



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

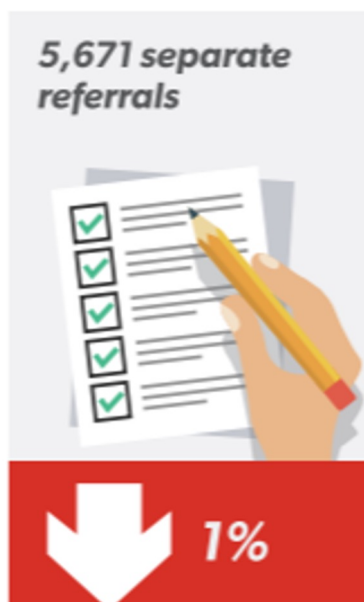
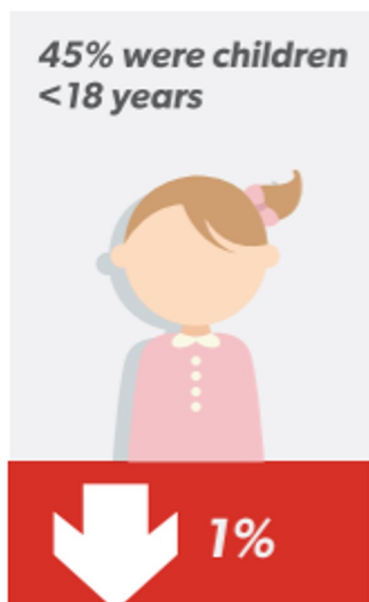
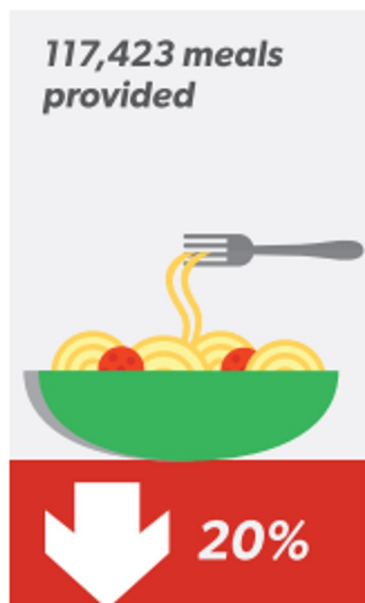
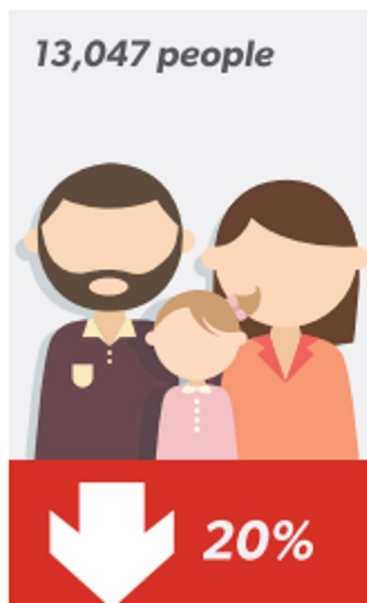
NatWest Bank, 89 Mount Pleasant Road, Tunbridge Wells, Kent TN1 1JQ

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.

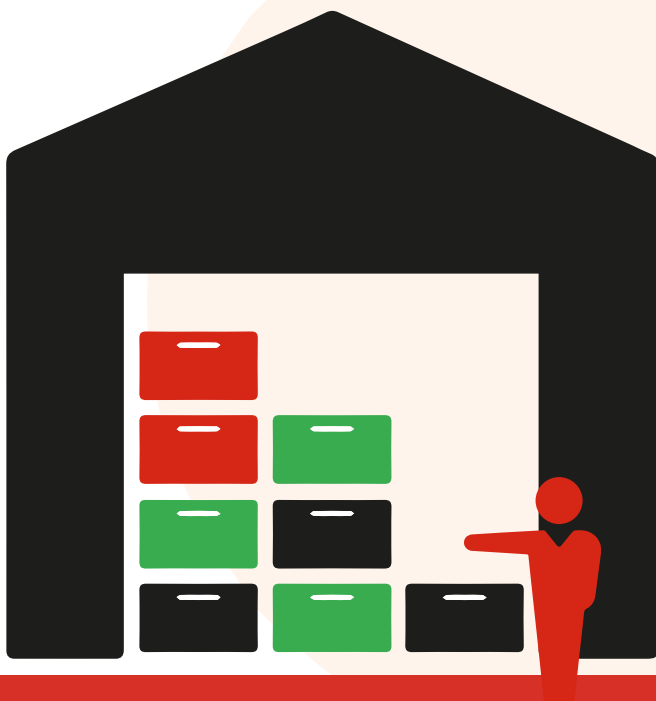
Our van continues to be essential to our operations and is used daily to collect food donations from all our public donation points, local schools, churches and businesses.



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.

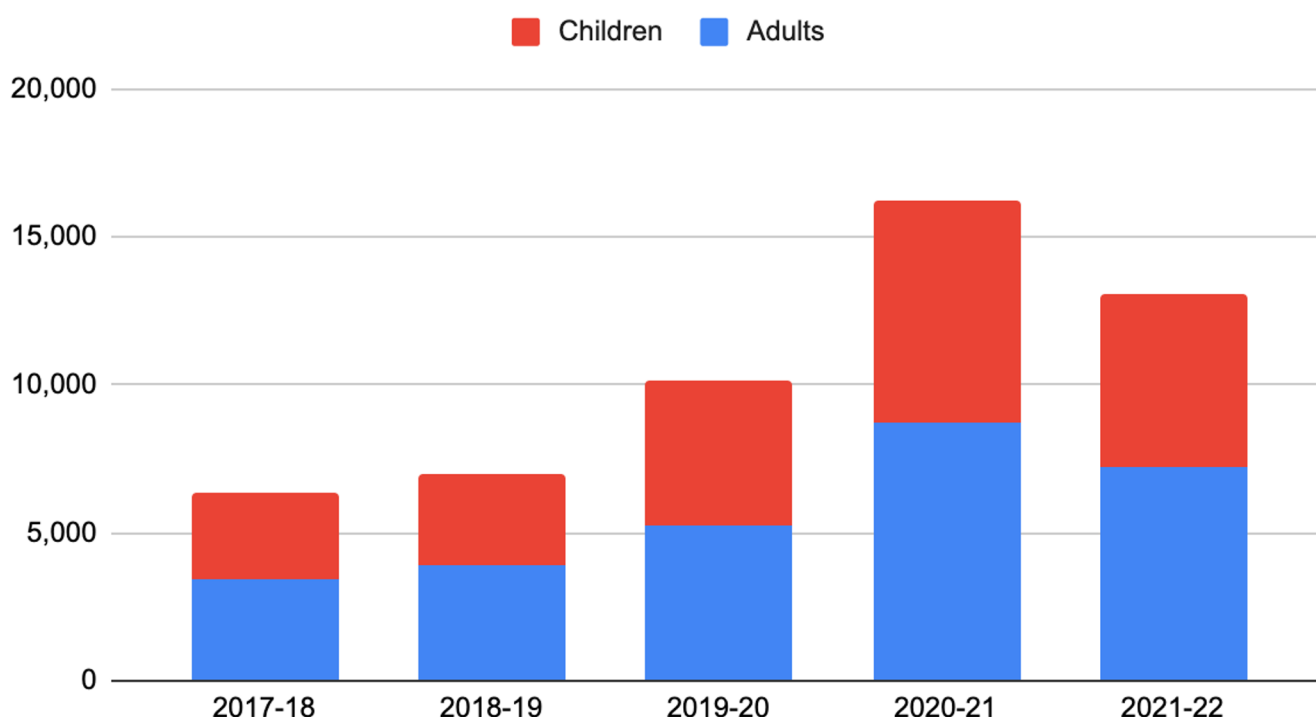
Dawn Stanford
Operations Director

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

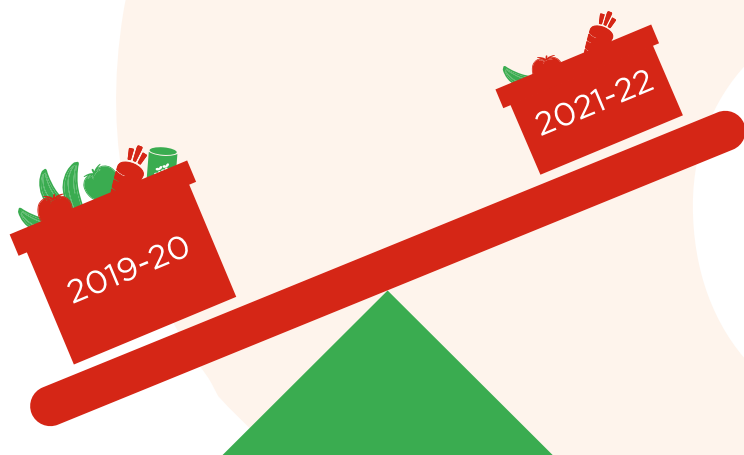


Food Donations

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.

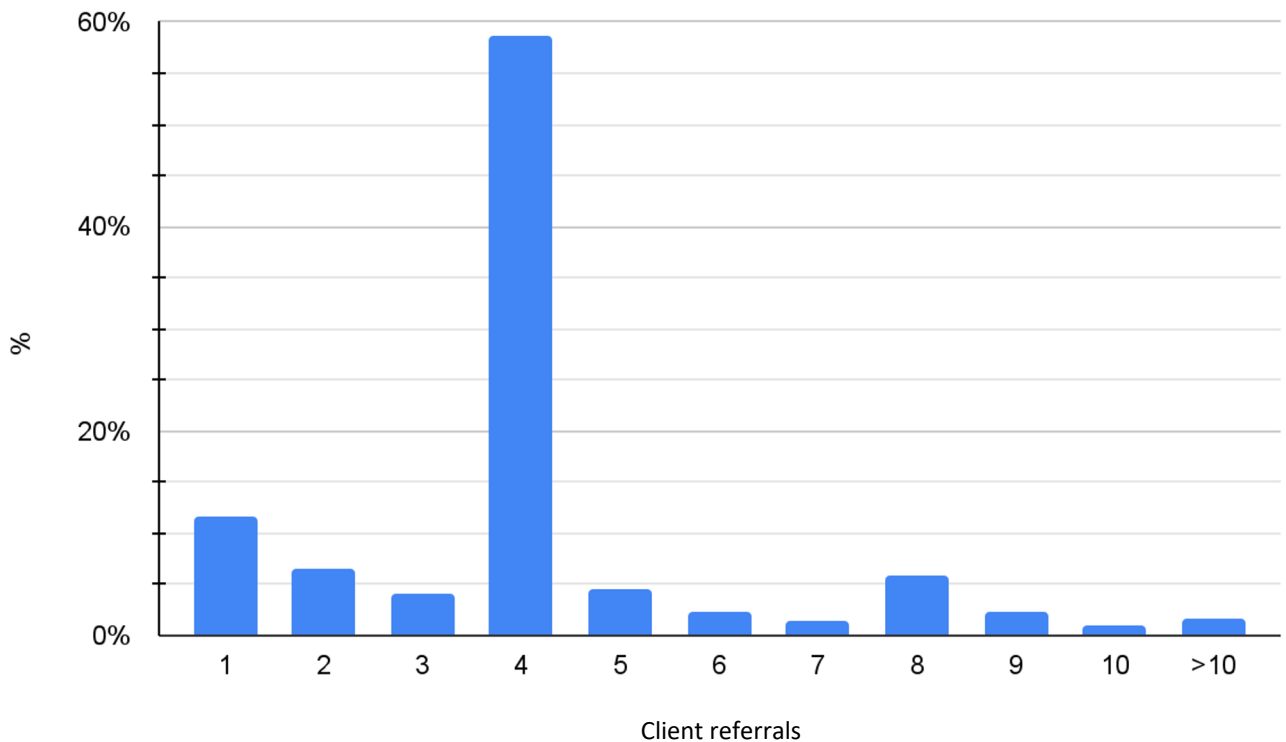


Referrals

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 .

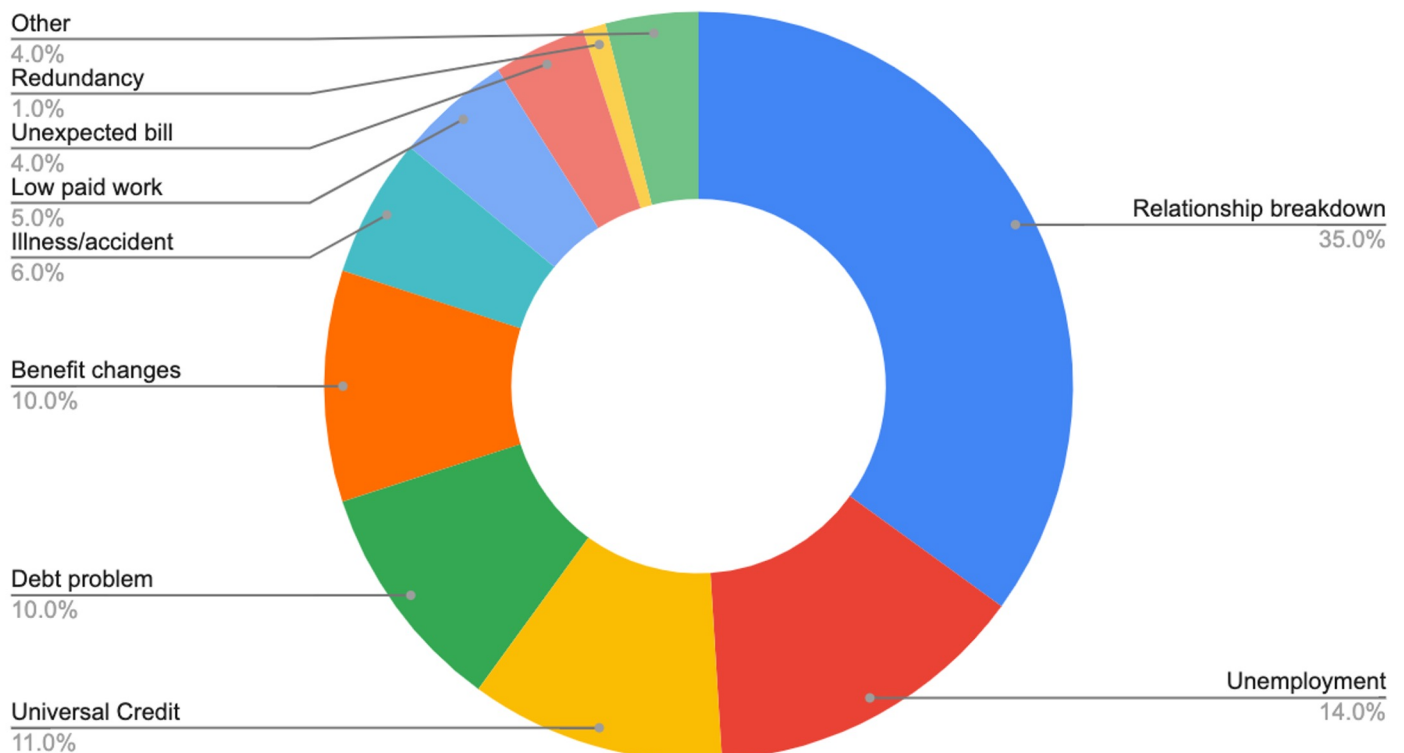
Number of referrals per client (2021-22)



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.

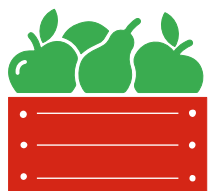
The Impact of Nourish



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

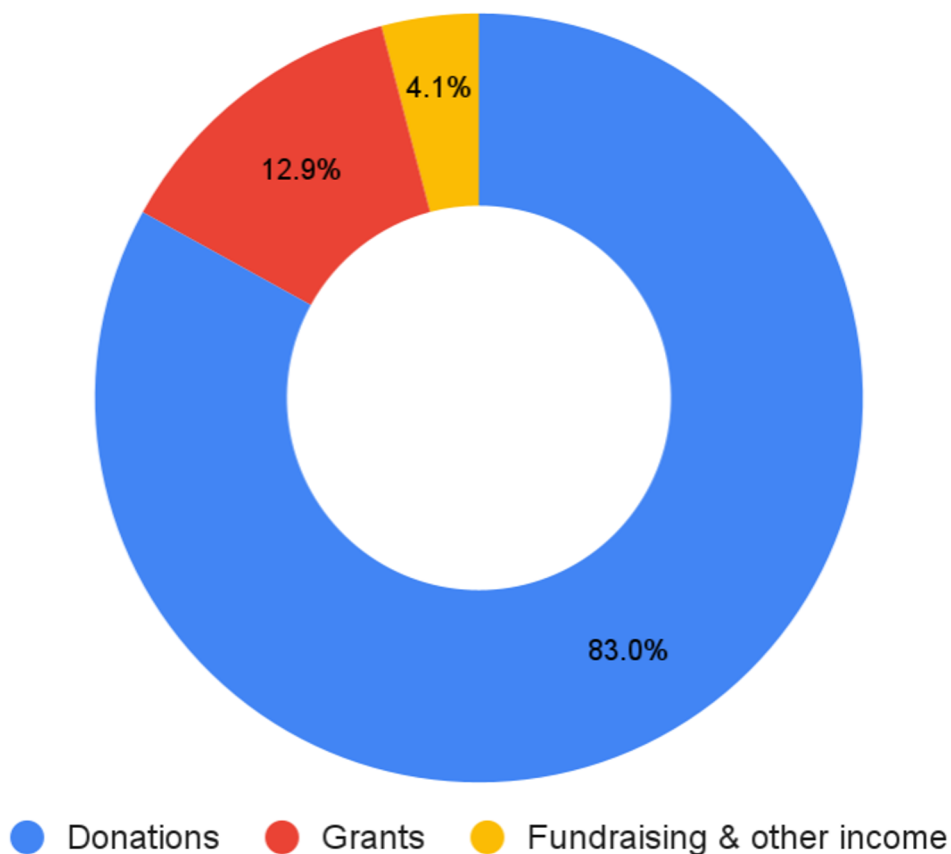
2021-2022

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**

	Page
Report of the Trustees	1
Independent Examiner's Report	2
Statement of Financial Activities	3
Balance Sheet	4
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 on18/10/22..... 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)
		<u>415,053</u>	<u>10,455</u>	<u>425,508</u>	<u>427,187</u>
NET CURRENT ASSETS					
		415,053	10,455	425,508	427,187
TOTAL ASSETS LESS CURRENT LIABILITIES		415,053	10,455	425,508	427,187
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.

