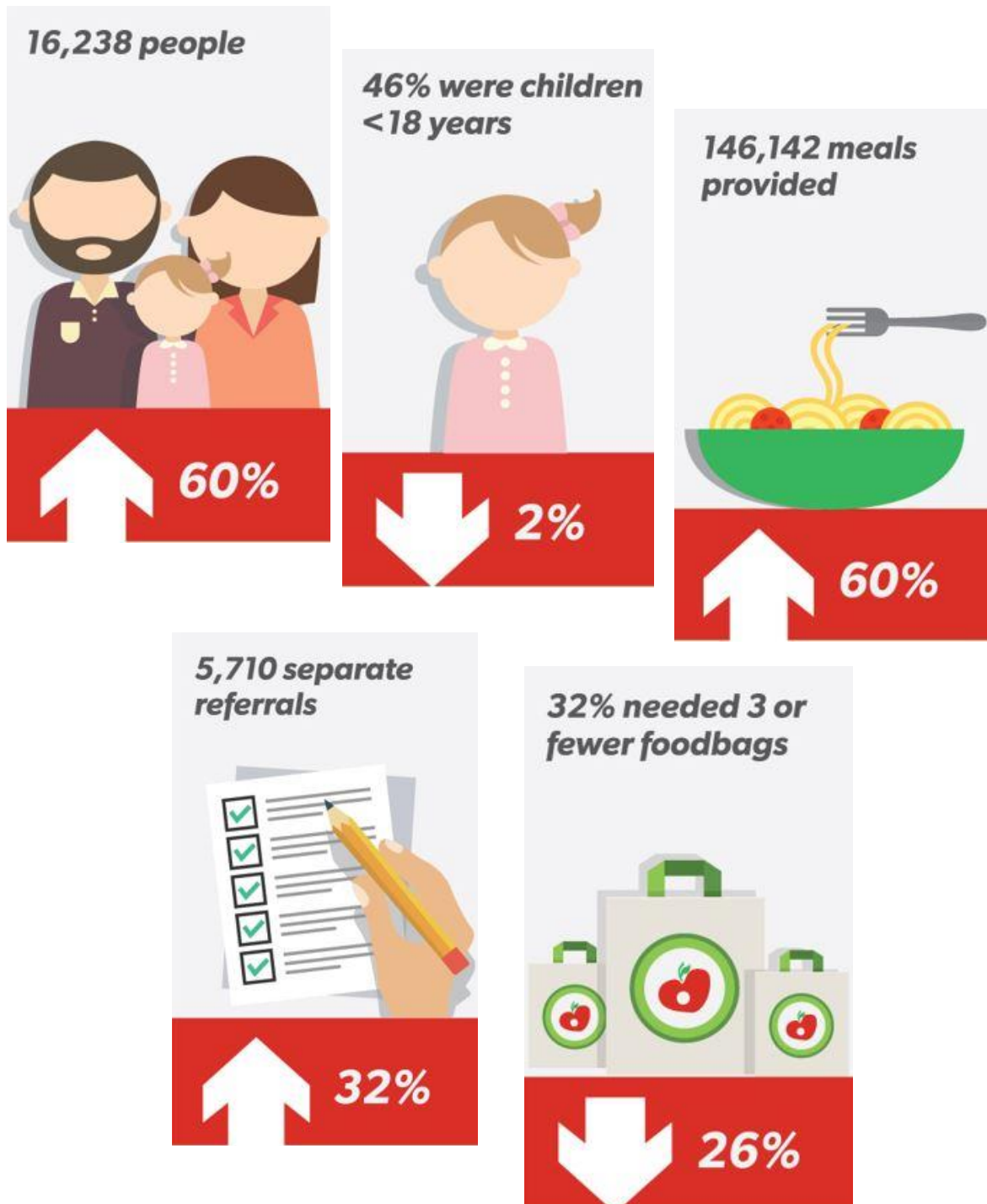


Annual review for the year ending 31 March 2021

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.

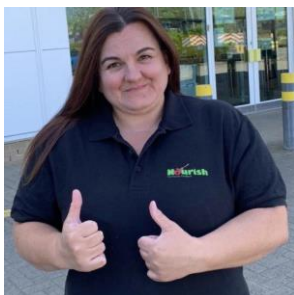
It also became clear, in the early stages, of the pandemic that we had outgrown the Big Yellow storage facility, and the 'warehouse project', which had been on the Charity's "wish list" for many years, started to become a reality.

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.

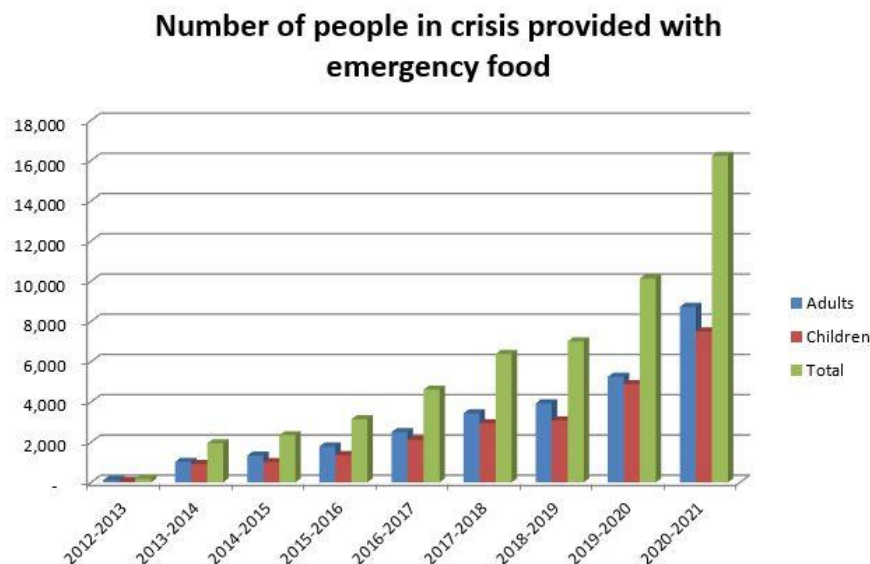
Dawn Stanford



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.

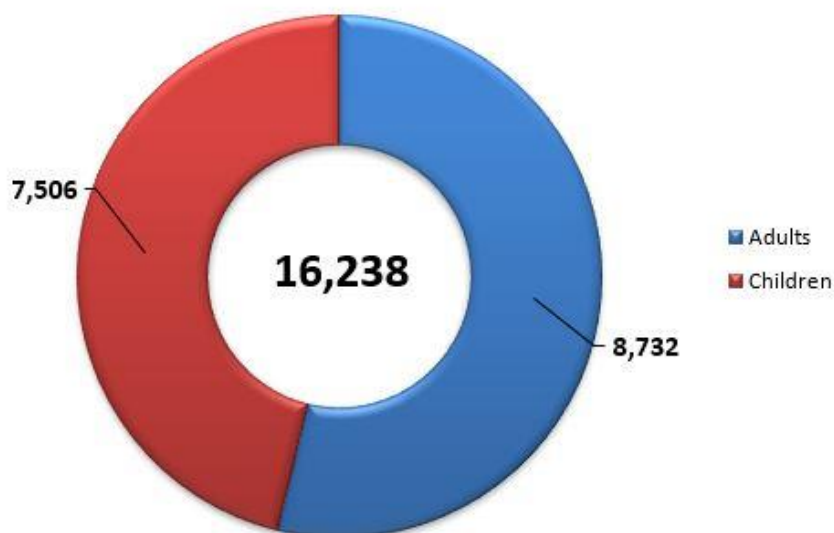


Nourish received a fantastic **57.3 tonnes** of food donations over the year. We are very pleased to be working in partnership with ASDA, Sainsbury's and TESCO who, with the help of their customers, regularly donate food.

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.

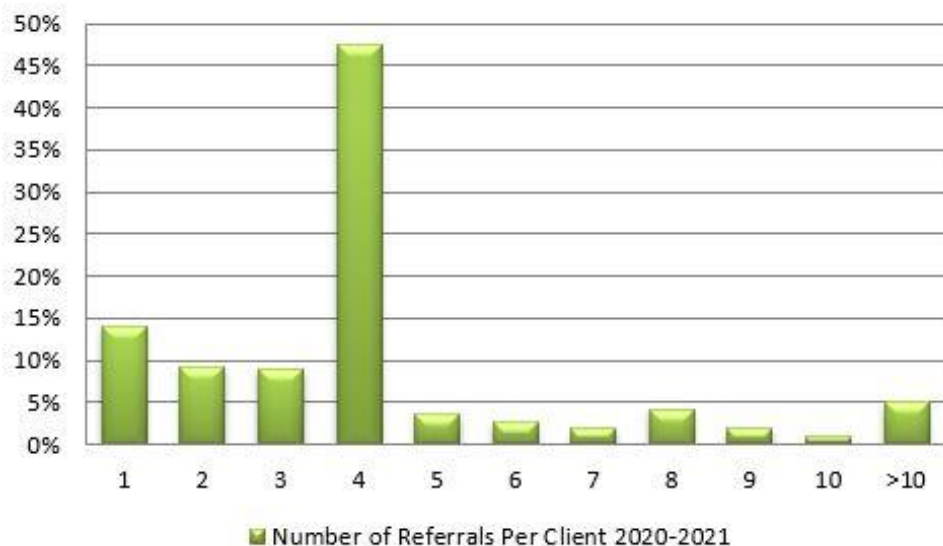
Thank you to everyone that donated in 2020-2021.

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

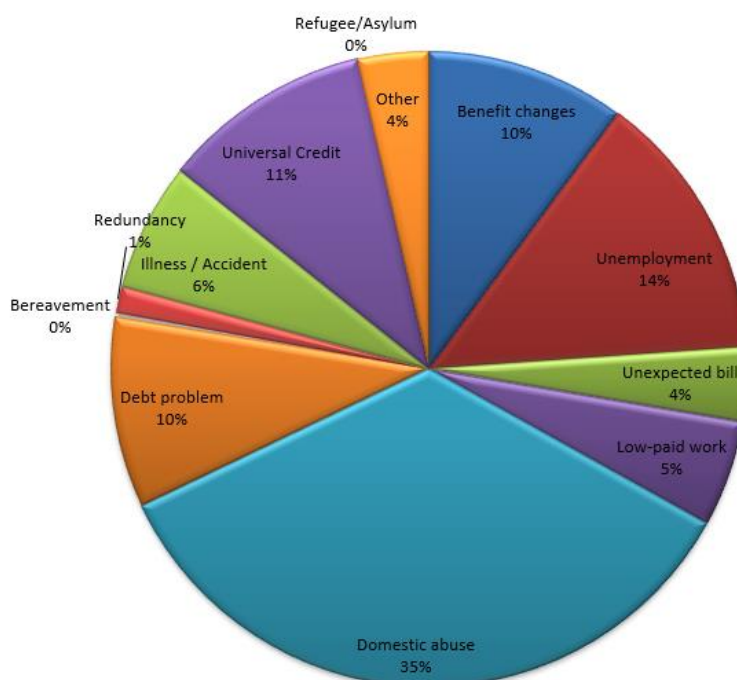


Most of our clients have a short-term crisis, with **86%** receiving **six or fewer food bags**. Nourish actively works with referral agencies and signposts onwards to help solve the underlying issues causing the crisis.

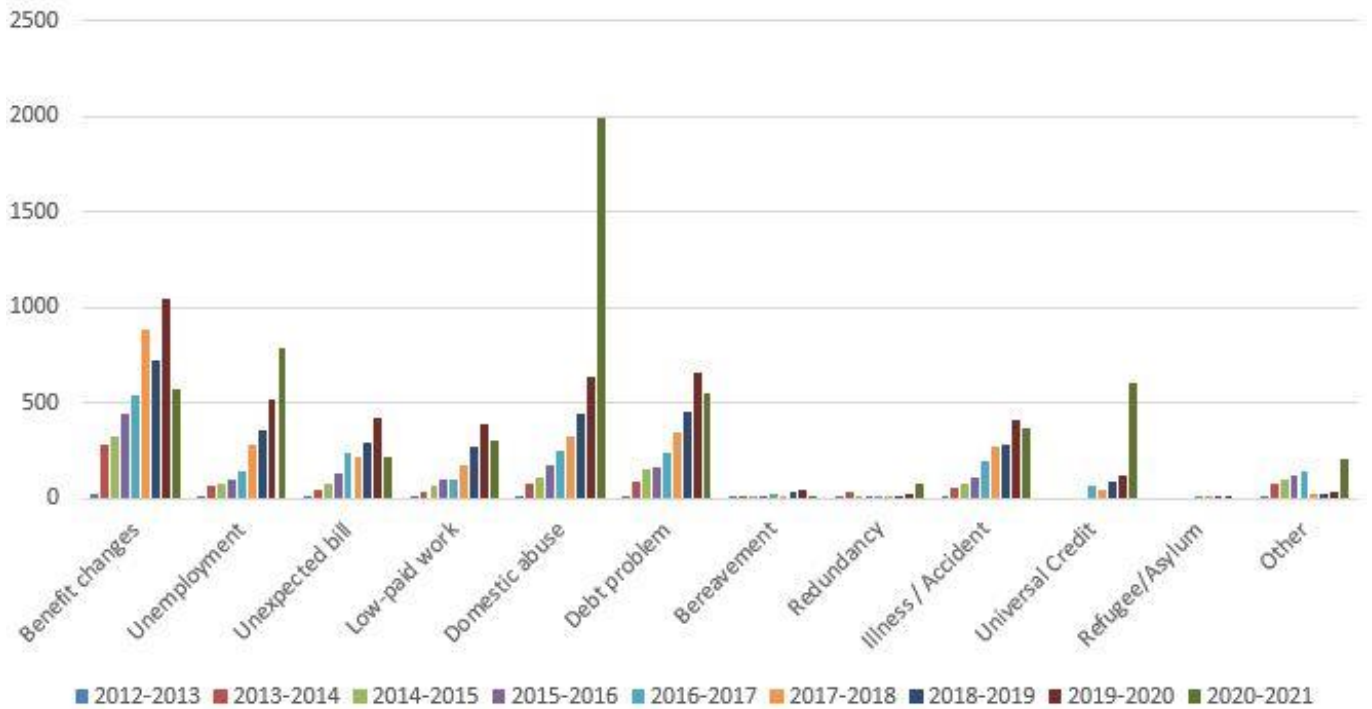
Reasons for referral

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

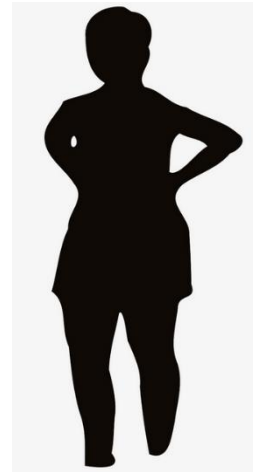
Annie contracted COVID early in the pandemic. She was an active 67-year-old with a part-time job, still very much enjoying driving and volunteering locally with her local church.

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

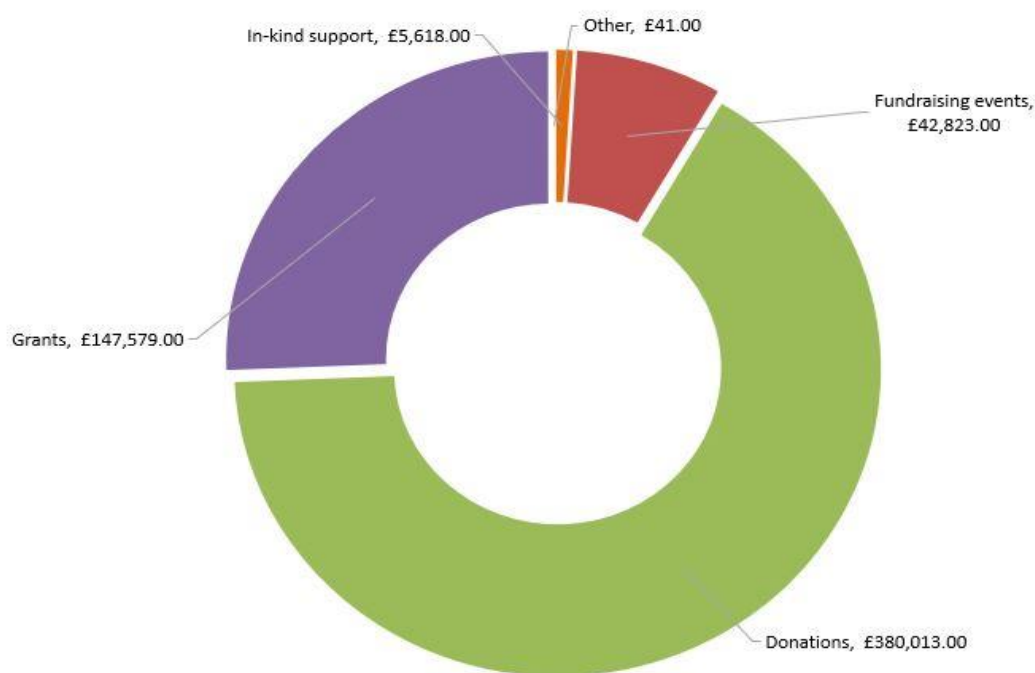
Nourish Community Foodbank - Food and provisions donated in 2020-2021. All weights in Kg.					
Alex 2.6 challenge	600.00	Marlborough School	180.25	St James After School Club	191.30
All Saints Langton Green	408.75	Maxipay	1,658.05	St James School	256.00
Amazon	227.65	Molyneux Park	134.75	St Johns Primary	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

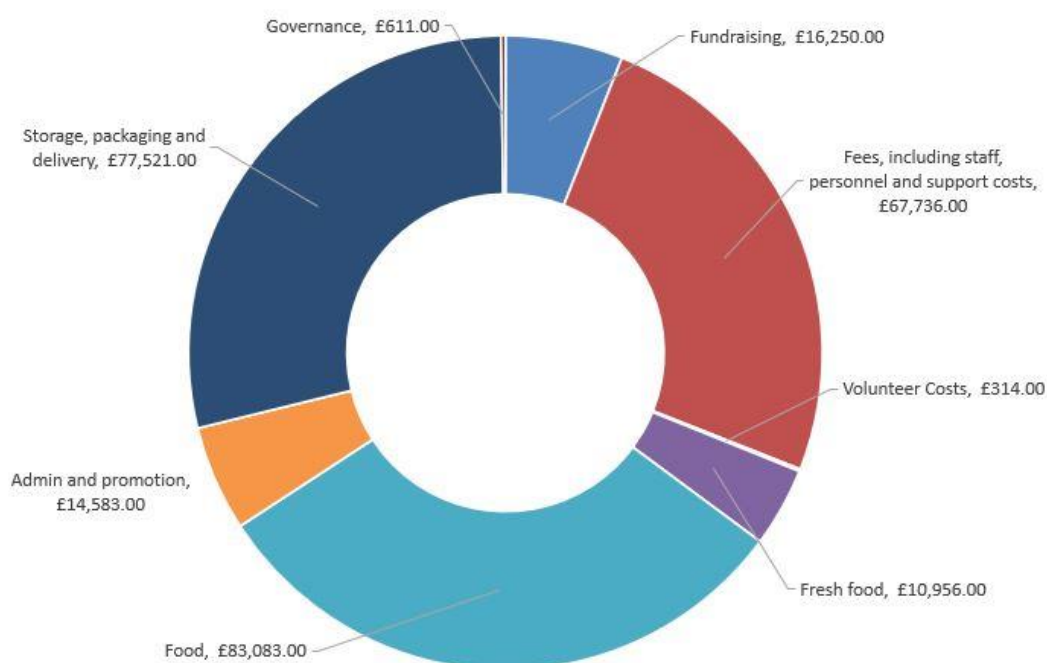
Financial donations

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

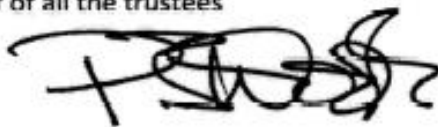
For the year ending 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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.