financial Statements, which are available on request.

We regularly review and update our operations handbook, induction and training (for staff, trustees and other volunteers) to implement good practice. To ensure that Nourish is governed effectively, and that we keep our staff, volunteers and clients safe, we have implemented appropriate policies and procedures. These are kept under review as our operations evolve, new challenges emerge and new guidance and requirements are issued by regulatory bodies, such as the Charity Commission and Information Commissioner's Office. Where necessary, we also call on external support to improve our governance and operations. These policies and procedures are available on request.

Looking ahead

Next year's picture is uncertain. This time last year we expressed concerns about being able to meet the demand in 2023-24 with both a large growth in clients and a continuing fall in food donations anticipated. The food donation levels have stabilised, so we feel this is manageable as we look ahead. However, client referrals is an unknown quantity which we cannot predict. On the one hand, even though we delivered more food than ever, the increase in demand in 2023-24 was not as drastic as we expected. Yet our volunteers and staff in the community still see evidence of growing hardship, particularly caused by benefit problems and debt. While inflation shows signs of coming down, food costs are still very high relative to the earnings of the lowest paid and relative to benefits which have largely failed to keep pace with price rises. We are seeing signs of support systems beginning to break: increasingly, referrers are struggling to take on new clients and so are often unable to refer new people our way, suggesting levels of crisis remain high if not higher than they were. With potential changes from the new government during the coming years, there are multiple factors which make it difficult to plan ahead.

To ensure that we are best placed to meet demand from local people in crisis, we are improving our processes. Our new website should help people get help from us if they need it, or support us if they want to. As part of that work, we have an updated referral database which will help us get support to our clients more effectively and with more data recorded to understand patterns of demand better. We will be trialling a direct referral system, to allow clients to come to us directly. This is because we are concerned that the blockages at the referral agent level are preventing potential clients from getting the help from us that they need. This will be managed and monitored by the Operations Director and the Board.

Reassuringly, there remains a deep generosity that we see from local people who help us with food, money and time. The desire to help those in crisis who live nearby remains as strong as ever in our area. If you would like to support us in our efforts as well, please get in touch.

Grant funders

Nourish Community Foodbank would particularly like to thank the following organisations for their generous support through grant funding in 2023-24.

KentReliance
Provident Society Community Fund

HOLLICK
FAMILY FOUNDATION




Garfield Weston
FOUNDATION



High Hilden
Fund

The Gatwick
Foundation Fund

THE
LAWSON
TRUST



 **Souter**
CHARITABLE TRUST



The SMB Charitable Trust

NOURISH COMMUNITY FOODBANK LIMITED

England & Wales - Charity number 1154716

Accounts



Unit 5, Kingstanding Way, Tunbridge Wells, TN2 3UP
Company Number: 08303764
Registered Charity Number: 1154716



Annual Report for the year ending 31st March 2023

Nourish is a registered charity and an independent foodbank providing emergency food, non-grocery essentials and support to individuals and families in times of crisis across the borough of Tunbridge Wells and south Tonbridge

Nourish Community Foodbank

Registered Charity Number (England and Wales): 1154716

Registered Company Number (England and Wales): 08303764

Board of Trustees

Sue Smith - Chair

Peter Wooster - Treasurer

Viv Packer

Bryony Roy

Nicola Hill

Adrian Tofts

Annie Jordan

Simon Vincent

Chris Leaning (until April 2022)

Simon Reader (until May 2022)

Paul Haines (until August 2022)

Lynne Mepham (joined August 2022)

Adrian Conroy (joined August 2022)

Address and Registered Office

Unit 5, Kingstanding Way, Tunbridge Wells, Kent TN2 3UP

Bankers

CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JC

NatWest Bank, 89 Mount Pleasant Road, Tunbridge Wells, Kent TN1 1JQ

Metro Bank PLC, 2 & 4 Calverley Road, Tunbridge Wells, Kent TN1 2TB

Accounts independently reviewed by

Deeks Evans, Chartered Accountants, West Barn, North Frith Farm,
Ashes Lane, Hadlow, Tonbridge, Kent TN11 9QU

A year in numbers

17,099

people in crisis
received food



+31%

158,891

meals provided



+36%

£105,055

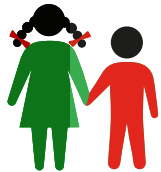
of *food* purchased



+63%

48%

were *children*
under 18



+3%

7,263

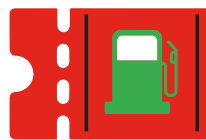
food deliveries



+28%

£92,871

of *fuel vouchers*
distributed



+100%

%s are compared to 2021-22

The cost of living crisis continues to affect more and more people in the Tunbridge Wells and south Tonbridge areas. The increasing scale of need can be seen from the numbers shown above. In 2022-23, we made more food deliveries, providing more meals to more people - including more children - than ever before. We also had to spend a six-figure sum on buying extra food to meet that exceptional need.

As well as supporting more people with food, this year, for the first time, we felt we also had to help people meet the higher costs of both cooking that food *and* heating their homes. First, we distributed government-funded fuel vouchers, and then when that funding ran out, we used our own reserves to help.

Nourish has had its busiest year ever. Regrettably, a busy year for us means a year of crisis, food poverty and need for many people in the Tunbridge Wells and south Tonbridge areas.

Chair's message



Writing my first Chair's message gave me the opportunity to pause and reflect on the past five years since I first became a Trustee at Nourish. Sadly, the picture has changed quite dramatically in that time.

Nourish had always managed to deliver its mission, largely due to the continuous flow of food donated by our compassionate local community. That generosity continued undiminished into lockdown, propped up by financial support from individual donations, corporate donors and grants.

In 2022-23, however, things have been vastly different. When I became Vice Chair at the beginning of this year, the cost-of-living crisis, which began in late 2021, had really begun to bite. Even in relatively wealthy Tunbridge Wells, increasing signs of poverty, need and crisis, affecting vulnerable people and hardworking families alike, were beginning to become strikingly evident. This continued unabated into the latter part of the year. Consequently, at the same time as demand began to grow, donations of food began to fall, meaning we had to buy more of our supplies, and this problem looks set to continue into 2023-24.

Despite these challenges, we have continued to deliver on our mission that nobody should go hungry in our community. Our team implemented new initiatives in 2022-23 to help clients cope with the additional household budget pressures arising from this crisis. We were selected to distribute central government funded energy vouchers to those struggling to pay their utility bills. These vouchers lasted from April 2022 until February 2023, when we made the decision to continue the scheme using £25,754 of our own reserves, such was the urgency of need. This year, we also began giving some clients slow cookers, which use less energy than a cooker or microwave, and this has proved successful.

Our work is only possible thanks to the generosity of individuals, event sponsors, regular donors, corporates, schools, places of worship and grant-givers in our local community. We are grateful for their generous financial support, donations of food and the gift of people's time, talents and skills. We are very fortunate to have Dawn Stanford, our Operations Director, at the helm, leading a team of committed staff and volunteers who have reached even more people over the last year, and our sincere thanks go to them. My thanks also go to Paul Haines, my predecessor as Chair of Trustees, for all that he did in growing and developing Nourish from its early roots in 2012.

As we look forward to next year, we cannot ignore that there are significant challenges ahead. Put candidly, projections for 2023-24 indicate that we will continue to see a rise in the number of people experiencing food poverty. As we will not have enough food donations to support them, we will require more financial support to purchase food. We are working hard to share the message of need with our local community, whilst remaining sympathetic to the fact many people are themselves facing rising living costs. Sadly there is no end in sight, and it seems that Nourish is going to be needed for many years to come. Food poverty is something that can affect any one of us, and I sign off by simply asking that if you are able to support Nourish, in any way you can, we would be deeply appreciative.

Sue Smith
Chair of Trustees

Operations Director's message



Coming out of the pandemic was a relief for so many, and at Nourish we hoped for a breather after a relentless couple of years supporting the most vulnerable in our community. However, as we tentatively came out of one crisis, we headed straight into another: the cost-of-living crisis, which created a completely new set of challenges for our clients - and for us.

The cost-of-living crisis brought with it an increase in referrals combined with a drop in donations. For the first time, we had referrals where clients were choosing whether to heat or eat. Clients were requesting that root vegetables were removed from their parcels due to the cost and worry of extended cooking times.

As is the Nourish way, we responded as a team and as an organisation. Supplying energy vouchers to our clients made a whole lot of difference - one worry taken away at a time when clients had so many others to deal with - and feedback from both clients and referral agencies was overwhelmingly positive. As winter approached, the slow cooker project was born. Anyone who knows me will know I am a slow cooker bore! Mine is an essential part of my household, so I knew they would help with cooking on a budget through their adaptability, lower cooking costs and using cheaper cuts of meat. However, we knew, as a charity dealing with clients already in financial crisis, that they just wouldn't be able to buy slow cookers themselves, so we decided to fund a pilot scheme ourselves to give them out. We have been sending slow cookers, a pack of slow cooker cupboard essentials and a 'cooking on a budget' cookbook to households across the borough since Christmas. Combined with the energy vouchers, fresh vegetables and the standard food parcels, Nourish has met the increasing need and our support has gone beyond a simple food parcel - something we have always prided ourselves on being able to do.

As I think back over what Nourish has been able to achieve through the year, it comes back to me that it was, of course, only possible thanks to two things: my wonderful team - here whatever is coming, whenever I need them for whatever I need - and the support of our community. You provide the funds and the food for us to distribute help. Our clients do not eat without your help, struggling households do not heat their homes without your help and people in crisis do not have a lifeline during the darkest times of their lives without your help. They cannot say 'thank you' to you directly but I can. Thank you. We do not need to know what is coming in the next year to know that we will be needed. We have supported our community for the last ten years and we will continue to do so as long as we can - with your support.

When I am speaking publicly about Nourish, I end by asking if the audience can do something for me: help me to spread our message by telling two people about us. You never know if the person you talk to about us is looking for an organisation to support, or if that person is having to make hard choices in their life and doesn't know where to turn. Please be part of that lifeline and help spread the word, so that all who need to know about us do.

Dawn Stanford
Operations Director

What we do

Nourish Community Foodbank is an independent charity providing emergency food, non-grocery essentials and support to individuals and families in crisis across the borough of Tunbridge Wells and south Tonbridge. We serve an area of almost 300 km² with a team of volunteers and just five members of staff.

Our mission is to make sure that no one in our area goes hungry.

We work with over 200 frontline referral agencies across our area. These organisations rely on us to help the vulnerable people and households that they identify as being in need. In 2022-23, Nourish made 7,263 deliveries serving 17,099 people in crisis, bringing food parcels direct to their doors - if needed, within hours of the referral being made.

In 2022-23, we stepped in to address a new problem - fuel poverty - caused by the energy price crisis. First, we distributed government-funded fuel vouchers, and when that money ran out we bought more vouchers using our own financial reserves. This helped hard-pressed households to cook the food that we were providing *and* heat their homes - without having to choose between heating and eating. We also purchased and distributed 40 slow cookers (with recipes and ingredients) to help people in crisis cook more economically.

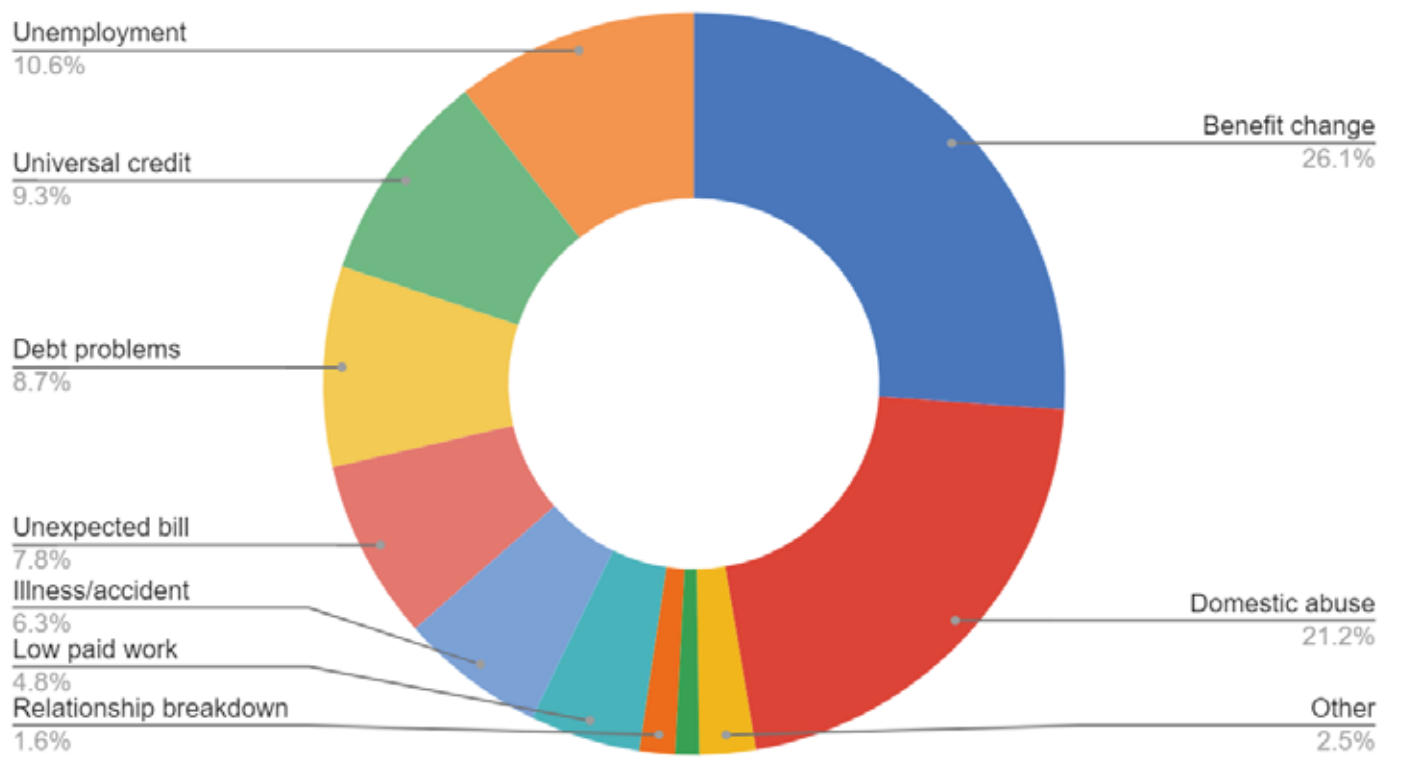
Our clients

When clients are referred to us, it can be for any number of reasons, and often a combination of factors. The most common primary reasons in 2022-23 are shown in the pie chart below. We find that most frequently, referrals arise as a result of events outside the client’s control, leaving them struggling with nowhere else to go.

These events include benefit changes, which leave clients in a payment limbo, waiting for the system to catch up, and accidents, which can leave zero hours workers out of work with no income. Domestic abuse, an increasingly common referral reason, can leave families without employment, in new accommodation, and in a new town far from any support network.

Clients are referred to us when they have run out of other options, and we help them - whatever the reason they need us.

Primary reason for client referral, 2022-23



How we work

The referral process

Our clients are referred to us by over 200 frontline agencies and professionals - including social workers, GPs, family liaison officers, schools, housing support workers, the police, mental health organisations, local authority early intervention teams and charities like Citizens Advice and Age UK. Referrers assess clients' eligibility, abiding by our policy of making no distinction based on gender, age, ethnicity or political, religious or other opinions.

Food delivery

Volunteer packers make up food parcels in our warehouse Monday to Friday, every week of the year. Each food parcel contains enough food to provide three nutritious meals a day for three days. They contain staples (e.g. cereals, pasta, rice), tins and bread, as well as fresh fruit and vegetables, plus toiletries. If clients need them, we also include essentials such as baby food, nappies, sanitary products and pet food. We accommodate specific dietary preferences such as vegetarian or vegan, religious requirements and intolerances and allergies.

The parcels are then taken directly by our friendly volunteer drivers to the doorsteps of people in crisis. We deliver, rather than require clients to collect from a central point, because it builds dignity and ensures confidentiality (this is particularly important for vulnerable clients who are victims of domestic abuse or coercive relationships). It also eliminates the need for elderly or infirm clients to carry heavy parcels of food to their home. Additionally, it helps to reduce travel costs for hard-pressed households, many of whom live in rural areas which are poorly served by public transport. Most clients receive four parcels or fewer.

More than food

The Nourish operations team speaks to each client (and their referrer) to better understand their circumstances and life challenges. We provide non-judgemental support and advice. If we can, we refer clients to other specialist agencies (e.g. debt alleviation or housing organisations), to help them address any underlying issues and move forward with their lives. Nourish also contributes to local case study teams, addressing issues affecting vulnerable individuals. Understanding clients' challenges helps us to shape our service to reduce food poverty in our local community, and we collaborate with other regional food banks to ensure we are following best practice.

How we work

Our operations centre

We operate from a unit on the Tunbridge Wells North Farm Industrial Estate, which we moved into in 2021, having outgrown our previous premises. The warehouse provides space for stock, offices for our staff to work, and room for our volunteers to receive incoming food donations and deliveries, as well as make up food parcels for distribution to clients. In 2022-23, we purchased a new van, which is used daily to collect food from donation points in local supermarkets, schools, churches and businesses. We also receive donations of stock directly to the warehouse from members of the public and local organisations and businesses.

Our staff

Despite the growing need in our community, our team remains small. They are very dedicated and efficient, and always go above and beyond to provide exceptional service to our clients. The team comprises a full time Operations Director, plus four part time roles: Operations Manager, Finance Manager, Administration Assistant and Warehouse Manager. In September 2022, Operations Director Dawn Stanford received a well-deserved British Empire Medal, awarded for services to the community, particularly during the Covid-19 pandemic.

Our volunteers

Nourish has over 50 wonderful regular volunteers, without whom the charity could not operate. They undertake a variety of roles including packing and delivering food parcels, stock management, providing IT support and assisting at fundraising events. During the year we have been delighted to welcome youth groups and corporate teams to the warehouse, helping them develop new skills and contribute to their local community.

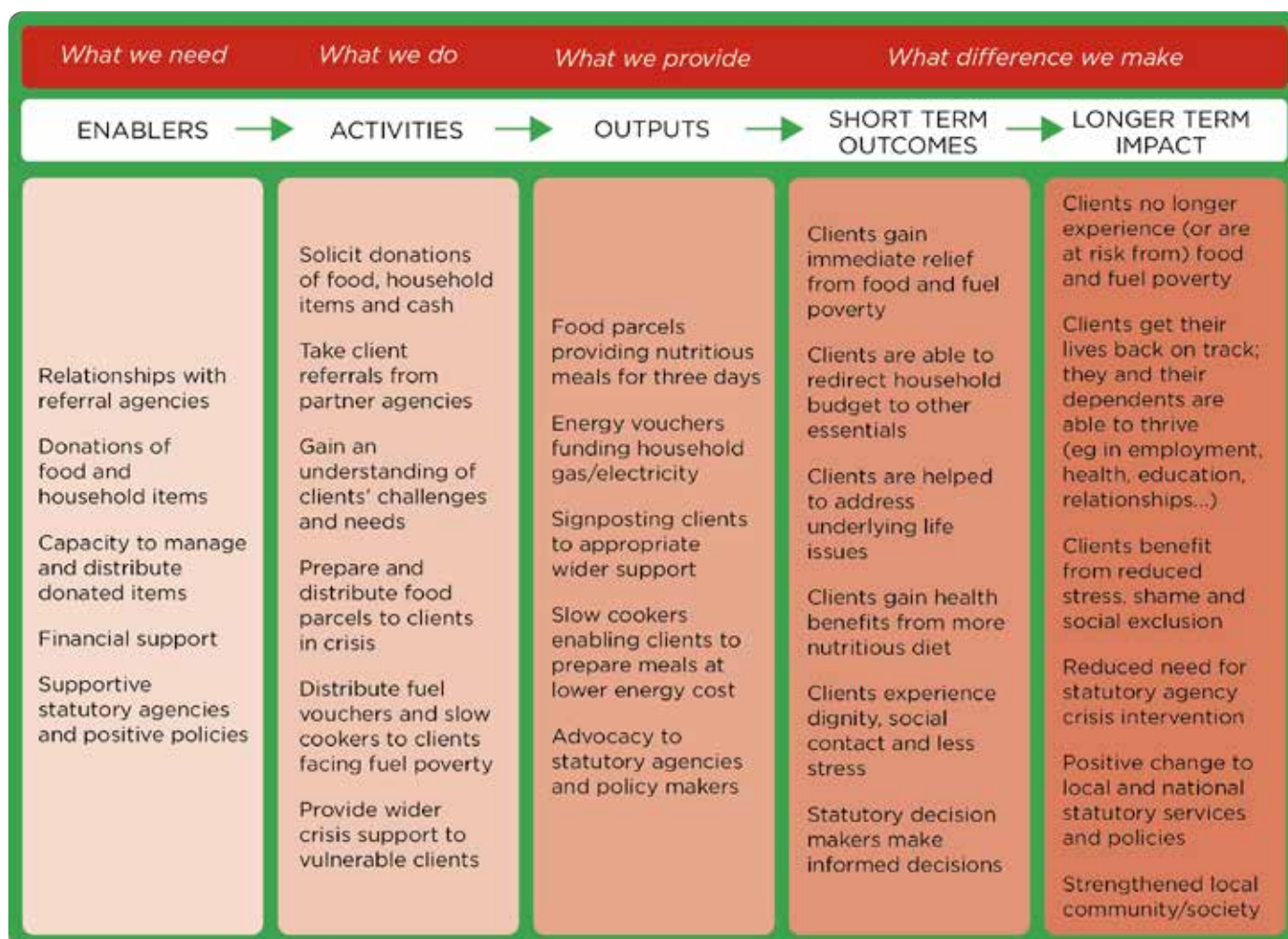
Our Board of Trustees saw a change at the top with Paul Haines stepping down from his role as Chair after nine years on the Board and being replaced by former Vice Chair, Sue Smith. Two new Trustees joined the Board, contributing new skills and experience.

Our impact

For some of our clients, one delivery is enough to improve things and then they don't need any more help from us. Others receive two or three parcels and are back on their feet. Some, sadly, are referred multiple times, but often for entirely different reasons. Every case is different. Many clients are reluctant to tell us details about their circumstances, because of a sense of shame at having to turn to a foodbank. Referral agencies cannot, of course, share confidential information about clients. In short, quantifiable data about our impact is hard to come by.

That said, we make it part of our work to talk to clients and referral agencies all the time to improve our service and make sure it is helping our clients. Qualitative feedback from all our stakeholders gives us a strong sense of the difference our services make to clients and their families.

On the opposite page are four anonymised accounts of clients we helped last year, and what we did to support them. Below is a representation of how we believe our work fits into and contributes to improving lives in the Tunbridge Wells and south Tonbridge areas.



The people we help

At Nourish we help people in crisis, whatever the reason. Here are some examples from the thousands of people we helped this year with food, vouchers, slow-cookers and other support.

Tammy and her two teenage daughters were relocated from outside the area after suffering prolonged domestic violence. We provided a starter parcel and four weeks of food supplies, and, because the emergency accommodation didn't have enough beds, we asked the Childrensalon Foundation to buy beds and mattresses for Tammy's daughters. As the years of domestic abuse caught up with her, Tammy suffered a mental breakdown and we supported the family again with food and vouchers. The girls were allocated a secondary school, so we introduced Tammy to local church charities, which helped to buy their uniforms. The school was over an hour and a half away by bus, and the cost of bus passes pushed the family into crisis again. We provided food for the family to ease the immediate financial strain and helped Tammy apply for free passes. Tammy wrote to thank us for being "so much more than a foodbank". Extras, like helping her apply to a local foundation for Christmas presents, had made the world of difference for her family.

Resettled to the area by the UN High Commission for Refugees, **Mohammed** was referred to us as an emergency case. When he found employment, he had been temporarily left with almost no income, due to the change-over between benefits. Mohammed had financial commitments like paying his energy supplier, meaning he couldn't afford to buy food for his young family. We provided him with a week's food parcel as a stopgap, delivering on the evening of his referral, and gave him supermarket vouchers so he could buy fresh Halal food.

Monika was long-term homeless when she was referred to us by the Bridge Trust, who were providing supported accommodation until she could get back on her feet. We provided her with a starter parcel (toiletries, cleaning products, cupboard essentials) plus a slow cooker (with supplies and recipes), and four weeks of standard parcels. With the help of the Tunbridge Wells FutureStore organisation, Monika found and applied successfully for a job, and she is now supporting herself, using food larders if she needs to, while looking for a permanent place to live.

Alison had been earning enough to cover her costs and feed her children, but her income dropped when she started maternity leave. Her relationship broke up, so there was no other earner in the home, and she was in real difficulties as the school summer holidays approached. Her children were in Years 1 and 2, so were receiving free school meals, but with them off school, Alison was going to need to provide extra meals and childcare for her children. She simply didn't have the money. The children's school referred the family to our Holiday Hunger scheme, which provided six weeks of normal family food shop provisions, supplemented with lunchtime essentials, to keep the children fed over the summer.

Donations and income

Food donations in 2022-23

As a foodbank charity, we rely on donations of food to feed our clients, and up to this year, we have only had to buy supplies on a limited basis. In previous years, around three quarters of our food came from our generous donors. However, food donations dropped so sharply last year that, at the end of 2022-23, we were having to *purchase* three quarters of the food we needed for clients. Donations through supermarket donation boxes, in particular, dropped off substantially as individual food donors felt the cost of living crisis impact on their own household spending budgets.

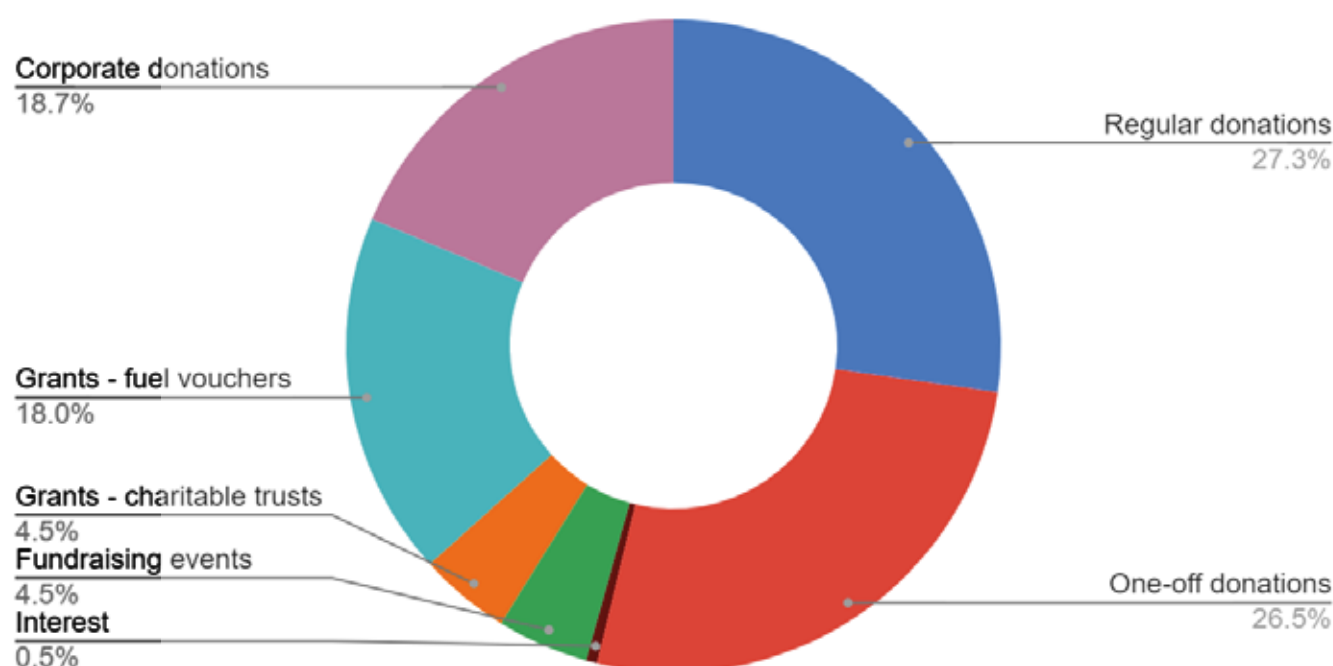
In short, at a time when we are delivering more food to more people, we are receiving significantly lower food donations. At the end of 2022-23, and as we enter 2023-24, we are having to use our cash reserves to support food provision, which is causing those reserves to shrink. We are making efforts to counter this by seeking an uplift in both food and financial donations.

Financial income in 2022-23

Donations and grants fund the core costs which enable our frontline work. We are extremely grateful for regular donations, which have increased in number and value since last year. This builds our financial sustainability, and predictable cashflow enables us to plan expenditure and invest in new initiatives. We are making efforts to increase regular giving, and will be looking for increased grant funding in the coming year. Further information on our income is shown in our audited annual accounts on pages 14-21.

Breakdown of Income in 2022-23

Total: £494.6k



Key supporters

Grant-makers

Tunbridge Wells Borough Council, Kent Community Foundation, Masonic Charitable Trust and The Spencer Family Charitable Trust

Corporates

Childrensalon, Mahoro Charitable Trust, The Guinea, Maxipay, The Bell in Ticehurst, Wards Charitable Fund (Arun Estate Agencies Ltd), Bailey Wighton Ltd, Barclays, Black Cat Music, Black Dog Café, BNP Paribas, Boston Consulting Group Ltd, Charity Bank Ltd, Charter Tax, Commotion Group, Gail's Bakery, ICS, KPMG, Logos Consultancy Services Ltd, Lotto Social, Lumière, Maslins, Metrobank, Mortmay Estates Ltd, Paragon Trust, Sainsbury's, Shredquarters Tunbridge Wells, South East Water Community Fund, Southern Co-op, STEP Exhibitions, Tangier Wood, The Bank of England, The Bicycle Bakery, The Forum, Thomson Snell & Passmore Charitable Trust, Town & Country Housing Group, Waitrose and Yoyo Designs

Our local community

Beechwood School Parents' Association, Benenden School, Broomhill Bank School, Christchurch Tunbridge Wells, Church of King Charles the Martyr, Eridge Fair, Friends of Marlborough House, Molyneux Park Residents Association, Penshurst Church, Royal Tunbridge Wells Round Table, Sacred Heart Church, Wadhurst, Soroptimist International Tunbridge Wells, Speldhurst Fete, St Augustine's Church Flimwell, St Augustine's Church Tunbridge Wells, St Matthews Church, St Thomas Church, The Oddfellows Tunbridge Wells, The Pantiles Rotary Club, The Skinners' School Students, Tidebrook Church, Tonbridge Lions, TW Lotto, Wadhurst Friends, Wadhurst Parish Church Wadhurst, Trefoil Guild, Wells Angels WI, West Kent Masons and West Kent Quakers

Givers in kind

British Land, Cobwebb, Colley Raine & Associates, Deeks Evans, Infinity Group, Salesforce, SS Distribution and Zendbox

Individuals

- Jim Hawker raised over £1,500 by climbing Mount Kilimanjaro
- James ran the London Marathon and raised over £2,000
- Rachel Sadler raised over £280 by climbing Mount Snowdon
- Clare Allum ran her first Tunbridge Wells Half Marathon and raised £325
- Jayna Marsh and the Skinners team also ran the Tunbridge Wells Half Marathon for us again and raised nearly £800
- The Southborough and District Wheelers rode 100 miles to Lydd and back, raising over £450
- The Yoyo Design team raised £2,500 by walking 27 miles around The Weald
- Our Dragon Boat Rowers helped us raise over £2,500

Nourish Community Food Bank Ltd

Report of the Trustees for the Year Ended 31 March 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08303764 (England and Wales)

Registered Charity number

1154716

Registered office

Unit 5
Kingstanding Way
Tunbridge Wells
Kent
TN2 3UP

Trustees

P Haines (resigned 31.8.22)
Ms N G Hill (resigned 14.5.23)
Ms A E Jordan
Ms V B R Packer
Ms B Roy
Ms S L Smith
A Tofts
S P Vincent
P J Wooster
C R Leaning (resigned 26.4.22)
S W G Reader (resigned 25.5.22)
Ms L Mepham (appointed 17.8.22)
A Conroy (appointed 17.8.22)
D S Robson (appointed 15.5.23)
M Lowe (appointed 20.6.23)

Independent Examiner

Deeks Evans Audit Services Limited
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

Approved by order of the board of trustees on 29 09 2023 and signed on its behalf by:



.....
P J Wooster - Trustee

**Independent Examiner's Report to the Trustees of
Nourish Community Food Bank Ltd**

Independent examiner's report to the trustees of Nourish Community Food Bank Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Richard Young ACA

Deeks Evans Audit Services Limited
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

Date: 29/09/2023.....

Nourish Community Food Bank Ltd

**Statement of Financial Activities
for the Year Ended 31 March 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	469,190	-	469,190	279,857
Charitable activities					
Charitable activities		22,469	-	22,469	11,696
Investment income	3	2,605	-	2,605	38
Other income		315	-	315	200
Total		<u>494,579</u>	<u>-</u>	<u>494,579</u>	<u>291,791</u>
EXPENDITURE ON					
Raising funds		22,123	-	22,123	20,374
Charitable activities					
Charitable activities		404,498	10,455	414,953	273,096
Other		12,296	-	12,296	-
Total		<u>438,917</u>	<u>10,455</u>	<u>449,372</u>	<u>293,470</u>
NET INCOME/(EXPENDITURE)		55,662	(10,455)	45,207	(1,679)
RECONCILIATION OF FUNDS					
Total funds brought forward		415,053	10,455	425,508	427,187
TOTAL FUNDS CARRIED FORWARD		<u>470,715</u>	<u>-</u>	<u>470,715</u>	<u>425,508</u>

Nourish Community Food Bank Ltd

Balance Sheet 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	7	74,373	-	74,373	-
CURRENT ASSETS					
Debtors	8	38,707	-	38,707	79,476
Cash at bank		367,196	-	367,196	421,782
		<u>405,903</u>	<u>-</u>	<u>405,903</u>	<u>501,258</u>
CREDITORS					
Amounts falling due within one year	9	(9,561)	-	(9,561)	(75,750)
NET CURRENT ASSETS		<u>396,342</u>	<u>-</u>	<u>396,342</u>	<u>425,508</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>470,715</u>	<u>-</u>	<u>470,715</u>	<u>425,508</u>
NET ASSETS		<u>470,715</u>	<u>-</u>	<u>470,715</u>	<u>425,508</u>
FUNDS	10				
Unrestricted funds				470,715	415,053
Restricted funds				-	10,455
TOTAL FUNDS				<u>470,715</u>	<u>425,508</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

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

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29.03.2023 and were signed on its behalf by:


P J Wooster - Trustee

Nourish Community Food Bank Ltd

Notes to the Financial Statements for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

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

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	357,851	242,256
Grants	111,339	37,601
	<u>469,190</u>	<u>279,857</u>

3. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	<u>2,605</u>	<u>38</u>

Nourish Community Food Bank Ltd

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023 £	2022 £
Depreciation - owned assets	<u>12,296</u>	<u>-</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

6. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2023 5	2022 5
Salaries	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

7. TANGIBLE FIXED ASSETS

	Short leasehold £	Motor vehicles £	Totals £
COST			
Additions	<u>43,476</u>	<u>43,193</u>	<u>86,669</u>
DEPRECIATION			
Charge for year	<u>8,696</u>	<u>3,600</u>	<u>12,296</u>
NET BOOK VALUE			
At 31 March 2023	<u>34,780</u>	<u>39,593</u>	<u>74,373</u>
At 31 March 2022	<u>-</u>	<u>-</u>	<u>-</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Other debtors	34,539	77,196
Accrued income	990	-
Prepayments	<u>3,178</u>	<u>2,280</u>
	<u>38,707</u>	<u>79,476</u>

Nourish Community Food Bank Ltd

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Social security and other taxes	2,152	1,901
Other creditors	4,136	2,171
Accruals and deferred income	3,273	71,678
	<u>9,561</u>	<u>75,750</u>

10. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	90,053	(44,338)	45,715
Cessation of activities	150,000	-	150,000
Funding shortfall	150,000	-	150,000
Warehouse Reserve	25,000	-	25,000
Hypothecated for Fuel Vouchers	-	100,000	100,000
	<u>415,053</u>	<u>55,662</u>	<u>470,715</u>
Restricted funds			
Sainsburys Neighbourly Grant	455	(455)	-
Kent Community Foundation	10,000	(10,000)	-
	<u>10,455</u>	<u>(10,455)</u>	<u>-</u>
TOTAL FUNDS	<u>425,508</u>	<u>45,207</u>	<u>470,715</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	394,579	(438,917)	(44,338)
Hypothecated for Fuel Vouchers	100,000	-	100,000
	<u>494,579</u>	<u>(438,917)</u>	<u>55,662</u>
Restricted funds			
Sainsburys Neighbourly Grant	-	(455)	(455)
Kent Community Foundation	-	(10,000)	(10,000)
	<u>-</u>	<u>(10,455)</u>	<u>(10,455)</u>
TOTAL FUNDS	<u>494,579</u>	<u>(449,372)</u>	<u>45,207</u>

Nourish Community Food Bank Ltd

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	89,687	115,366	205,053
Cessation of activities	127,500	(27,500)	100,000
Funding shortfall	150,000	(40,000)	110,000
Warehouse Reserve	10,000	(10,000)	-
	<u>377,187</u>	<u>37,866</u>	<u>415,053</u>
Restricted funds			
Childrensalon	50,000	(50,000)	-
Sainsburys Neighbourly Grant	-	455	455
Kent Community Foundation	-	10,000	10,000
	<u>50,000</u>	<u>(39,545)</u>	<u>10,455</u>
TOTAL FUNDS	<u>427,187</u>	<u>(1,679)</u>	<u>425,508</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	259,336	(143,970)	115,366
Cessation of activities	-	(27,500)	(27,500)
Funding shortfall	-	(40,000)	(40,000)
Warehouse Reserve	-	(10,000)	(10,000)
	<u>259,336</u>	<u>(221,470)</u>	<u>37,866</u>
Restricted funds			
Childrensalon	18,000	(68,000)	(50,000)
Sainsburys Neighbourly Grant	2,455	(2,000)	455
Kent Community Foundation	10,000	-	10,000
Skinnners Smythe	1,000	(1,000)	-
Paragon Trust	1,000	(1,000)	-
	<u>32,455</u>	<u>(72,000)</u>	<u>(39,545)</u>
TOTAL FUNDS	<u>291,791</u>	<u>(293,470)</u>	<u>(1,679)</u>

11. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2023.

Structure, governance and management

The organisation is a Charity and Company limited by guarantee, incorporated on 22 November 2012 and registered as a charity on 24 November 2013. The Company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

The Directors of the Company are also Charity trustees for the purposes of Charity law. All trustees give their time voluntarily and receive no benefits from the charity. No expenses were claimed from the charity during this period. Trustees met monthly during the twelve month period to 31 March 2023. The membership of the Board of Trustees is intended to reflect the knowledge and skills required to manage a local foodbank, and new trustees are invited to join as necessary areas of expertise are identified by regular board skills audits. Potential new trustees are interviewed and briefed by the Chair and one or two other trustees, and are invited to attend Board meetings as observers before joining the Board. The charity had five employees during the reporting period, who worked with over 50 volunteers to manage food collection and distribution, referrals and administration.

The charity relies on grants and donations to fund its work, which are liable to fluctuate from year to year. Principal financial management policies will be found in the notes to the Financial Statements, which are available on request.

We regularly review and update our operations handbook, induction and training (for staff, trustees and other volunteers) to implement good practice. To ensure that Nourish is governed effectively, and that we keep our staff, volunteers and clients safe, we have implemented a number of policies and procedures. The following policies (with accompanying procedures) are currently in place:

- Children's Safeguarding Policy
- Adults' Safeguarding Policy
- Risk Register and Risk Management Policy
- Staff and Trustee Expenses Policy
- Volunteer Expenses Policy
- Financial Control Policy
- Financial Reserves Policy
- Donations Policy
- Cash Handling Policy
- Disciplinary Policy
- Bullying and Harassment Policy
- Equal Opportunities and Diversity Policy
- Flexible Working Policy
- Data Protection Policy
- Privacy Policy
- Complaints Procedure
- Fresh Food Voucher Policy
- Political Activity and Campaigning Policy
- Social Media Policy
- Serious Incident Reporting Policy
- Trustee Conflicts of Interest Policy
- Engaging External Speakers Policy
- Investing Funds Policy

These policies and procedures are kept under review as our operations evolve, new challenges emerge and new guidance is issued by regulatory bodies, such as the Charity Commission and Information Commissioner's Office. Where necessary, we also call on external support to improve our governance and operations.

Looking ahead

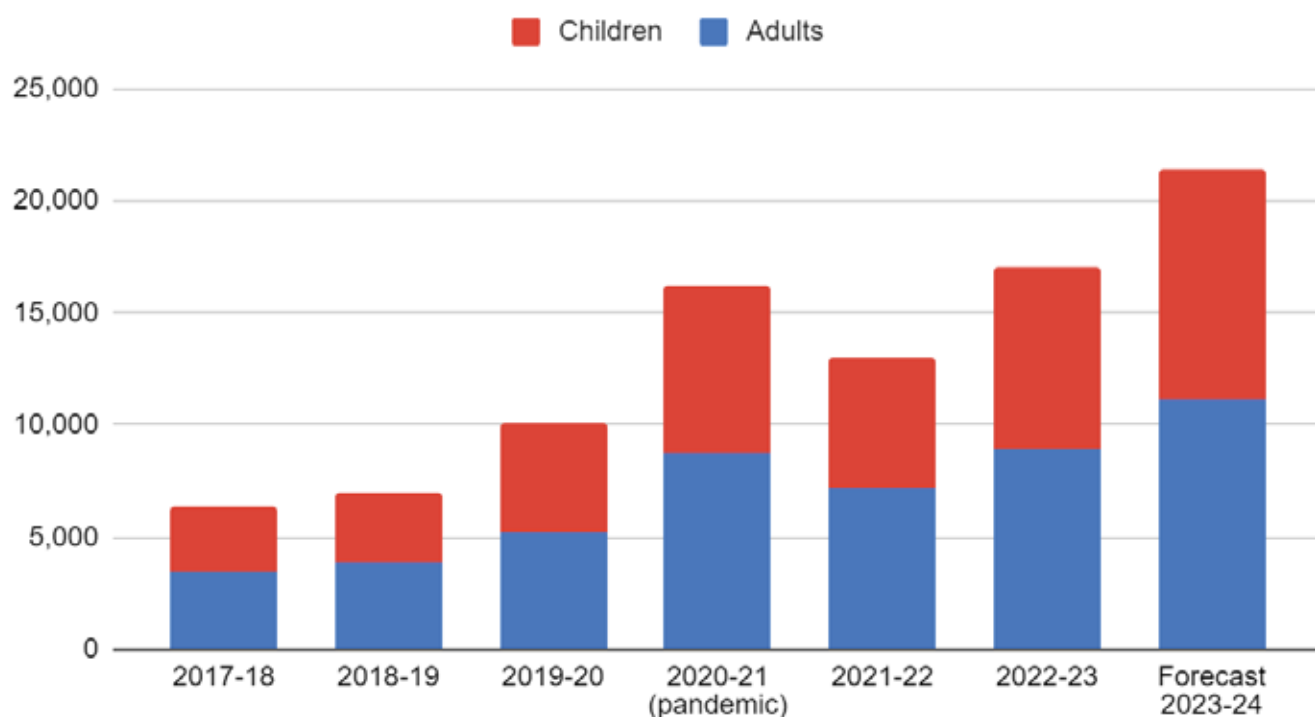
Nourish has experienced an average 25% year-on-year growth in client numbers over the past five years, with the number served in 2022-23 exceeding even the high number reached during the pandemic in 2020-21. Increasing referrals in 2023-24 points to further growth in need: even more households in food crisis, and even more desperate parents going without to feed their children.

Last year we did a fantastic job. We helped as many people as we could, as fast as we could. We provided the food they needed and, in many cases, helped them to cook that food, heat their homes and address their underlying life challenges when no one else would.

Already in 2023-24, we are finding our resources critically stretched. Less food is being donated, but more people need it. The cost of living crisis is still very much present, with many client households facing a choice of heating or eating, and our supporters cutting back on the amount of food they feel able to donate. We have launched new campaigns to encourage food and financial donations, and the trustees have ring-fenced reserves to be able to continue purchasing food, although reserve funds are finite.

One thing is certain: we urgently need more help. More food donations, more regular income and more grants. If you are able to, please help us. Thank you.

Number of people in crisis provided with emergency food



Work and achievements in 2022-23



Nourish wins Charity of the Year from local newspaper



Trolley generously filled with donations



Raising funds at the Tonbridge Dragon Boat Race



Dawn receiving BEM award for services to the community



Generous donations from customers at The Guinea



Santa and the Round Table collecting food donations



Raising Nourish's profile at the Soap Box Race



Dawn inspires volunteers on a team-building day



Spreading the word to the crowds at Pub in the Park

NOURISH COMMUNITY FOODBANK LIMITED

England & Wales - Charity number 1154716

Accounts



Annual Review for the year ending 31st March 2022

Nourish Community Foodbank

Charity Number: 1154716

Registered Company Number: 8303764

Board of Trustees

Paul Haines – Chair

Sue Smith – Vice Chair

Peter Wooster -Treasurer

Nicola Hill

Annie Jordan (Joined 22nd Feb 2022)

Chris Leaning

Viv Packer

Simon Reader

Bryony Roy (Joined 22nd Feb 2022)

Adrian Tofts

Simon Vincent

Carol Wilson (Until 25th Jan 2022)

Administrative information

Postal Address:

Unit 5, Kingstanding Way, Tunbridge Wells, Kent TN2 3UP

Food Collection and Storage:

Unit 5, Kingstanding Way, Tunbridge Wells, Kent TN2 3UP

Registered Office:

Unit 5, Kingstanding Way, Tunbridge Wells, Kent TN2 3UP

Bankers:

CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JC

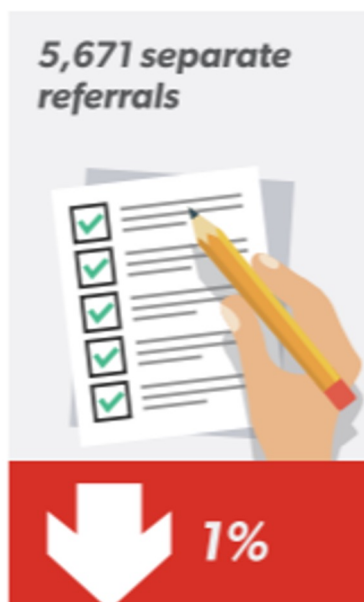
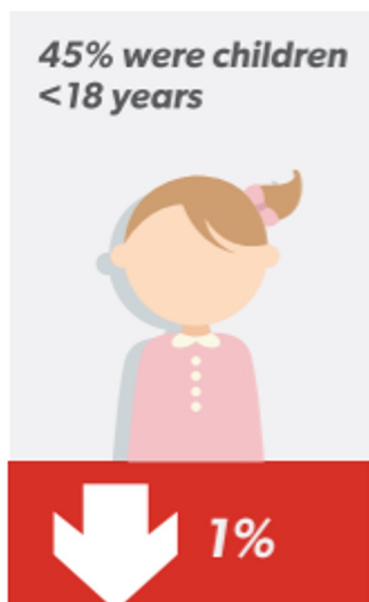
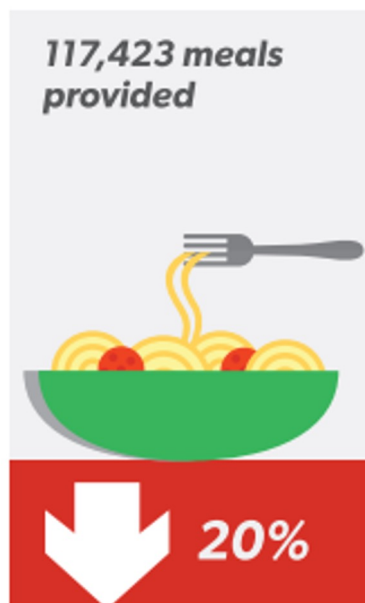
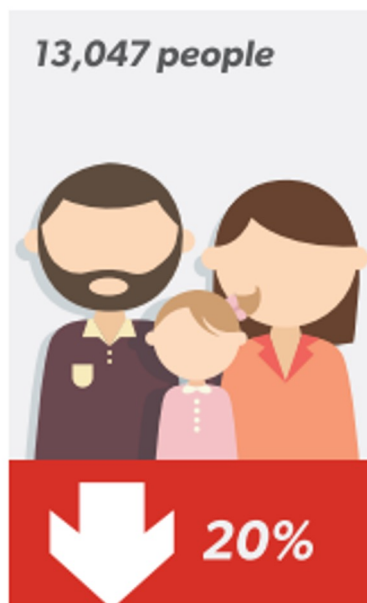
NatWest Bank, 89 Mount Pleasant Road, Tunbridge Wells, Kent TN1 1JQ

Metro Bank PLC, 2 & 4 Calverley Road, Tunbridge Wells, Kent TN1 2TB

Accounts independently reviewed by:

Deeks Evans, Chartered Accountants, West Barn, North Frith Farm, Ashes Lane, Hadlow, Tonbridge, Kent TN11 9QU

How many people did Nourish feed last year?



%s are compared to 2021

How we deliver public benefit

Nourish was founded in 2012 as a volunteer-led charity and company limited by guarantee. Since then we have grown rapidly, but our purpose remains simple: to provide a three-day emergency supply of food to those in crisis. Our mission is to ensure no one need be hungry across the Borough of Tunbridge Wells, South Tonbridge and the surrounding areas.

Over the last 10 years, we have seen the need for Nourish increase for several reasons:

- An expansion of geographical reach, from Tunbridge Wells town, initially, to include the wider borough, and South Tonbridge in the neighbouring Borough of Tonbridge and Malling, together with other surrounding areas. This year we extended further to cover Penshurst and Speldhurst.
- Substantial increase of our network of referral agencies. This continues to be the case with the number of agencies extending to 211 in 2021- 2022, including 651 contacts within those agencies.
- Increase in demand. 2020 – 2021 was an exceptional and anomalous year because of the Covid-19 pandemic, which led to a sudden increase in demand for our services from the end of March 2020, which continued into the first half of 2021. Following a drop in numbers in the second half of 2021, the demand started to increase again in early 2022, due to financial uncertainty, high inflation and market instability resulting from, amongst other things, rising fuel costs and the beginning of the war in Ukraine.

Referral process

We work on a strict referral-only basis, from a large number of agencies, including health professionals, social workers, family liaison officers, housing support workers, key workers, police, voluntary agencies such as Citizens' Advice and Age UK TW and community referrers. They make the decision regarding eligibility for a Nourish food parcel. The need for referral to Nourish is usually caused by a complex combination of events. These include benefits delays, debt, unemployment, illness and, increasingly, domestic abuse or the impact of reductions or delays in payment of Universal Credit.

We work collaboratively with these referral agencies and, in doing so, we can refer clients for additional support and advice, to help them alleviate their temporary financial hardship and move forward with their lives. This also enables us to better understand the impact of the issues that brought them to Nourish and to monitor the longer-term social impact. Nourish is increasingly being asked to form part of case-study teams that consider the wider issues affecting individuals.

It is important to us that our referring agencies abide by our policy to make no distinction based on sex, age, ethnicity or political, religious or other opinions, so that we can meet local needs, challenge social exclusion and deliver an effective and much-needed community service. By working in partnership with other food banks, both locally and across Kent, we can ensure we are following best practice and are responsive in identifying pockets of unmet need.

As the country went into lockdown due to the Covid-19 pandemic in March 2020, we saw demand rise rapidly. At its peak we saw a 100% increase in referrals and deliveries. By the end of 2021, demand had reduced to more manageable levels, but the first quarter of 2022 has seen an increase in demand again as the cost of living crisis and soaring energy costs bite.

Our food parcels

A Nourish food parcel contains sufficient non-perishable food, plus a selection of fresh fruit and vegetables and bread and bakery items, to enable a client to make three meals a day for three days. It typically contains the following, (although this varies to accommodate specific dietary preferences such as vegetarian/vegan, dietary intolerances/allergies such as gluten, dairy or nuts and religious dietary restrictions):

Soup	Beans	Potatoes	Vegetables and tomatoes
Fish	Pulses	Cereal/porridge	Pasta and sauce
Rice and sauce	Household items	Toiletries and toilet rolls	Long-life milk
Fruit juice	Baby food (as appropriate)	Sanitary products	Pet food (as appropriate)
Fresh fruit	Bread	Bakery items	Treat items

Our service

Each week, our volunteer packers make up food parcels, as requested by our referral agencies, in the warehouse. A particular point (and unique until lockdown) in the Nourish service is that these food parcels are delivered to the homes of people in crisis by our volunteer drivers, rather than asking clients to pick up their food from a central point. This enables us to ensure confidentiality (particularly important when providing support to victims of domestic violence), reduce operating costs and eliminate the need for clients to carry several parcels of food. As our geographic reach has expanded, having one central collection point would also not be a feasible means of providing our service. Having this delivery system in place allowed Nourish to move seamlessly to a non-contact process during the Covid-19 pandemic.



Our storage and warehouse operations and office space

At the end of 2020 we began a search for new storage and office space. We had outgrown our existing storage space at Big Yellow Self Storage, and required on-site offices (previously based at St Philip's Church) to allow for increased efficiency. We secured a 10 year lease of a new unit on the Tunbridge Wells North Farm Industrial Estate in Kingstanding Way in April 2021. The warehouse and offices were fully operational by July of that year. It has been a game-changer for the staff and volunteers and clients.

We are grateful to Big Yellow Self Storage who were an extremely flexible and valuable partner until we moved, and to St Philip's Church.

We are also hugely indebted to Childrensalon for donating considerable funds to facilitate the move to the new Warehouse.

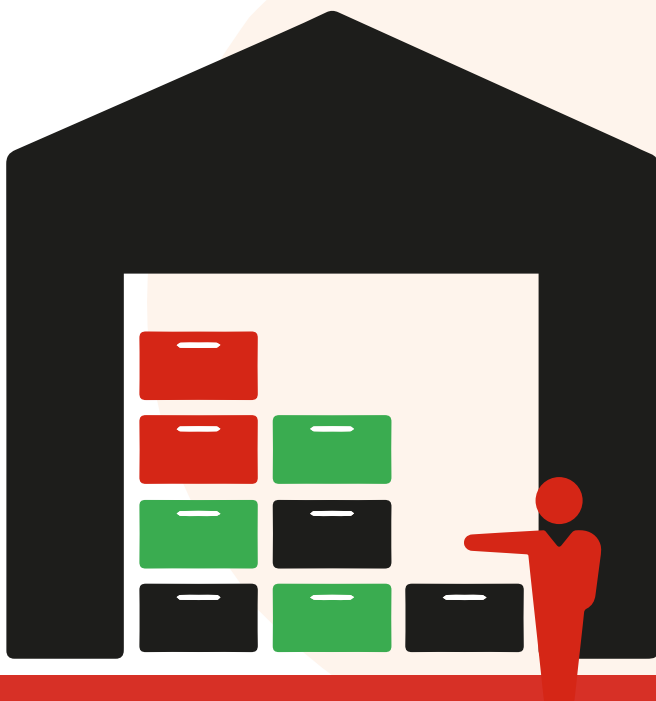
Our van continues to be essential to our operations and is used daily to collect food donations from all our public donation points, local schools, churches and businesses.



Our staff

As in previous years, the workforce has remained small but efficient and they provide a very high level of service on which we pride ourselves.

In April 2021 the hourly contractors joined Nourish as employees. Two of the team were deservedly promoted - our Operations Manager became Operations Director and our Operations Assistant became Operations Manager. In October 2021, a part-time Operations Assistant was added to the team, which also includes a Warehouse Manager and Finance Assistant, both of whom are also part-time.



Our volunteers

Nourish has over 55 active volunteers without whom the charity could not operate. They undertake a wide variety of roles including administration, stock management, packing and delivering food parcels, providing IT support and, when there are no Covid restrictions, assisting at fundraising events. We are pleased that this range of duties provides our volunteers with opportunities to acquire and develop new skills, which are transferable into other volunteer roles and paid employment. Regular monthly Volunteer meetings mean that there is very much a 'Team Nourish' spirit.

Our Board of Trustees has seen a change at the top with Olga Johnson stepping down from her role as co-Chair, after 9 years, in March 2021, and Sue Smith taking on the newly created position of Vice Chair. The transition has been a smooth one and has not affected the day-to-day operation of the charity. The Board sends its heartfelt thanks to Olga for all her work, passion and support for the charity.



Our impact

Although set up to meet a short-term need, we know, from anecdotal follow-up from clients, that our food parcels do help people to get back on track and pull themselves out of financial hardship. Quantifying this is difficult, despite the growing awareness and acceptance of food banks as a common part of everyday life. Even in relatively wealthy areas such as Tunbridge Wells, the shame clients feel at having to turn to Nourish for support does not diminish, and they are reluctant to provide identifiable data about themselves for Nourish to track ongoing benefits.

We continue to hope that there will be a time when we are no longer needed, but with the current cost of living crisis creating further pressure on budgets, we anticipate an increase in demand in 2022/2023.



Chair's message

As March 2021 came to an end, Olga Johnson, one of the original co-founders of Nourish in 2012, stepped back as my co-chair to become our Honorary President. I would just like to say, from all of the Trustees and volunteers, a special thank you to Olga for her service to Nourish.

After the impact of the Covid-19 pandemic and consequent lockdowns in 2020-2021, it really is a testament to the hard work of the Trustees, staff and amazing volunteers that Nourish was robust enough to withstand the continuing demand and pressures in 2021-2022. Nourish was able to provide the necessary emergency support for everyone needing our help throughout this challenging year, despite the additional stresses placed on individuals and businesses.

Throughout the year we had elevated demand, with multiple Covid-19 lockdowns triggering greater need. While overall food donations were lower than normal, we continued to see amazing financial donations that enabled us to purchase food from wholesalers. We have had to persist with supplementing donations via wholesalers, as the cost-of-living crisis and Ukraine war has seen food prices surge and donations yet to return to pre-Covid levels. Thank you so much for this continued support, which has enabled us to plan ahead and bulk-buy the stock required to continue to provide to those in need.

April to July 2021 were landmark months for Nourish. Following the signing of a lease on our very own warehouse at the end of March, the work started on the fit out of offices and storage areas. For the first time we were able to have all staff and volunteers in one place, working in unison to deliver our service. We were only able to do this thanks to the generous donation by Childrensalon in October 2020, which was ringfenced specifically for this project. Thank you so much!

In June there was cause for a double celebration following news about two of the most dedicated and deserving people at Nourish. Olga Johnson was recognised in the Queen's Birthday Honours with an MBE and Dawn Stanford, our Operations Director, received the BEM. Huge congratulations to them both.

On the 19th July, the country re-opened up from lockdown and we held yet another celebration with the opening of the Nourish warehouse and the awarding of our Queens Award For Voluntary Service by HM Lord-Lieutenant of Kent. A great day with many volunteers, past and present, able to congregate again to celebrate all we had achieved over the years, while also feeling saddened that our service continues to be so much in demand.

During this financial year, Nourish provided emergency food and provisions for an incredible 13,047 people. Since 2012, the total number of people helped now tops more than 65,000 – an incredible 585,342 meals delivered. Looking back at these ten years, I am so proud of our team of staff and volunteers at Nourish and thankful to all the companies, organisations and individuals who have supported us, enabling us to be so effective and responsive to help those in need.

In my final yearly review before I step down as Chair, and as a Trustee, at the end of August 2022, after nine years on the Board, I want to say a huge thank you to every single one of you that has helped since 2012. Nourish has grown into an amazing charity, supporting many individuals and families in the Tunbridge Wells area and South Tonbridge, when they need it most. However, we can only do this with the support of our generous community. Without you, there is no Nourish.

It has been an amazing experience to be part of the Nourish story, and I have been so lucky to have met and worked with so many wonderful people, who truly care about others and I shall miss them all.

If there is one thing I have learned in my time here, and brought vividly to life by the Covid-19 pandemic and the ongoing cost of living crisis, it is that the unexpected can impact anyone. Charities like Nourish really have proved to be a lifeline for some. Together we are making a real difference to those in crisis.

Thank you so much.

Paul Haines
Chair of Trustees

Operations Director's message

This year has seen so many highs for us at Nourish. We finally achieved our dream of securing and moving into our own premises. We were able to accept in person the Queen's Award, Olga, our Honorary President, Olga Johnson, was presented with the MBE and I was awarded a British Empire Medal. I was also privileged to attend the Royal Carol Service at Westminster Abbey in December, to meet HRH Prince William and The Duchess of Cambridge, and to tell them about Nourish and the work we do.

The move to our own warehouse has always been our biggest aim, in order to have everything under one roof, to provide our wonderful volunteers with a better working environment, and also a space to have refreshments, catch up between shifts and to hold our own meetings. The amazing team at Childrensalon funded our office build, and as a result the whole Nourish workforce can now work side by side, at the same time, in much improved surroundings. It is also nice to be able to welcome people to the warehouse to see where we work.

The pandemic and first wave of lockdown was a huge challenge for us as a small charity. We had to find extra resources and deal with a huge and sudden increase in demand. I am so proud of the team for rising to the challenge of meeting all referrals, whilst also dealing with packing and moving to new premises. At the same time, Nourish still managed to deliver all the food parcels every day. This is a testament to the staff and to the passion of our volunteers, which brings them in every single day to help serve our community. We look forward to welcoming our youth team back to the warehouse, many of whom have been continuing to volunteer and support Nourish from home. We know they are as eager as we are to get back to physical volunteering. The challenges continue to arise. Jobs ceasing to exist and the fallout from living on low incomes for so long, alongside the isolation of lockdown increased the demands on just about every frontline service. We are prepared for the numbers not to drop, but we are not seeing food donations return to pre-pandemic levels yet. We continue to use the resources accrued during lockdown and to buy wholesale stock to keep our food levels sufficient to fulfil demand.

Now we have a team of employed staff, supported by an army of volunteers, and our own premises, we can plan for the future. One of the constant strengths of Nourish and the team is the ability to adapt our service to meet our clients' needs. We already signpost them to other means of support, access local support partners for tailored help, and step up during school and Christmas holidays. We meet regularly with local partners, to identify gaps in service provision, and the Trustee Board regularly review local service provision. Nourish could not achieve what it does without the support of our community. We are blessed to have such amazing support which gives me confidence to lead Nourish into the next set of challenges. As we head into our 10th year, we will continue to do all we can to support our clients.

Thank you, from me, the staff team and volunteers, and every client that benefits from our help.

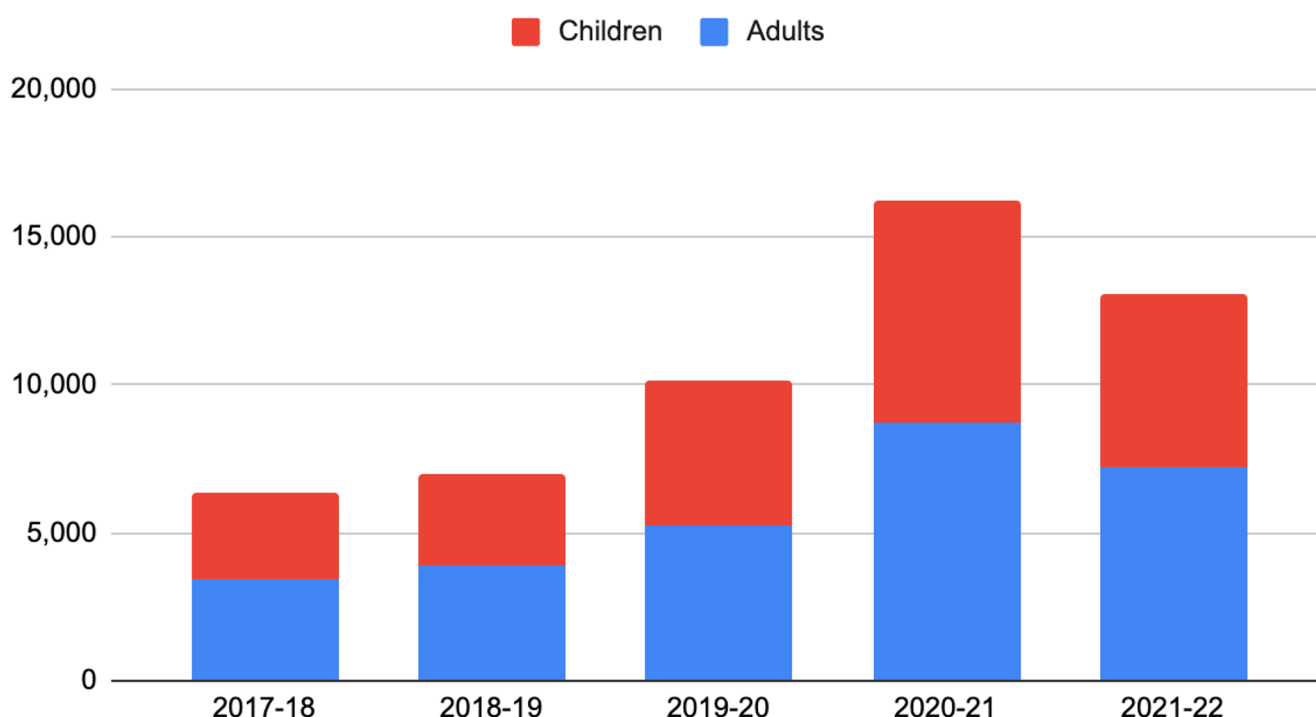
Dawn Stanford
Operations Director

Services over 5 years

There has been a steady increase in the number of people in crisis provided with emergency food. In the year to end March 2022, Nourish Community Foodbank provided three days of emergency food supply for 13,047 people. This compared with 16,238 in the previous year, which was high as a result of Covid-19, and 10,141 in the year to March 2020. Of the people receiving a three-day emergency food parcel supply, 45% were children aged under 18 years.

117,423 meals were provided by Nourish which represents a 7% increase on last year.

Number of people in crisis provided with emergency food

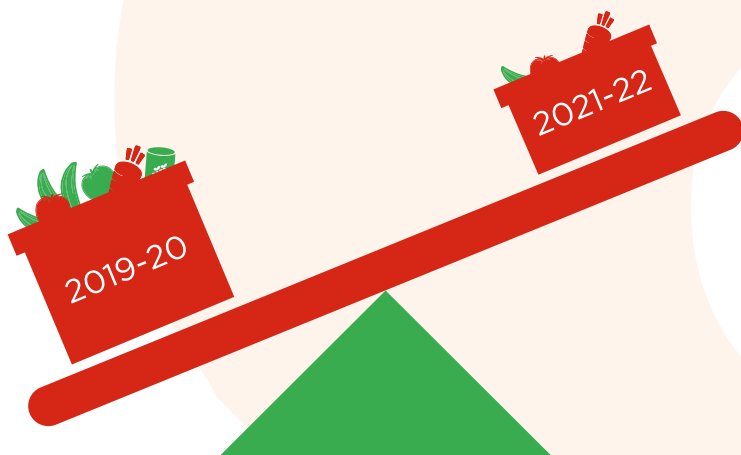


Food Donations

We are extremely grateful to everyone who donated food in 2021-2022.

Since the Covid-19 pandemic, food donations have reduced considerably. Nourish received 45 tonnes of food donations in 2021-22. This is compared to 57 tonnes in 2020-21 and 114 tonnes in 2019-20.

In order to maintain the necessary stock levels to continue our service, we have had to continue to purchase food in bulk. We have launched campaigns to try to encourage food donations and we will examine the reasons for the reduction.

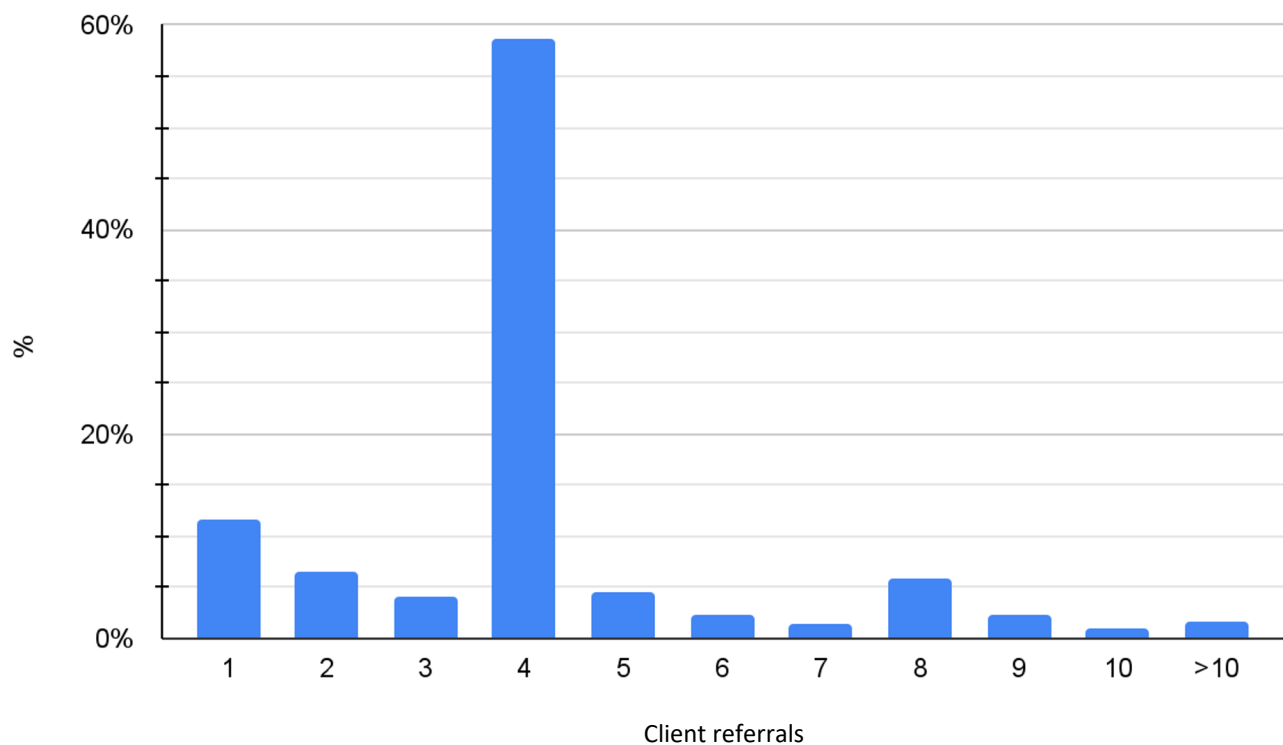


Referrals

Although the year has seen a decrease in numbers, there has been an increase in people requiring more than 3 referrals, from approx. 44% in 2019-2020 to approx. 74%.

Nourish actively works with referral agencies and signposts onwards to help resolve the underlying issues causing this increase .

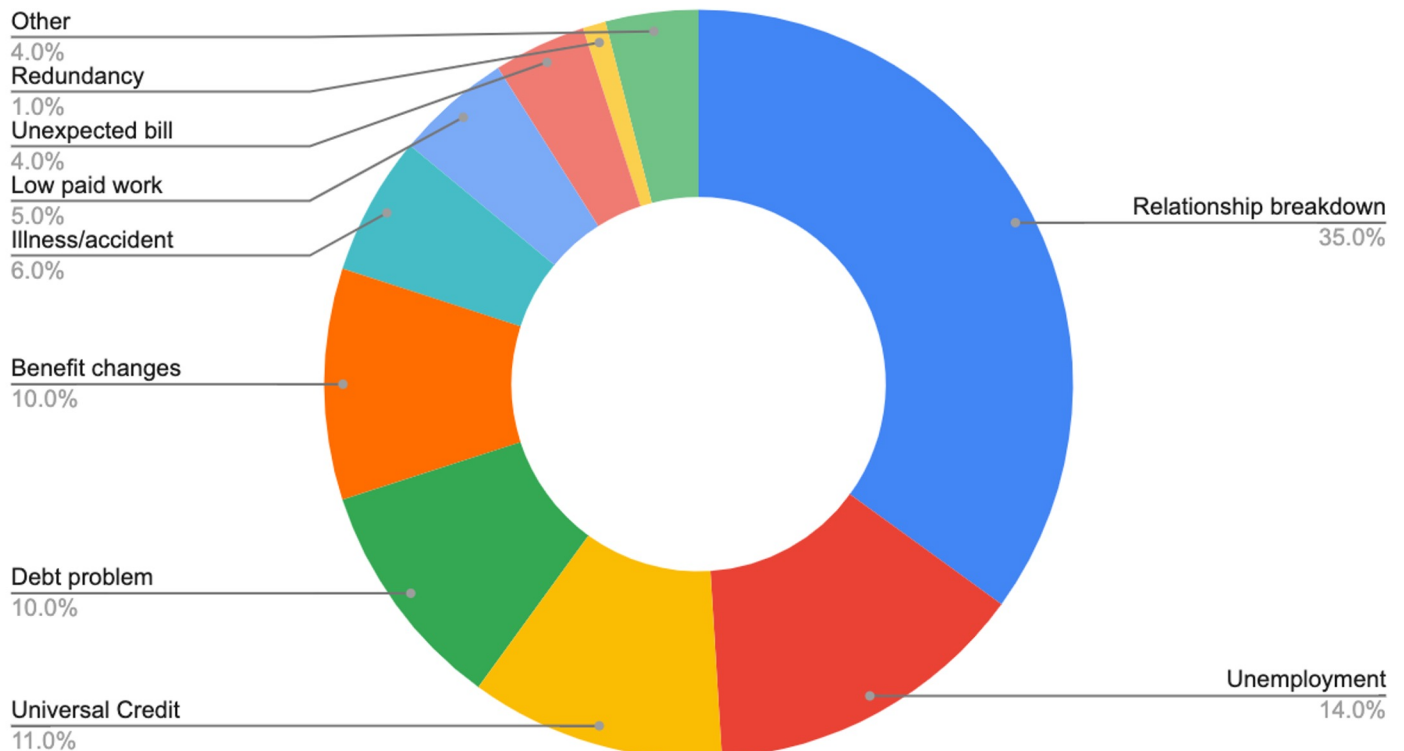
Number of referrals per client (2021-22)



Reasons for referral

There are multiple reasons why people are referred for short-term crisis support. Complex financial issues frequently result in relationship breakdown (which includes domestic violence), and is shown as the main presenting problem.

2021-22



Referral agencies

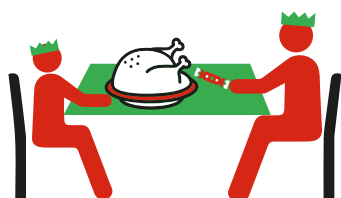


During 2021-2022, our referral base increased to 211 frontline referral agencies across Tunbridge Wells and South Tonbridge, due to the Covid-19 pandemic.

They made a total of 5,710 referrals to Nourish. Aside from the notable increase in referrals from relationship breakdown (including domestic violence), increasing numbers of referrals were seen from doctors' surgeries, mental health organisations, the early intervention team and Local Authority Services.

Nourish continued to maintain a high profile within Tunbridge Wells and South Tonbridge during 2021-2022, as a key organisation working in the community to address poverty.

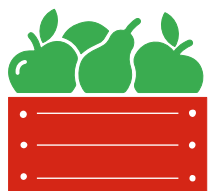
The Impact of Nourish



Jason had been homeless most of his adult life and during the pandemic he was offered temporary accommodation. The time spent in this accommodation allowed him to work with the housing team, and other support agencies, to prepare him for his own tenancy, and at Christmas he moved into a self-contained bedsit. Being street homeless for so long, Jason had no belongings other than a bag of clothes. Following his offer of accommodation, he was referred to Nourish and was provided a start-up parcel of all those essential items to fill store cupboards, such as condiments and household cleaning items, which released funds to allow him to buy items to turn his flat into a home. The Christmas parcel gave him the opportunity to cook his very first Christmas lunch that he was able to share with a friend.



Claire and Danny were both furloughed during the pandemic and things were tough. The little amount of savings they had were used to pay bills and just trying to get through until things opened up again. Neither workplace re-opened and although Danny managed to find other work, Claire was pregnant and losing her job meant she would not now get maternity pay. The excitement of expecting their first child soon became a worry because of the strain on the household finances. Claire eventually had to give up looking for work, due to pregnancy complications, and things got even harder and tighter. Claire's midwife was worried about the family and the strain on Claire so referred her to Nourish, to help relieve the pressure on money and so they could pay off some large bills. Nourish put Claire in touch with a money support agency and they gave the family some advice about accessing the right benefits to help maximise their income. Nourish also put them in touch with a small charity that helps with the supply of donated newborn items. Claire successfully completed her pregnancy and a gorgeous baby girl joined their household.



Grace fled an abusive relationship with her two teenage boys and was placed in emergency accommodation in a very rural area, which was a huge change for the family. She had no income and had to navigate new benefit applications. She needed help whilst waiting for support. Nourish received an emergency referral late one afternoon and our evening driver took a parcel out to her that evening. The package included dried food, fresh vegetables and fruit and also contained two large bags of fresh items like milk, eggs, ham plus all the lunch items two teenage boys would need. Nourish continued to support Grace for five weeks until her benefits were paid. This help at such a traumatic time is essential as initial support for people fleeing violence and leaving home comforts behind, in order to create a safe place for themselves. The boys appreciated the lunch items and the chocolate biscuits were a real hit for them all!

A year of Nourish fundraising

“Coming out of the Covid-19 pandemic, in 2021-2022 Nourish Community Foodbank continued to be supported by our local community. Whilst many food collection points, including schools, places of worship and businesses, were still restricted in their activity, we were still receiving support from individual, group and corporate donations.

Everyone at Nourish is so incredibly grateful to all those who have supported us in 2021-2022. Your generosity is inspirational, and we are delighted that you continue to support us with donations of food, money, time and facilities, such as renting premises, printing, storage, collection points and general encouragement.”

Paul Haines, Chair of Trustees



Financial summary

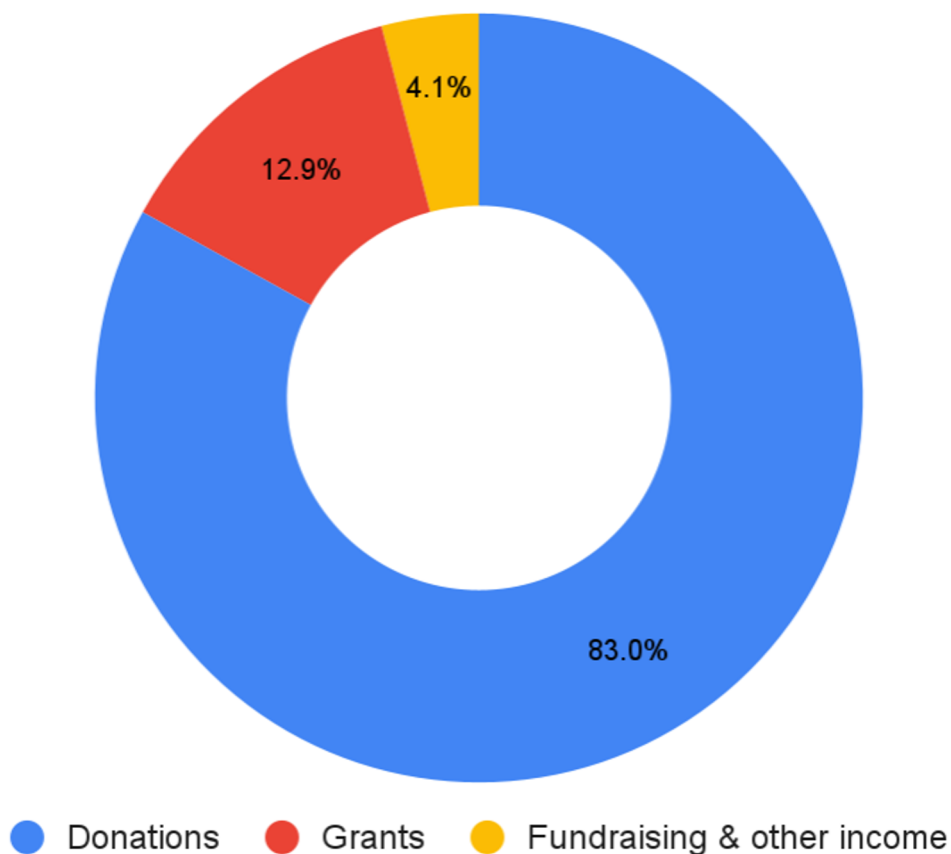
2021-2022

DONATIONS

Regular donations enable us to predict future cash flows and plan for the years ahead. These have increased significantly this year and allow us to plan ahead for our financial security.

Thank you to everyone who supports us with a regular donation. Thank you also to everyone who has given a one-off donation enabling us to pay for core costs and charitable activities and thus to provide emergency food parcels to people in crisis.

Grant Income by type



Key supporters

The trustees, staff and volunteers who make up the operating personnel of the charity are deeply indebted to the many individuals, organisations, businesses, places of worship, clubs and schools, trusts and foundations who have so generously given to Nourish in the form of food, donations in kind and financial support.

Without these valuable contributions the charity would not have been able to support so many individuals in need in the Borough of Tunbridge Wells and South Tonbridge. We are grateful for every donation we receive, regardless of the amount.

Here are just some of the highlights from the many supporters we thanked this year:

- Special thanks go to Childrensalon, Maxipay, Maslins and The Bell at Ticehurst for their exceptional support.
- Artie's Tunbridge Wells to London Bridge Cycle Challenge raised £561.
- Vinnie Brown from Uplands made a hamper to deliver to someone in need over the Easter Holidays.
- Tam Weaver ran the Virtual London Marathon for us and raised over £1,000.
- Long standing supporters, The Guinea Pub, raised a brilliant £1,540 from their fortnightly Quiz in aid of Nourish.
- Volunteers helped us to man the Giant Teddy Bear selfies at Royal Victoria Place Shopping Centre and helped us gather £2,388 in collections.
- Tunbridge Wells Operatic Dramatic Society raised a brilliant £1,750 for us at their performances and events at The Forum helped raise £600.
- The Church of King Charles the Martyr donated £1,352, Christchurch supported us with £2,000, St Matthews Church donated £500 and West Kent Quakers donated £560.
- Jayna Marsh ran the Tunbridge Wells Half Marathon in aid of Nourish and raised over £1,500.
- Friends of Marlborough House donated £1,500 and Lumiere gave us £500.
- We received £1,325 thanks to supporters playing the TW Lotto.
- Wells Angels WI gave us £710 through events and donations.
- TW Round Table Sleigh food collections delivered huge volumes of food in time for the Christmas rush, The Pantiles Rotary Club donated £500 and the West Kent Masons donated £1,000.
- A big thank you to Adina Chemicals Ltd, AV Trinity, Baxalls, BDHL, BNP Paribas, British Land, Commotion Group, Dassault Systems, Haes Cooper, S&S Distribution and Weatherall Roofing.
- Thanks also to the Ian Maiden Charitable Trust for £4,000, The Revilo Trust for £500, the Spencer Family Charitable Trust for £2,000 and the Kershaw Family Charitable Trust for £500.
- In addition, during the year we have seen a substantial increase in regular monthly donations, which has significantly increased our financial security.
- Thank you to the supermarkets in the district for their support by enabling food to be donated at their premises: Asda, Sainsbury's, Morrison's, and Tesco.

Grants

Receipt of the following grants are an essential element of our core funding and the support of our activities. We are extremely grateful to our funders.

TWBC Support Grant		With thanks to Tunbridge Wells Borough Council and Love Where We Live Awards for funding of £5,146 towards our core work.
High Hilden Fund (KCF)	High Hilden Fund	Nourish thanks High Hilden Fund for their grant of £10,000 towards core work.
Sainsbury's & Argos Neighbourly Grant	 neighbourly	Our thanks to Sainsbury's and Argos Neighbourly Grant for £2,455 that pays towards our storage fridges in the new warehouse.
Sir Thomas Smythe's Charity		Thank you to Sir Thomas Smythe's Charity for a £1,000 donation that paid for our core work.
Others		Thank you to our other donors for awarding a further £1,000 in grant funding to support our core work.

REGISTERED COMPANY NUMBER: 8303764 (England and Wales)
REGISTERED CHARITY NUMBER: 1154716

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2022
for
Nourish Community Food Bank Ltd

Deeks Evans
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

Nourish Community Food Bank Ltd

**Contents of the Financial Statements
for the Year Ended 31 March 2022**

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Independent Examiner's Report	2
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Notes to the Financial Statements	5 to 8
Detailed Statement of Financial Activities	9

Nourish Community Food Bank Ltd

**Report of the Trustees
for the Year Ended 31 March 2022**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

8303764 (England and Wales)

Registered Charity number

1154716

Registered office

Unit 5
Kingstanding Way
Tunbridge Wells
Kent
TN2 3UP

Trustees

P Haines (resigned 31.8.22)
Ms N G Hill
Ms A E Jordan (appointed 22.2.22)
Ms V B R Packer
Ms B Roy (appointed 22.2.22)
Ms S L Smith
A Tofts
S P Vincent
P J Wooster
C R Leaning (resigned 26.4.22)
S W G Reader (resigned 25.5.22)
Ms C Wilson (resigned 25.1.22)

Independent Examiner

Deeks Evans
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

Approved by order of the board of trustees on 18/10/22..... and signed on its behalf by:



.....
P J Wooster - Trustee

**Independent Examiner's Report to the Trustees of
Nourish Community Food Bank Ltd**

Independent examiner's report to the trustees of Nourish Community Food Bank Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ACA which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Mr R Young
ACA
Deeks Evans
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

Date: 31/10/22

Nourish Community Food Bank Ltd

**Statement of Financial Activities
for the Year Ended 31 March 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	247,402	32,455	279,857	533,211
Charitable activities					
Charitable activities		11,696	-	11,696	42,823
Investment income	3	38	-	38	-
Other income		200	-	200	41
Total		<u>259,336</u>	<u>32,455</u>	<u>291,791</u>	<u>576,075</u>
EXPENDITURE ON					
Raising funds		20,374	-	20,374	26,365
Charitable activities					
Charitable activities		<u>201,096</u>	<u>72,000</u>	<u>273,096</u>	<u>244,691</u>
Total		<u>221,470</u>	<u>72,000</u>	<u>293,470</u>	<u>271,056</u>
NET INCOME/(EXPENDITURE)		37,866	(39,545)	(1,679)	305,019
RECONCILIATION OF FUNDS					
Total funds brought forward		377,187	50,000	427,187	122,168
TOTAL FUNDS CARRIED FORWARD		<u>415,053</u>	<u>10,455</u>	<u>425,508</u>	<u>427,187</u>

The notes form part of these financial statements

Nourish Community Food Bank Ltd

**Balance Sheet
31 March 2022**

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
CURRENT ASSETS					
Debtors	6	79,476	-	79,476	41,778
Cash at bank		411,327	10,455	421,782	387,759
		<u>490,803</u>	<u>10,455</u>	<u>501,258</u>	<u>429,537</u>
CREDITORS					
Amounts falling due within one year	7	(75,750)	-	(75,750)	(2,350)
NET CURRENT ASSETS		<u>415,053</u>	<u>10,455</u>	<u>425,508</u>	<u>427,187</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>415,053</u>	<u>10,455</u>	<u>425,508</u>	<u>427,187</u>
NET ASSETS		<u>415,053</u>	<u>10,455</u>	<u>425,508</u>	<u>427,187</u>
FUNDS	8				
Unrestricted funds				415,053	377,187
Restricted funds				10,455	50,000
TOTAL FUNDS				<u>425,508</u>	<u>427,187</u>

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

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

The trustees acknowledge their responsibilities for

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

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 21/1/22 and were signed on its behalf by:



.....
P J Wooster - Trustee

The notes form part of these financial statements

Nourish Community Food Bank Ltd

Notes to the Financial Statements for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	242,256	385,632
Grants	37,601	147,579
	<u>279,857</u>	<u>533,211</u>

3. INVESTMENT INCOME

	2022	2021
	£	£
Deposit account interest	<u>38</u>	<u>-</u>

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Nourish Community Food Bank Ltd

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

5. STAFF COSTS

The average monthly number of employees during the year was as follows:

	2022	2021
Salaries	5	-
	<u>5</u>	<u>-</u>

No employees received emoluments in excess of £60,000.

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other debtors	77,196	38,406
Prepayments	2,280	3,372
	<u>79,476</u>	<u>41,778</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Social security and other taxes	1,901	-
Other creditors	2,171	2,350
Accruals and deferred income	71,678	-
	<u>75,750</u>	<u>2,350</u>

8. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	At
	£	£	31.3.22
			£
Unrestricted funds			
General fund	89,687	115,366	205,053
Cessation of activities	127,500	(27,500)	100,000
Funding shortfall	150,000	(40,000)	110,000
Warehouse Reserve	10,000	(10,000)	-
	<u>377,187</u>	<u>37,866</u>	<u>415,053</u>
Restricted funds			
Childrensalon	50,000	(50,000)	-
Sainsbury's Neighbourly Grant	-	455	455
Kent Community Foundation	-	10,000	10,000
	<u>50,000</u>	<u>(39,545)</u>	<u>10,455</u>
TOTAL FUNDS	<u>427,187</u>	<u>(1,679)</u>	<u>425,508</u>

Nourish Community Food Bank Ltd

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

8. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	259,336	(143,970)	115,366
Cessation of activities	-	(27,500)	(27,500)
Funding shortfall	-	(40,000)	(40,000)
Warehouse Reserve	-	(10,000)	(10,000)
	<u>259,336</u>	<u>(221,470)</u>	<u>37,866</u>
Restricted funds			
Childrensalon	18,000	(68,000)	(50,000)
Sainsbury's Neighbourly Grant	2,455	(2,000)	455
Kent Community Foundation	10,000	-	10,000
Sir Thomas Smythe's Charity	1,000	(1,000)	-
Paragon Trust	1,000	(1,000)	-
	<u>32,455</u>	<u>(72,000)</u>	<u>(39,545)</u>
TOTAL FUNDS	<u>291,791</u>	<u>(293,470)</u>	<u>(1,679)</u>

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	60,168	29,519	89,687
Cessation of activities	31,000	96,500	127,500
Funding shortfall	31,000	119,000	150,000
Warehouse Reserve	-	10,000	10,000
	<u>122,168</u>	<u>255,019</u>	<u>377,187</u>
Restricted funds			
Childrensalon	-	50,000	50,000
	<u>122,168</u>	<u>305,019</u>	<u>427,187</u>

Nourish Community Food Bank Ltd

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2022**

8. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	244,085	(214,566)	29,519
Cessation of activities	96,500	-	96,500
Funding shortfall	119,000	-	119,000
Warehouse Reserve	10,000	-	10,000
	<u>469,585</u>	<u>(214,566)</u>	<u>255,019</u>
Restricted funds			
Childrensalon	106,490	(56,490)	50,000
	<u>576,075</u>	<u>(271,056)</u>	<u>305,019</u>
TOTAL FUNDS			
	<u>576,075</u>	<u>(271,056)</u>	<u>305,019</u>

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2022.

Structure, governance and management

- The organisation is a Charity and Company limited by guarantee, incorporated 22 November 2012 and registered as a charity in 24 November 2013. Its Registered Office is at Unit 5, Kingstanding Way, Tunbridge Wells, England TN2 3UP. The Company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.
- The Directors of the Company are also Charity Trustees for the purposes of Charity law.
- All Trustees give their time voluntarily and receive no benefits from the charity. No expenses were claimed from the charity during this period. Trustees met at least monthly during the period to 31 March 2022.
- The membership of the Board of Trustees is intended to reflect the knowledge and skills required to manage a local food bank, and new trustees are invited to join, as necessary areas of expertise are identified by regular board skills audits. Potential new trustees are interviewed and briefed by the Chair and one or two other Trustees, and invited to attend Board meetings as observers, before joining the Nourish Board.
- The Charity had 5 employees during the reporting period, who worked with over 65 volunteers to manage food collection and distribution, referrals and administration.
- We regularly keep under review and update our operations handbook, induction, training and arrangements for meetings (for Trustees and all other volunteers) to reflect the current and planned growth of Nourish and good practice for a charity of this size.
- The Charity relies on grants and donations to fund its work, which are liable to fluctuation from year to year. Principal financial management policies will be found in the notes to the Financial Statements, which are available on request.
- Trustees regard the careful and responsible management of the Charity's resources as a primary responsibility.

Trustees' personal message

The Trustees of Nourish Community Foodbank would like to thank all those who have supported Nourish over the last year.

We are especially grateful to the volunteers and staff, who have continued to show great resilience and offered exemplary service to our clients during another challenging year.

The year ahead

We are already seeing an uptick in demand for our service due to the increase in energy costs and rising inflation. Nourish is well placed to deal with the likely surge in demand and will look at additional services to support its clients, such as fuel (energy) vouchers - discussions have already begun with Tunbridge Wells Council to administer vouchers alongside food parcels, where appropriate.

After a successful Strategy meeting in September 2021, led by an external facilitator, it was agreed that Nourish should initially identify and consolidate its existing processes. On completion, the second stage will look at possibilities for extension of the Charity's service.



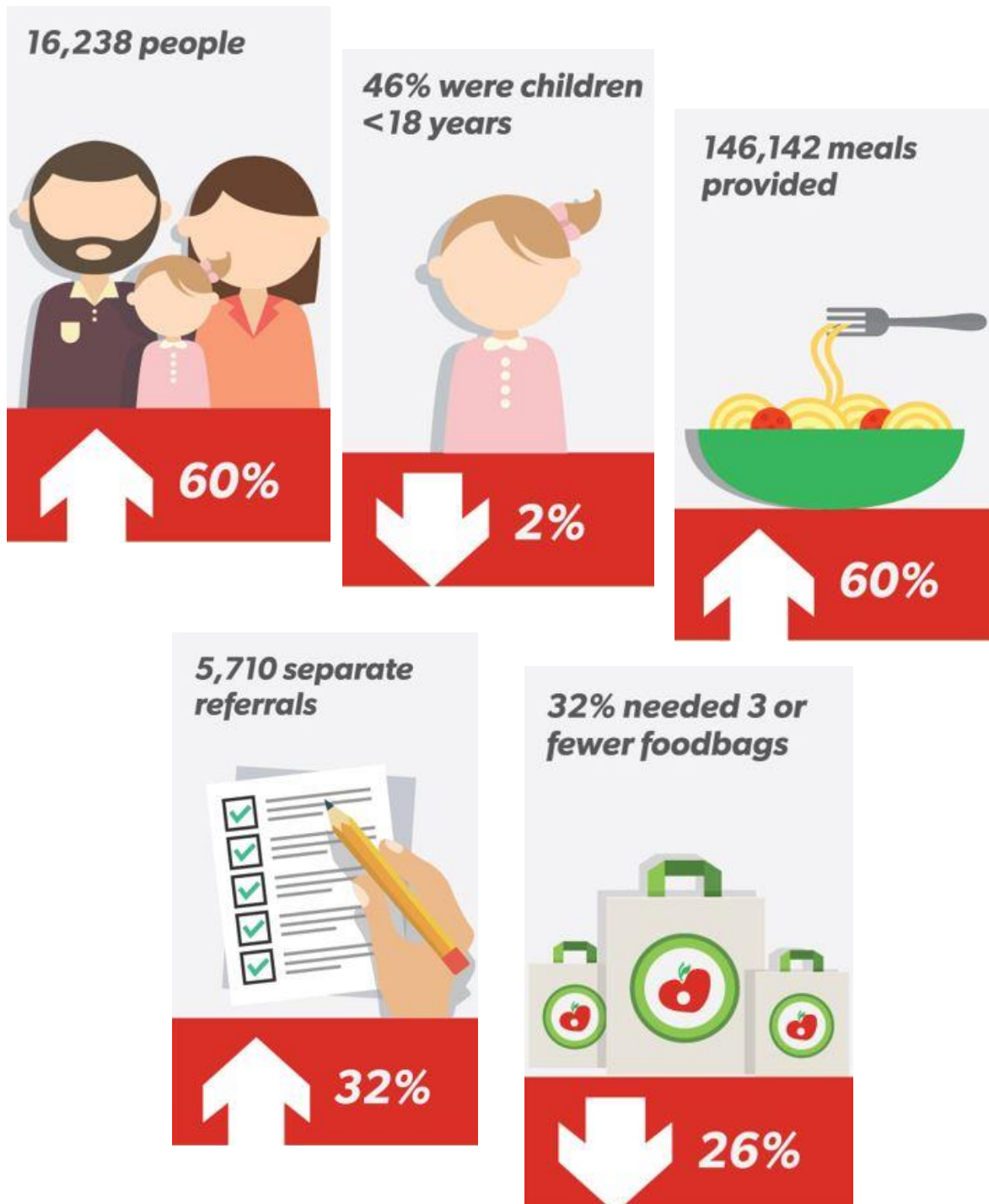
NOURISH COMMUNITY FOODBANK LIMITED

England & Wales - Charity number 1154716

Accounts

Annual review for the year ending 31 March 2021

How many people did Nourish feed last year?



Nourish Community Foodbank

Charity Number 1154716

Registered Company Number 8303764

Board of Trustees

Paul Haines (Co-Chair)

Olga Johnson (Co-Chair)

Peter Wooster (Hon Treasurer)

Adrian Tofts

Carol Wilson

Sue Smith

Christopher Leaning

Viv Packer

Simon Reader (from October 2020)

Nicola Hill (from October 2020)

Simon Vincent (from November 2020)

Administrative Information

Postal Address:

YMCA, 14-18 Goods Station Road, Tunbridge Wells, Kent TN1 2BL

Food Collection and Storage:

Big Yellow Storage, Longfield Road, Tunbridge Wells, TN2 3UE

Registered Office:

Thomson, Snell and Passmore LLP, Heathervale House, 2-4 Vale Avenue, Tunbridge Wells, TN1 1DJ

Bankers:

NatWest Bank, 89 Mount Pleasant Road, Tunbridge Wells, Kent TN1 1QJ

Metro Bank PLC, 2 & 4 Calverley Road, Tunbridge Wells, TN1 2TB

Accounts certified by:

Deeks Evans, 3 Boyne Park, Tunbridge Wells TN4 8EN

How we deliver public benefit

Nourish was founded in 2012 as a volunteer-led charity and company limited by guarantee. Since then, we have grown rapidly, and we are now providing an average of 2,810 meals each week to 312 people. Our remit is simple: to provide a three-day emergency supply of non-perishable food to those in crisis.

Since 2012, we have seen the need for Nourish increase for several reasons:

- There is increased demand
- We have expanded our geographic reach, from Tunbridge Wells town initially, to include the wider boroughs and South Tonbridge, together with the surrounding areas
- We have substantially increased our network of referring agencies.

This has been done with the aim of ensuring we achieve our mission, which is: “No one need be hungry across the borough of Tunbridge Wells, South Tonbridge and the surrounding areas”.

However, 2020 – 2021 has been an exceptional and anomalous year. The worldwide Covid-19 pandemic meant we saw a sudden increase in demand for our service from the end of March 2020, and the need has remained high, with many of our clients requiring support beyond the 12 parcels per year emergency support.

Referral process

We work on a strict referral-only basis from many agencies including health professionals, social workers, family liaison officers, housing support workers, keyworkers, police, voluntary agencies, such as CAB and Age UK TW, and community referrers. They make the decision regarding eligibility for a Nourish food bag (called ‘food parcel’ from March 2021). The need for referral to Nourish is usually caused by a complex combination of events. These include benefits delays, debt, unemployment, illness and, increasingly, domestic abuse or the impact of Universal Credit and, this year, the Covid-19 pandemic.

We work collaboratively with these referral organisations and, in doing so, this permits us to refer clients for additional support and advice, to help them alleviate their temporary financial hardship and move forward with their lives. This also enables us to better understand the impact of these issues and to monitor the longer-term social impact. Nourish is increasingly being asked to form part of case-study teams that consider the wider issues affecting individuals.

It is important to us that our referring agencies abide by our policy to make no distinction based on sex, age, ethnicity or political, religious or other opinions, so that we can meet local needs, challenge social exclusion and deliver an effective and much-needed community service. By working in partnership with other local foodbanks and those across Kent, we can ensure we are following best practice and are responsive in identifying pockets of unmet need.

As the country went into lockdown due to the Covid-19 pandemic in March 2020, we saw demand rise rapidly. At its peak we saw a 100% increase. Tunbridge Wells Borough Council set up a Covid Response Committee, which included our Operations Manager, to help lead and coordinate services and delivery to residents during the pandemic, in supporting those in crisis and dealing with an anticipated increase in demand for help. Our staff and volunteers at Nourish went ‘above and beyond’ to support those affected – many of whom had seen their situation change overnight and had never had to consider using a foodbank before. The Charity was also overwhelmed by support and donations (both financial and physical) from the local community, which helped Nourish ensure it could fulfil every referral.

Our Food Bags (‘Parcels’ from 2021)

A Nourish food bag contains sufficient non-perishable food to enable clients to make three meals a day for three days. It typically contains the following, (although this varies to accommodate specific dietary preferences, such as vegetarian/vegan and dietary intolerances/allergies such as gluten, dairy or nuts and religious dietary restrictions):

Soup	Beans	Potatoes	Vegetables and tomatoes
Fish	Pulses	Cereal/porridge	Pasta and sauce
Rice and sauce	Household items	Toiletries and toilet rolls	Long-life milk
Fruit juice	Treat items	Baby food (as appropriate)	Pet Food (as appropriate)

Our service

Each week, our volunteer packers make up food bags in the warehouse, as requested by our referral agencies. A quite unique point in the Nourish service is that these food bags are delivered to the homes of people in crisis by our volunteer drivers, rather than asking people to pick up their food from a central point. This enables us to ensure confidentiality (particularly important when providing support to victims of domestic violence), reduce operating costs and eliminate the need for clients to carry several heavy bags of food. As our geographic reach has expanded, having one central collection point would no longer be a feasible means of providing our service. **Having this delivery system in place allowed Nourish to move seamlessly to a non-contact process during the COVID-19 pandemic.**

Our storage and warehouse operations and office space

Our grateful thanks go to Big Yellow Self Storage, Tunbridge Wells, who continued to allow us to be incredibly flexible with our storage solutions. During this time, it has become necessary to take steps towards expanding our warehouse facilities further in order to accommodate the increase in donations and the requirement to bulk buy food to help support all those affected by the COVID-19 pandemic.

In terms of office space, we continued to use rooms at St Philip's Church, but, as indicated above, it became clear, a year into the pandemic, that Nourish had expanded sufficiently to require a bigger, stand-alone warehouse space that could also house the office on-site. This would also allow for more efficiency. The hunt for a suitable space commenced at the end of 2020.

Our van continues to be essential to our operations and is used daily to collect food donations from all our public donation points, local schools, churches and businesses. During the pandemic, it has also allowed us to restrict certain donation drop-offs, opting for socially-distanced collections instead.

Our staff

The staff base has, this year, remained, as ever, small but efficient. During the reporting period, Nourish have continued to employ, on a contractual basis, a full-time Operations Manager, a part-time Operations Assistant and part-time Warehouse Manager. In 2020, a Finance Assistant was added to the team. This has allowed the Charity to continue to provide the high level of service on which we pride ourselves.

Our volunteers

Nourish has over 50 active volunteers, (including the Trustees themselves), with all drivers DBS-checked. They undertake a wide variety of roles including administration, stock management, packing and delivering food parcels providing IT support and, in non-COVID times, assisting at fundraising events. We are pleased that this variety of roles provides our volunteers with opportunities to acquire and develop new skills that they can then transfer into other volunteer roles and paid employment. Regular monthly meetings mean that there is very much a 'Team Nourish' spirit.

As Government letters landed on doormats in March 2020, a significant percentage of Nourish volunteers were told to shield or were stood down due to being in vulnerable groups. We pass on our huge thanks to Tunbridge Wells Rugby Club and Tunbridge Wells Scouts, who offered DBS-checked drivers to help us maintain the ever-increasing demand

Our impact

Although set up to meet a short-term need, we know, from anecdotal follow-up from clients, that our food bags help people to get back on track and pull themselves out of financial hardship. Quantifying this is difficult, despite the growing awareness and acceptance of foodbanks as a common part of everyday life. Even in wealthy areas such as Tunbridge Wells, the shame clients feel at having to turn to us for support does not diminish, and they are reluctant to provide identifiable data about themselves for Nourish to track ongoing benefits.

We continue to hope that there will be time when we are no longer needed, but unfortunately, given these annual figures and the increased pressures from the COVID-19 pandemic, we continue to plan for year-on-year increases in demand.

Review of the year

Chairs' message

When looking back over the 2020-2021 year, it still astonishes me that there is so much compassion and generosity in our local area. In an unprecedented year, we saw demand for our services increase dramatically, as more and more people fell into short-term crisis. We were only able to respond to this increased level of help due to the amazing work of our staff and volunteers, and all our supporters. I want to take this opportunity to say thank you – we could not have done it without your help.

As we entered the second week of the first national lockdown, there was still a mixed feeling of fear and hesitation, with the unknown hovering over all of us. Yet our wonderful team of volunteers carried on, as they always have. With some of our volunteers shielding, local organisations stepped in to help, and the volunteers from Tunbridge Wells Rugby Club, Tunbridge Wells Scouts and Childrensalon were amazing!

Referrals jumped and we saw several months of elevated need. When all our donation stations suddenly closed, and with supermarkets harder to access, people in the amazing community in which we live started donating money – an exceptional amount of money - and we quickly adapted to buying food from wholesalers, with the funds we received. This continued throughout 2020-2021. Having a regular income stream became incredibly important for Nourish to bulk-buy stock necessary to provide provisions for those in need.

In June, after several months of lockdown and high numbers of referrals, we received the incredible news that Nourish had been awarded the Queens Award for Voluntary Service. I am so pleased that our wonderful volunteers were recognised for their contribution to our community through this fantastic award. Even though we could not celebrate in person, we plan to do so once lockdown restrictions are lifted. The award was just the boost our depleted team of volunteers needed to keep going!

Throughout the year, as restrictions and lockdowns prevented fundraising activities from taking place in person, it was amazing to see so many supporters switch to virtual events to raise funds. That may be one positive COVID change we can take forward for the future, to create new opportunities for people to donate to Nourish. I must give a special mention to one of our supporters. Childrensalon have supported Nourish for many years with food donations, financial support, fundraising events. It has also helped to provide volunteers in our units sorting donations, and as drivers delivering food bags – even in the snow! In October 2020, they donated substantial proceeds from a huge Black Friday sale. Everyone at Nourish was completely overwhelmed. Thank you to Childrensalon once again for your incredible support. This donation will be used to fund major changes for Nourish as we move forward!

Providing food for 16,238 people during the pandemic – more than we have ever done before - appals me but makes me so proud of our team at Nourish and thankful to all our supporters who make it happen. Unfortunately, the pandemic has shown just how easy it can be to fall into short-term crisis; COVID has shown that it could happen to any of us. During this time, it has been necessary to support people over a longer period, and we have seen the number of people needing only a single referral drop to just 14% (from 28%), with most clients needing help for around four weeks.

One of the hardest things we have had to manage is the shocking increase in referrals resulting from domestic abuse. With a year-on-year increase in referrals of over 300%, (as against an overall increase of 32%), the impact of lockdowns and people being stuck in their homes has taken its toll. Domestic abuse has, for the first time, become

Nourish's top reason for requiring a food bag, accounting for 1,989 referrals, or 35% of our total. Often, it is not just one person who is affected when domestic abuse happens and on average, each referral supports at least one child too. Furthermore, these referrals frequently relate to clients who have had to be moved from their former homes from elsewhere in the country, supported by local refuges and charities.

I would particularly like to offer special thanks to Olga Johnson who stepped down as my Co-Chair at the end of March 2021, (becoming Honorary President of Nourish from April 2021). Olga co-founded Nourish Community Foodbank in 2012, with the aim of delivering healthy food bags to those in crisis in our community. She helped to steer the Charity through a huge growth trajectory, and on behalf of the other Trustees, volunteers and staff I would like to say how grateful we are to her. Her vision, compassion and determination has allowed for so many people to receive help and support over the years and she was later recognised with an MBE in 2021 for this and her other considerable charitable work.



That Nourish has been able to support so many people since it was founded, and is able to be so effective in responding to this need, is tribute to the generosity of the many volunteers, companies, organisations and individual donors that provide support. Together we are making a real difference to those in crisis.

Thank you so much.

Paul Haines



Operations Manager's message

I have been at the helm of Nourish for the last 7 years and we have seen some testing times. Running a foodbank on a normal basis has its challenges, and I am incredibly proud of my team for always rising to each new trial we face, to meet the needs of those in crisis.

2020 was, however, a whole new ball game! Within three weeks of the country going into lockdown, our referrals had doubled, and our volunteers had reduced by a third, with having to self-isolate and safeguard themselves. Not the best conditions to get a restful night's sleep, but the support that Nourish received from the community shone through again, this time from our local rugby club, TWRFC, and from our lovely Scout and Beaver leaders, who all responded to my cries for help.

Nourish has always done home delivery of our food bags, (renamed 'food parcels' later in 2021), to cover a wide geographic area in a discreet way, with no-one else needing to know a food bag is required. To safeguard our clients, our drivers are all DBS-checked, which means that simply getting someone to volunteer as a driver is not as quick and straightforward as it sounds. The rugby coaches and those that lead youth groups follow the same safeguarding processes, and being already 'checked', their help has been invaluable in helping us to continue through this busy year.

We upped our standard delivery days from three to five days and have continued to do this throughout the past year. This has been one of the most challenging times for Nourish, but I am proud to say we have maintained our promise to not let anyone go hungry and have been able to fulfil every single referral.

Amid this extra work, there have been some outstanding highlights. Winning the Queen's Award for Voluntary Service was huge recognition for the Nourish team, and I had the immense pleasure of presenting some commemorative pins, on a socially distanced basis, to our volunteers, both at home and those working throughout the pandemic.

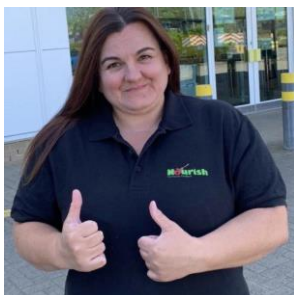
It also became clear, in the early stages, of the pandemic that we had outgrown the Big Yellow storage facility, and the 'warehouse project', which had been on the Charity's "wish list" for many years, started to become a reality.

As we began to prepare to move all aspects of Nourish under one roof, we anticipated that this would make a huge difference to our working environment in 21/22. This is, and will be, a huge milestone for a small charity. It also reflects the reality that foodbanks, and Nourish in particular, have become a part of the everyday fabric of our community.

This year for me is all about thanks to everyone who donates a tin of food, a pound or an hour of their time; to the ones who follow or share a Facebook post or tweet support; to those who hold events in aid of Nourish; to those who run miles to raise funds. I thank you, on behalf of the clients who eat a meal because of you, who realise that people care because of you, and I sleep better at night knowing I have the support to be able to fulfil every referral that crosses my desk.

Thank you.

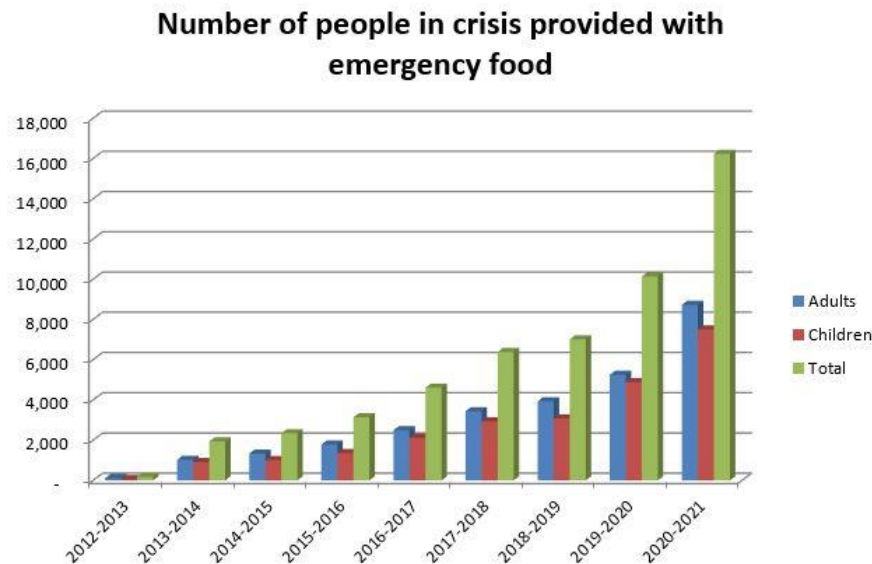
Dawn Stanford



Our services

In the year April 1st 2020 - March 31st2021, Nourish Community Foodbank provided three days of emergency food supply for **16,238** people, compared with 10,141 the previous year. This represents a **60%** increase in the number of Nourish clients.

146,142 meals were provided by Nourish which represents a **60%** increase on last year.

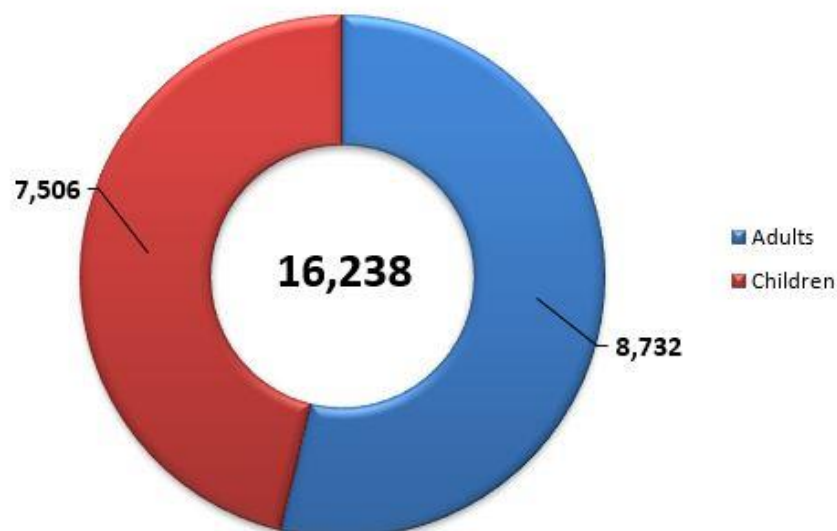


Nourish received a fantastic **57.3 tonnes** of food donations over the year. We are very pleased to be working in partnership with ASDA, Sainsbury's and TESCO who, with the help of their customers, regularly donate food.

At the end of March 2020, once most of our donation points were inaccessible, due to the lockdown, we had to quickly adapt and purchase food to maintain the necessary stock levels to continue our service. This was only possible due to the incredible generosity of people in the local community, who immediately thought of others in need, and our financial donations increased dramatically.

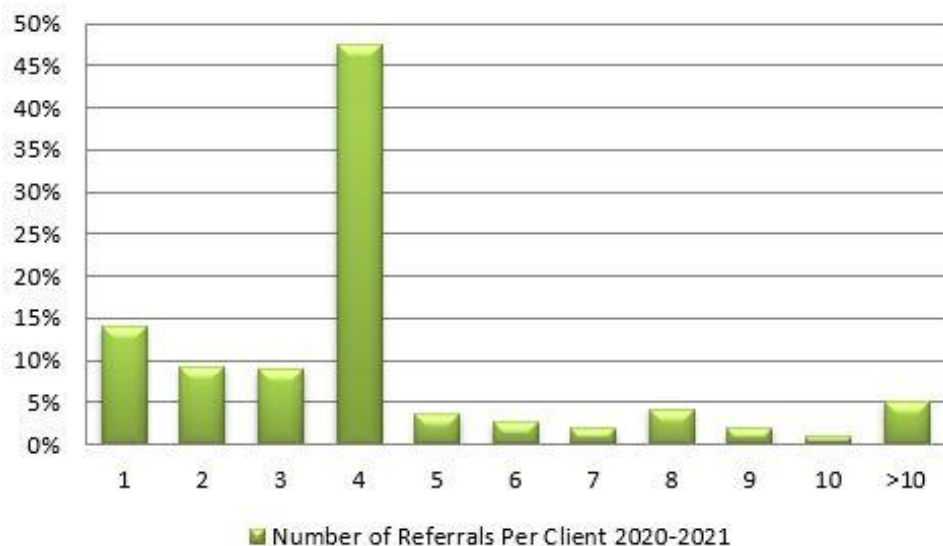
Thank you to everyone that donated in 2020-2021.

Of the **16,238** people receiving a three-day emergency food bag supply, **46%** were **children** under 18.



5,710 separate **referrals** were made to us, with just 14% of our clients needing **only one food bag**, the lowest figure ever, because a larger number of clients required help over a longer period. Some **32%** of our referrals were for people using our service **three times or less** (a maximum of nine days food supply over the course of a year), as against 58% of referrals last year. This is due to more complex cases and clients needing to be supported for a longer period, with most cases needing four weeks of provisions.

Number of Referrals Per Client

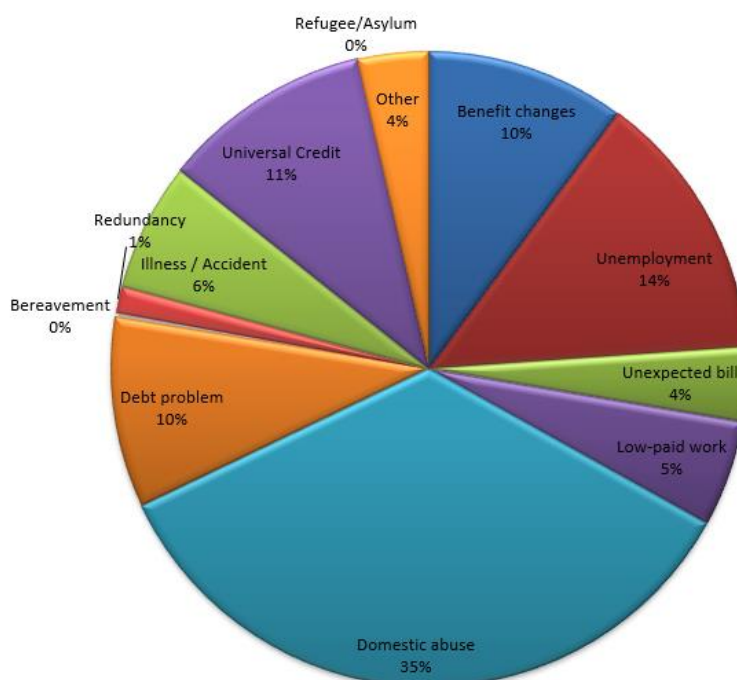


Most of our clients have a short-term crisis, with **86%** receiving **six or fewer food bags**. Nourish actively works with referral agencies and signposts onwards to help solve the underlying issues causing the crisis.

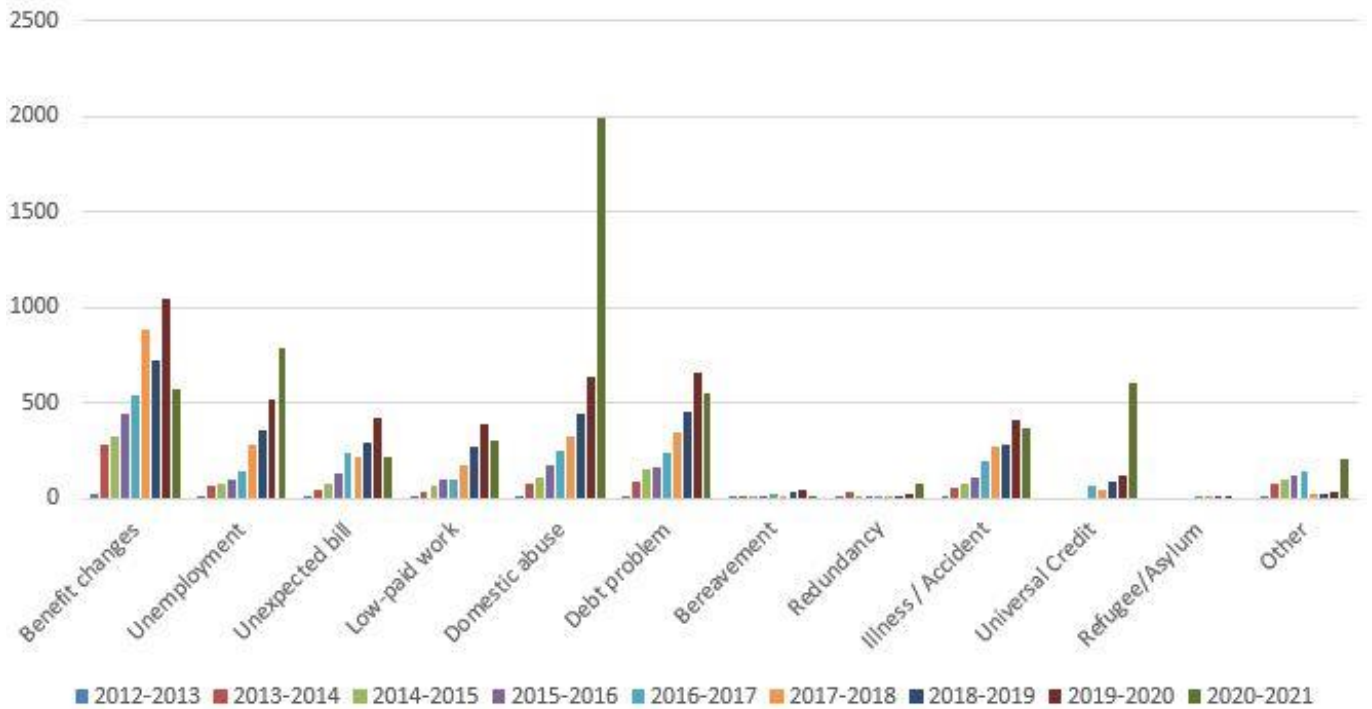
Reasons for referral

There are multiple reasons why people are referred for short-term crisis support. Unemployment/redundancy, debt problems and benefit changes have historically made up a large majority of cases. During 2020-2021, we have seen a large increase in referrals for victims of domestic abuse.

Reasons For Referral 2020-2021



Reasons for referral - Numbers of Referrals over the years



Referral Agencies

During 2020-2021, our referral base fell to 91 frontline referral agencies across Tunbridge Wells and South Tonbridge, due to the pandemic. They made a total of 5,710 referrals to Nourish. Aside from the notable increase in referrals for domestic abuse, increasing numbers of referrals were seen from doctors' surgeries, mental health organisations, the early intervention team and Local Authority Services.

Nourish continued to maintain a high profile within Tunbridge Wells and South Tonbridge during 2020-2021, as a key organisation working in the preventative fields. In March 2020 we became part of the Tunbridge Wells Borough Council **Covid Response Group**.

The impact of Nourish

Behind every one of these statistics is a story. They are all different. The following are just some of the stories from people we have helped this past year. Please note, all names have been changed to preserve their anonymity.

Jane and Tom's story



Jane and Tom both worked for the same restaurant. For all their working life they had both worked full-time, and had recently bought a nice house, which they were in the process of renovating, when the pandemic hit. As they were both furloughed, it wasn't so bad, and the upside was they would be able to take a few weeks to get ahead on the decorating at home. They used their small amount of savings to bridge the gap in the reduction in both their wages.

By the end of April, things were a lot tougher, and the prospect of not being back at work that month meant the last of the savings were gone. Jane rang TWBC to see what additional help they could get in the way of Council Tax benefit.

The Council referred them to us for some help while they determined what extra benefit they were entitled to. We supported them for four

weeks with food parcels, and Jane spoke to Dawn about other agencies that could help them deal with the reduction in household budget.

Dawn said "Crosslight was my first port of call and they helped Jane and Tom to deal with creditors, to get interest frozen, consolidate some debts and to work on the new household income,".

That wasn't the end of it unfortunately. News that the restaurant would not be reopening hit the couple in the first week of June, and they were referred back to Nourish, by Crosslight for a further four weeks of support, while the new crisis was being dealt with. "Both Jane and Tom had to face the prospect of searching for work, like so many others while the country was in lockdown and finding a job when there isn't anything available became a new concern for all of us"

Sam's story

Sam is a mobile hairdresser. She works around her children, with school and clubs etc, and has been self-employed along with her husband for the last few years. Normally, it's enough to manage bills with just a little bit left over. Then the country shut down. With Sam unable to work for months and husband also struggling with reduced self-employed income, (despite working increased hours), this put a massive strain on both the family and the finances. Home-schooling four children and providing meals and snacks during the day was not helping to stretch the finances further to bridge the gap of no income.



After a few months the credit cards were 'maxed out' and all the savings were used up. Things were getting bleaker by the day. Sam was referred to us by her housing association, who were in regular contact regarding the rent arrears she was building up, by running a little short every month.

We supported Sam and her family for six weeks, while she was helped by the Citizen's Advice Bureau and Crosslight, to sort her debts and to access the Self-employment Income Support Scheme for her and her husband. "We had so many people referred, who had worked hard and never thought they would need our help," says Dawn. "It just shows that many more people are living close to the breadline than we think, in such an affluent area. COVID has shone a light on the hidden poverty risk in our town - one that could affect any one of us with a simple change of circumstance."

Emma's story



Emma and her son fled domestic violence. Although it was a long-standing problem, being in a flat together for prolonged periods with a young child meant Emma reached a tipping point, where she was too concerned for her safety, and that of her child, to stay any longer. They were moved to a safe but very rural location overnight, and she had to keep her location secret from her friends and family so she couldn't be tracked down. It was extremely isolating for both her and her son, and being finally safe, suddenly did not seem like a better option. Emma was struggling to feed herself and her young son. Her initial referral came from the local council, and it just said: "Only five nappies left, and Emma has not eaten for two days as there is nothing left".

Dawn, with her years of experience, knows that, every now and then, a referral can come in that she can glance at and just know there is more support needed. "Those two lines on that referral hit me and I knew we needed to make Emma's delivery the same day. We always respond as fast as we can to an emergency referral, but I made sure that I would take the delivery myself so I could speak to Emma face-to-face to see what else Nourish could do."

Dawn drove out to Emma that afternoon with bags full of food, nappies, toiletries, treats and some fresh vegetables and fruit. "Her face, when she saw me unloading the bags, and the utter relief, showed exactly the feeling we aim to provide here at Nourish."

Emma had been taking her young son to nursery by bus, but being out in a rural village, with no car, was a little trickier and more expensive than she had expected, and it took up the remaining funds she had. She was trying to set up her new home from scratch again, and it was all getting on top of her,. Dawn helped Emma access the Kent Support and Assistance Service (KSAS), which gives grants for home essentials and she also got in touch with Nourish's charity contact at Childrensalon, who was able to provide a coat for the toddler.

Emma was supported for 10 weeks in total, but often complex issues like hers can take more than a few weeks to sort. Thanks to Dawn's help, Emma was given a grant by KSAS, moved her son to a closer nursery, claimed all the benefits she was entitled to and accessed some domestic violence support. "The last week of delivering to her was a far cry from the first, and really showed the difference food bags make to clients at their most desperate times. It's so much more than a food bag- we deliver hope and kindness that can take people like Emma towards a whole new future and a new life for her son. "

Annie's story

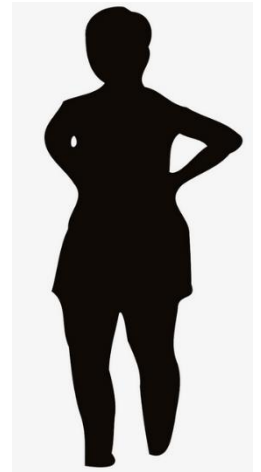
Annie contracted COVID early in the pandemic. She was an active 67-year-old with a part-time job, still very much enjoying driving and volunteering locally with her local church.

Although she recovered from COVID, she still wasn't back to her normal self when she returned to work. However, it became more and more of a struggle as the weeks went on. She had to reduce her hours and dipped into her small savings to cover her bills and essentials.

As the weeks started to turn into months, Annie was still suffering from the after-effects of COVID, well past the summer. It was clear she would have to give up her job, which put her under real financial pressure. Her church referred Annie for some food parcel support, as they noticed that she was looking unwell, and she had mentioned to others that she couldn't use her car, as she couldn't afford to run it. Annie was very reluctant to ask for help but the vicar knew that Nourish had access to additional sources of support. We could provide more than a food parcel.

We contacted local company, 'Cook', for some meals to get her started and linked Annie with a specialist advisor from the Citizen's Advice Bureau, to look at any other additional benefits she could claim. At the same time, we received a duplicate referral from her GP, who was also worried about Annie's health.

Dawn says: "This just confirmed to me that Annie really did need some support before things got worse. Our six weeks of support gave Annie the breathing space and the replacement nutrition to give her the strength to look at the finances and to complete paperwork to claim some additional help. It's hard to deal with a crisis when your health is affected, and you are not getting the nutrition you need to function. It also shows the impact of COVID lasts longer than just the infection, as we have seen time and time again this past year."



A year of Nourish fundraising

Despite the impact of the Covid-19 pandemic, Nourish was overwhelmed by the support offered to us by our local community. Whilst events were put on hold and collection points closed for periods during the lockdowns, our supporters continued to rally to support us, and never failed to amaze us with their generosity, ingenuity and compassion. In the year 2020-2021, we saw demand grow by over 150% at its peak, and it is thanks to our community that we never once had to turn someone in need away. We are privileged to have said 'thank you' to so many incredible people. Here are just a few of the highlights:

- The hugely talented songwriter **Graham Kendrick** fundraised for us with his song "**A Little Love**". The Nourish Board of trustees and volunteers even released their own version too!
- **Childrensalon** continued to support us with food purchases, and the incredible duo of Gracie and Phil shopped for us in fancy dress each week, lifting the spirits of all who saw them
- **Ethan** raised a whopping **£600** bike riding, as part of the 2.6 challenge
- **The Wixley family**, who had run 550km between them in 4 weeks to raise money for three local foodbanks, delivered the food that they had purchased for Nourish beneficiaries
- Masks from **The Soroptomists**, **NHS Tonbridge Sewing Collective** and **TW Scrubbers** went out in client food bags
- **Hamish and the members of TWRFC** ran 4,825km and raised an incredible **£2800** for us
- **RVP/British Land/Literacy Trust** donated 300 books and activity packs and **Craft'd** donated craft packs to be sent to beneficiaries
- The incredible staff, parents and pupils at **The Judd School** raised **£2,300** through a 'Non-uniform at home' Day
- **Skinner's School** raised **£509** for Nourish
- **The Friends of Marlborough House** and the **School Trust** donated **£2,000**
- **Sam Payne** ran the Virtual London Marathon for us raising over **£400**
- Harvest saw a flood of food and cash donations from schools, clubs and places of worship, which were so needed as supplies were running low
- **The Guinea** Pub quiz, when permitted between lockdowns, continued to prove popular and raised over **£200**
- Your Easy Fundraising online purchases and UK Online Giving support raised over **£200**
- Places of Worship within our community collectively raised over **£2,400** for Nourish
- The community driven '**Lend a Hand Appeal**' run by **TWBC** donated over **£3,400** to us

During the year we have seen a substantial increase in regular monthly donations, which has significantly increased our financial security. Thank you to everyone who donates to us in this way. These donations have allowed us to supplement the food donations we were given, by buying food at wholesale prices.

Our grateful thanks go to all those individuals, organisations, businesses, places of worship, clubs and schools who helped us to support those in emergency crisis in our community.

A year of corporate support and trust & grant donations

Everyone at Nourish is so incredibly grateful to all those who have supported us in 2020-2021. Your generosity is inspirational, and we are delighted that you continue to support us with donations of food, money, time and facilities, such as renting premises printing, storage, collection points and general encouragement. Our special thanks go to our funders and supporters below:

Nourish Grants for 2020-2021

TUNBRIDGE WELLS BOROUGH COUNCIL		The Trustees would like to thank Tunbridge Wells Borough Council for making a grant to the charity to help with running costs.
CHILDRENSALON CHARITABLE FUND		Nourish continued to receive incredible support in 2020-2021 from the Childrensalon Charitable Fund . The regular monthly donations enabled us to feel confident we could plan for the months ahead and the additional funding helped us to weather the increase in demand from the pandemic. Thank you so much.
THE NATIONAL LOTTERY COMMUNITY FUND		Thank you to the National Lottery Community Fund for a grant of £5,000 to Nourish in 2020-2021. The grant helped us deliver food bags to people in need in our community.
DON HANSON CHARITABLE TRUST		The Trustees wish to thank the Don Hanson Charitable Trust for the £6,250 grant awarded to help us create a new website and cover marketing resource, to help raise awareness of our cause in 2020-2021.
THE MARTELLO FUND		Thanks to The Martello Fund for the £3,000 grant awarded in 2020-21 to support our core costs.
THE MASONIC CHARITABLE FOUNDATION		Thank you to The Masonic Charitable Foundation which awarded a grant of £2,095 to Nourish for 2020-2021. The grant helped pay towards core costs and ensured we delivered our charitable activities
THE DOROTHY WHARTON TRUST		Thank you to The Dorothy Wharton Trust which awarded a grant of £2,000.00 to Nourish for 2020-2021. The grant helped to cover our operating costs.
THE DULVERTON TRUST FUND		Thank you to The Dulverton Trust Fund through Kent Community Foundation, which awarded a grant of £5,000.00 to Nourish for 2020/2021. The grant helped to pay towards core storage costs and ensured we can deliver our charitable activities.
THE PETTERIDGE FUND		Thank you to The Petteridge Fund , through Kent Community Foundation, which awarded a grant of £10,000.00 to Nourish for 2020-2021. The grant helped to pay towards core storage costs and ensured we can deliver our charitable activities.
SIR THOMAS SMYTHE'S CHARITY		Thank you to the Sir Thomas Smythe's Charity for their grant of £1,000, which helped fund our fuel and van hire charges.

THE RADDON FUND		Thank you to The Raddon Fund , through Kent Community Foundation, which awarded a grant of £5,000.00 to Nourish for 2020-2021. The grant helped to pay towards core costs and ensured we can deliver our charitable activities
KENT COMMUNITY FOUNDATION		Thank you to Kent Community Foundation which awarded grants totalling £10,000 from the Coronavirus emergency fund to Nourish for 2020-2021. The grant helped to pay towards food and storage costs and ensured we can deliver our charitable activities.
HIGH HILDEN FUND		Thank you to the High Hilden Fund , through Kent Community Foundation, for their amazing multi-year grant, starting in 2020 and lasting for 3 years. The grant helped to pay towards storage, van, food and staff costs and ensure we can deliver our charitable activities.
THE BROOK TRUST FUND FOR KENT		Thank you to The Brook Trust Fund for Kent , through Kent Community Foundation, which awarded a grant of £2,090 to Nourish for 2020-2021. The funds helped pay towards essential storage and van hire.
THE TONBRIDGE LIONS TRUST		Thank you to The Tonbridge Lions Trust for the grants totalling £400 in 2020-2021 which contributed to the core costs of running Nourish.

Corporate Support in 2020-2021		
BIG YELLOW SELF STORAGE		We continued to use the Big Yellow Self Storage Company in Tunbridge Wells to collect, store and sort our donated items. They provided us with free and discounted storage space and the staff team are always helpful.
WEST KENT YMCA WAREHOUSE		Nourish would like to thank the YMCA warehouse for providing us with a central Tunbridge Wells postal address.
DEEKS EVANS CHARTERED ACCOUNTANTS		Many thanks to Deeks Evans who continue to undertake the independent financial examination of our accounts at no cost.
MAXIPAY ACCOUNTING SERVICES		We would like to say thank you to Maxipay Accounting Services , which has been a regular food donor since 2014.
CHILDRENSALON		Childrensalon has continued to support Nourish throughout 2020-2021 and have really got under the skin of what we do. The employees and management always support us. Thank you to Childrensalon for all that you do for Nourish.

ROYAL VICTORIA PLACE & BRITISH LAND		Thank you to Royal Victoria Place and to British Land for their continued support of Nourish year on year.
INFINITY GROUP		Nourish is extremely grateful to the fantastic team at Infinity Group who again provided us with free IT support in 2020-2021.
ALBION FINE FOODS		Albion Fine Foods were an incredible support to Nourish through 2020-2021. Helping us source food when supply was limited and donating financially to help support us at our peak times. Thank you.
MASLINS CHARTERED ACCOUNTANTS		Maslins gave us a very substantial donation in 2020-2021 and continue to regularly contribute on a monthly basis. Regular income helps us plan in advance.
COUNTRYSIDE PROPERTIES		We would like to thank Countryside Properties for their generous gifts of food and monetary donations to support as demand peaked and we needed extra support. Thank you.
NFU MUTUAL		Thank you NFU Mutual for your generous donation in 2020-2021.
FIDELITY INTERNATIONAL		We want to thank Fidelity International for their donation to support us in 2020-2021.
AXA HEALTH		AXA-Health kindly made a donation to help support Nourish in 2020-2021 – thank you.
BNP PARIBAS		We would like to say a huge thank you to BNP Paribas for your generous donation to Nourish.
SOROPTIMIST INTERNATIONAL		Thank you to the Soroptimists for their kind donation during 2020-2021.
THE GRAND CHARITY (FREEMASONS)		We would like to say thank you to the Freemasons Grand Charity for their donation to Nourish this year.
MASONIC LODGES		To the Tunbridge Wells and West Kent Lodges, we say a huge thank you for your donations.
THE PERRY FUND		Thank you to the Perry Fund for your generous donation to Nourish via Stewardship.
DAVID COVER & SONS		To Covers , we would like to say thank you for your donation to Nourish this year

GOLDMAN SACHS		Thank you for your match-funding Goldman Sachs in 2020-2021.
LYSANDER PR		We would like to thank Lysander PR for their donation to Nourish in 2020-2021.
RASTER VISION LTD		Thank you to Raster Vision Ltd for your kind donation in 2020-2021.
CRIPPS PEMBERTON GREENISH		We would like to thank Cripps Pemberton Greenish for your support in 2020-2021.
COMMOTION GROUP		Thank you to The Commotion Group for supporting Nourish this year.
THE BELL – TICEHURST		We would like to thank The Bell in Ticehurst for your ongoing support of Nourish and for raising funds all year for us.
DAGAN SERVICES LTD		Thank you, Dagan Services for your continued support of Nourish year on year.
GINGERMAY PR		We would like to thank GingerMay PR for your kind donation this year.
SHARP MINDS PR		Thanks to Sharp Minds PR for their support in 2020-2021.
LUMIERE		A thank you to Lumiere for their support to Nourish.
SAINSBURYS		Thank you to Sainsbury's for your incredibly generous donation to Nourish.
ASDA		Thank you to Asda for your ongoing support of Nourish.
JOHN LEWIS		We would like to say thank you to John Lewis for your donation to Nourish this year.

YO JIMBO FILMS		Thank you to Yo Jimbo Films for the animation work during 2020-2021. Jim once again lent his animation skills to help us tell the story of some of our beneficiaries who had been affected by the Covid19 pandemic. Thank You!
COLLEY RAINE & ASSOCIATES	Colley Raine & Associates	Colley Raine & Associates are employed by Nourish to support our fundraising, marketing and social media, raising awareness around everything Nourish does. The team also gave their time pro-bono as delivery drivers at the height of the pandemic and give us a fantastic charity discount, which equated to 406 hours of free work during the year!

Food donations

Nourish would like to say thank you to our amazing food donors. Without your donations we could not support those in crisis. Thanks go to our corporate partners, who maintain our collection points or who donate close-to-date supplies.

Public Donation Points 2020-2021			
	Sainsburys Linden Park Sainsburys Tonbridge		Lloyds bank Tonbridge Lloyds bank Tunbridge Wells
	Asda Tunbridge Wells		Hunni Homes
	Tesco Superstore Pembury Tesco Metro Tesco St. Johns		NatWest Tunbridge Wells
	Christ Church Tunbridge Wells		The Superfood Company Tunbridge Wells

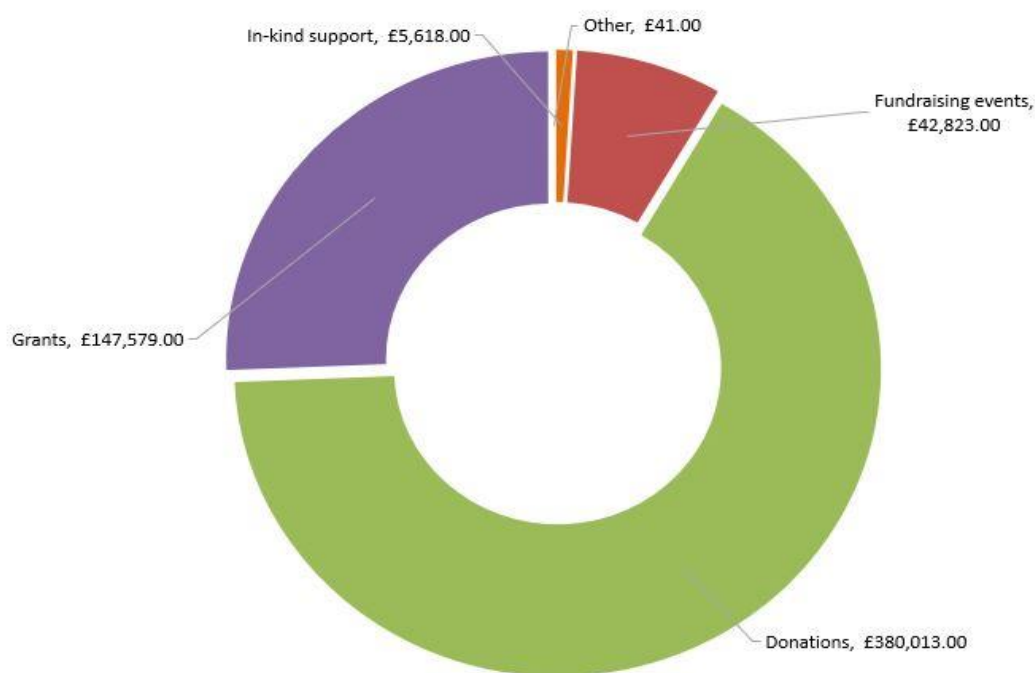
Nourish Community Foodbank - Food and provisions donated in 2020-2021. All weights in Kg.					
Alex 2.6 challenge	600.00	Marlborough School	180.25	St James After School Club	191.30
All Saints Langton Green	408.75	Maxipay	1,658.05	St James School	256.00
Amazon	227.65	Molyneux Park	134.75	St Johns Primary	428.60
Asda	4,616.80	NatWest Bank Tunbridge Wells	9.85	St Johns Yard/Shuffle House	73.30
Banner Farm Street Collection	193.90	Nuffield Health	96.60	St Lukes	94.50
Ben Chapelard	163.00	Oakley School	85.60	St Matthews School	372.95
Bicycle Bakery	42.90	Pickering Charity	1,000.00	St Pauls Rusthall	12.90
Bidborough Primary School	185.60	Ravenswood Avenue	145.45	St Peters & St Pauls Wadhurst	62.40
Bidfood	2,000.00	Rebecca Crinnon	1,650.70	St Peters Primary	349.55
Bishops Down Primary	92.10	Rosehill	250.40	St Theodores Cranbrook	347.10
Broadwater Scouts	50.20	Rotary Club	322.90	Temple Grove	89.50
Byng Road	200.09	Round Table	3,847.65	Tesco Pembury	4,987.60
Childrens Salon	1,500.10	RSPCA	104.20	Tesco Town Centre	1,622.00
Claremont Primary	633.00	Sacred Heart Church Wadhurst	96.80	Ticehurst School	477.70
Council/Government Boxes	383.40	Sacred Heart School	250.75	Tonbridge Girls Grammar	900.00
Country Food	500.40	Sainsbury's St Johns	31.40	Tunbridge Wells Girls Grammar	495.80
Energie Fitness	28.75	Sainsbury's Tonbridge	2,156.44	Tunbridge Wells Grammar for Boys	201.00
Holmewood House	1,347.50	Sainsbury's Tunbridge Wells	15,400.12	Tunbridge Wells Hospital	364.80
Hunni Homes JVIP	153.65	Searchpress	173.05	Tunbridge Wells Lib Dems	380.00
Hygiene Bank	20.00	Skinners Grammar	18.10	TW Scouts	34.20
Janis Smith	167.35	Skinners Kent Academy	600.00	TWBC	678.40
Jarvis Investment	48.90	Soroptimists	111.70	Waitrose	70.00
John Lewis	22.50	Southborough Primary	300.45	Weald of Kent	192.00
Kilndown Village	112.20	Speldhurst School	49.70	Wincanton	300.00
King Charles Martyr	8.90	St Dunstons	861.40	Wood & Pilcher	330.50
Lloyds Bank Tonbridge	48.75	St Gregorys School	628.40	Woodlands School	74.60
				Total	57,307.80

Financial Summary 2020-2021

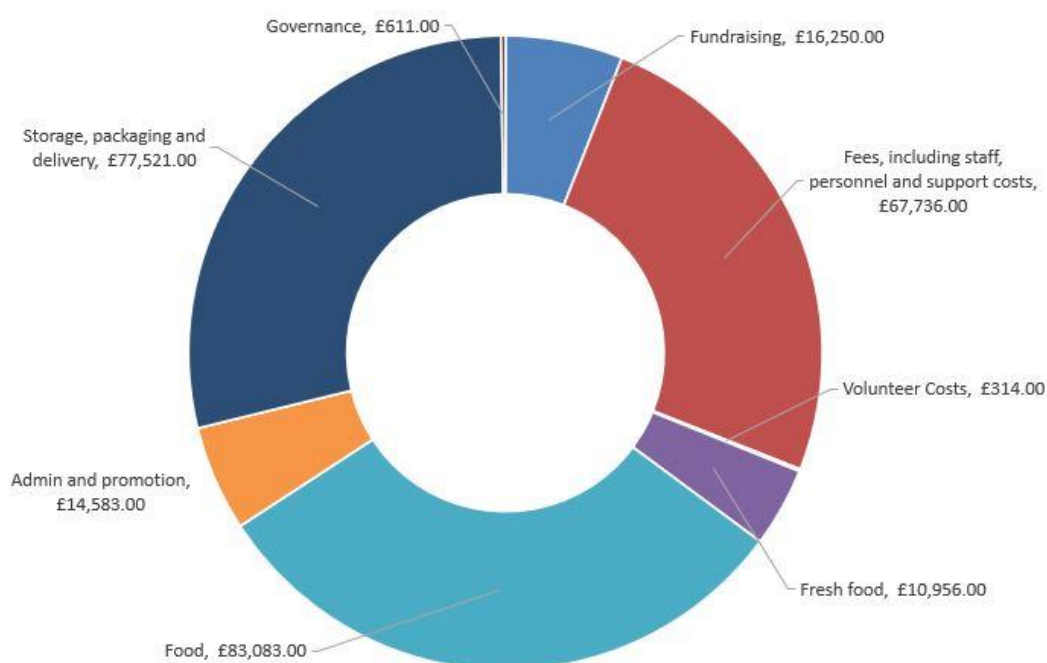
Financial donations

Regular donations enable us to predict future cash flows and plan for the years ahead. Thank you to everyone who supports us with a regular donation. Thank you also to everyone who has given a one-off donation enabling us to pay for core costs and charitable activities and thus to provide emergency food bags to people in crisis.

Income 2020-2021



Expenditure 2020-2021



Nourish Community Foodbank Ltd

Accounts for the year ended 31st March 2021

Independent examiner's report to the trustees of Nourish Community Foodbank Ltd; ('the Company').
Charity Number 1154716 Registered Company Number 8303764

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31st March 2021.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Institute of Chartered Accountants in England and Wales, which is one of the listed bodies. I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)]. I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: Richard Young ACA Chartered Accountant

Address: c/o Deeks Evans, North Frith Farm, Ashes Lane, Tonbridge TN11 9QU.

Date: 18th October 2021

Nourish Community Foodbank Ltd

Accounts for the year ended 31st March 2021

STATEMENT OF FINANCIAL ACTIVITIES

Income & expenditure	Unrestricted funds	Restricted funds	Current year 2020/21	Previous year 2019/20
Incoming resources from generated funds (note 3)	£	£	£	£
Voluntary income	426,761	106,490	533,251	147,489
Events for generating funds	<u>42,823</u>	<u>0</u>	<u>42,823</u>	<u>17,836</u>
Total	469,584	106,490	576,074	165,325
 Resources expended (Notes 4-7)				
Cost of generating voluntary income	26,365	0	26,365	12,235
Charitable activities	186,257	56,490	242,747	110,386
Governance activities	908	0	908	617
Equipment	<u>1,034</u>	<u>0</u>	<u>1,034</u>	<u>0</u>
Total	214,564	56,490	271,054	123,238
 Net incoming/(outgoing) resources)	255,020	50,000	305,020	42,087
 <u>Funds bought forward</u>	<u>122,168</u>	<u>0</u>	<u>122,168</u>	<u>80,081</u>
Funds carried forward	<u>377,188</u>	<u>50,000</u>	<u>427,188</u>	<u>122,168</u>

Balance sheet	Unrestricted funds	Restricted funds	Current year 2020/21	Previous year 2019/20
	£	£	£	£
Fixed asset & Investments (note 8 & 9)	0	0	0	0
Current assets				
Debtors (note 10)	16,779		16,779	28,829
Warehouse deposit	25,000		25,000	0
Cash at bank	337,760	50,000	387,760	95,339
Total current assets	379,539	50,000	429,539	124,168
	<u>(2,351)</u>		<u>(2,351)</u>	<u>(2,000)</u>
Creditors falling due within one year (note 11)				
Net current assets	<u>377,188</u>	<u>50,000</u>	<u>427,188</u>	<u>122,168</u>
 Unrestricted funds	89,688		89,688	60,168
Warehouse reserve	10,000	50,000	60,000	0
Reserve for cessation of activities (note 13)	127,500		127,500	31,000
Reserve for funding shortfall (note 13)	<u>150,000</u>		<u>150,000</u>	<u>31,000</u>
Funds for the charity	<u>377,188</u>	<u>50,000</u>	<u>427,188</u>	<u>122,168</u>

Nourish Community Foodbank Ltd

Accounts for the year ended 31st March 2021

Audit Exemption Statement

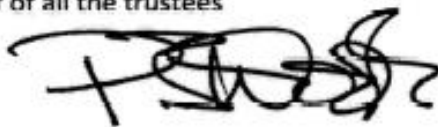
For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts,
- these accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Signed on behalf of all the trustees

SIGNATURE



NAME:

Peter Wooster

DATE

18th October 2021

NOTES TO THE ACCOUNTS

Note 1 Basis of preparation

These accounts have been prepared on the basis of historic cost in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005); and with the Charities Act.

Note 2 Accounting policies

These accounting policies has been applied by the charity

INCOMING RESOURCES

Recognition of incoming resources	These are included in the Statement of Financial Activities (SoFA) when: • the charity becomes entitled to the resources; • the trustees are virtually certain they will receive the resources; and • the monetary value can be measured with sufficient reliability.
Incoming resources with related expenditure	Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.
Grants and donations	Grants and donations are included when the charity has unconditional entitlement to the resources.
Contractual income and performance related grants	This is only included in the SoFA once the related goods or services have been delivered.
Gifts in kind	Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. The cost of donated food is not included in the SoFA due to being challenging to value accurately. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources.
Donated services and facilities	These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.
Investment income	This is included in the accounts when receivable.
Investment gains and losses	This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES

Liability recognition	Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
Governance costs	Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.
Grants payable without performance conditions	These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.
Support Costs	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.

ASSETS

Tangible fixed assets for use by charity	Fixed assets are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
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Note 3 Analysis of incoming resources

		This year 2020/21	Last year 2019/20
		£	£
Voluntary income	Grants	106,490	55,000
	Donations - from individuals and private organisations	380,013	83,669
	In-kind donations of storage	5,618	5,618
	Local Authority	41,089	2,000
	Events	42,823	17,836
	Awards and other	<u>41</u>	<u>1,202</u>
		<u>576,074</u>	<u>165,325</u>

Note 4 Analysis of resources expended

		This year 2020/21	Last year 2019/20
		£	£
Charitable activities	Support costs (co-ordination and volunteer costs)	68,050	45,246
	Food supply (food purchased, storage and distribution)	156,552	56,617
	Administration and communication	9,692	8,523
	Legal fees	<u>8,453</u>	<u>0</u>
		<u>242,747</u>	<u>110,386</u>

Note 5 **Trustee expenses:** no trustees were paid any expenses during the period

Note 6 **Paid employees:** the charity had no paid employees during the period

Note 7 **Grant making:** the charity made no grants

Note 8 **Tangible fixed assets:** the charity has no tangible fixed assets (i.e. assets valued at over £500 per item)

Note 9 **Investment assets:** the charity has no investment assets

Note 10, Debtors and prepayments

**Amounts falling due
within one year**
20/21 19/20

Prepayments and accrued income	<u>16,779</u>	<u>£28,829</u>
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Note 11, Creditors and accruals

Trade creditors	2,351	619
Accruals and deferred income	<u>0</u>	<u>1,381</u>
Total	<u>2,351</u>	<u>£2,000</u>

Note 12, Movement of Restricted Funds

Fund names	Fund balances brought forward	Incoming resources	Outgoing resources	Fund balances carried forward
Kent Community Foundation				
Coronavirus Emergency Fund		7,000	7,000	
Martello Fund		3,000	3,000	
Raddon Fund		5,000	5,000	
The Brook Trust		2,090	2,090	
High Hilden Fund		10,000	10,000	
The Paragon Trust		3,000	3,000	
National lottery Community Fund Grant		1,000	1,000	
Dorothy Wharton Trust		2,000	2,000	
Tonbridge Lions Trust		400	400	
Sir Thomas Smythe Grant (Skinners)		1,000	1,000	
Children's Salon		68,000	18,000	50,000
	£0	£106,490	56,490	£50,00

Note 13, Reserves

The reserves for 'cessation of activities' have been provided to ensure an orderly hand over of the charity's activities in the event that the charity for any reason has to be wound up. The 'cessation reserve' is calculated as 3 months of the annual operating costs. An additional £40,000 has been reserved to cover rent for the warehouse until the lease is assigned.

The reserve for a 'funding shortfall' has been provided in the light of an increased risk that income may be significantly reduced in 21/22. The 'funding shortfall' has been set to reflect the budgeted shortfall in income over expenditure for 21/22.

These reserves are reviewed annually.

Note 14 Transactions with related parties: there have been no transactions with related parties or loans during the period.

Trustees personal message

The Trustees of Nourish Community Foodbank wish to record thanks to all those supporting Nourish in its achievements of 2020/2021. They are grateful for the continued and dedicated loyalty of all supporters to the staff and clients of the organization, particularly during such a challenging year.

Structure, Governance and Management

The organisation is a charity and company limited by guarantee, incorporated 22 November 2012 and registered as a charity 24 November 2013. The company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

The directors of the company are also charity trustees for the purposes of charity law.

All trustees give their time voluntarily and receive no benefits from the charity. No expenses were claimed from the charity during this period. Trustees met at least monthly during the period to 31 March 2021.

The membership of the Board of trustees is intended to reflect the knowledge and skills required to manage a local food bank, and new trustees are invited to join, as necessary areas of expertise are identified by regular board skills audits. Potential new trustees are interviewed and briefed by the Co-chairs and invited to attend board meetings as observers, before joining the Nourish Board.

The charity had no employees during the reporting period but continued to contract two freelance managers, a finance assistant and a warehouse manager, who worked with over 30 volunteers to manage food collection and distribution, referrals and administration.

We regularly update our operations handbooks, induction, training and arrangements for meetings (for trustees and all other volunteers) to reflect the current and planned growth of Nourish and good practice for a charity of this size.

The charity relies on grants and donations to fund its work, which are liable to fluctuation from year to year. Principal financial management policies will be found in the notes to the financial statements, which are available on request.

Trustees regard the careful and responsible management of the charity's resources as a primary responsibility.

Covid-19 Update

Covid-19 had an unprecedented impact on the number of people needing Nourish's services. We had a 60% increase in referrals over the year, particularly during the period when the Government was establishing the Furlough Scheme. We worked in partnership with **Tunbridge Wells Borough Council's COVID Response Team** to make sure that no one in crisis went without food during this difficult time.

Health & Safety

Keeping our staff and volunteers safe is a priority for Nourish.

We had over 2000 sq. feet of storage space, during the reporting period, spread across five units at the **Big Yellow Self Storage**. We reduced the size of the volunteer team who could be in the unit at any time, in order to implement social distancing measures. All volunteers wore gloves, used hand sanitisers and wiped down communal workspaces before and after each shift. Access to washing facilities was also available. Nobody was asked to work at the unit if they felt uncomfortable or were in a higher risk group.

Our drivers operate a contactless delivery service and clients are advised in advance that a driver will be making a delivery on that day between certain times.