

ANNUAL REPORT

2021/2022

Living Well Bromley
Registered Charity Number: 1157385



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ABOUT US

At Living Well Bromley, we provide food and support that changes lives. We are a caring community where people feel respected, valued, accepted and loved. Our mission is to ensure that people have the food, guidance and the support of an uplifting community to live life to the fullest. We work with our partners to support people with different needs, including poverty, social isolation, homelessness and mental health issues.

Our services are free to use and include a foodbank, a clothes bank, a weekly community hot meal, a free café, a community choir, counselling and mental health support, help with addictions and advice and support with benefits, debt and housing.

Living Well Bromley serves the entire community, working with a number of diverse partners to ensure we reach as many people in need as possible, with all aspects of their lives taken into account (physical, emotional and spiritual).

This approach to the whole person is at the heart of our vision and values.





A MESSAGE FROM OUR CHAIR OF TRUSTEES

It is a huge privilege to be Chair of Trustees at Living Well. It has been a steep learning curve in the year since I took on the role from Nick, and I still have a long way to go.

One of the first things that struck me about LW is the amazing depth, resourcefulness, and faith of the community. That is faith in the spiritual sense, but also in the faith in each other and that LW is about building community as well as individual people – mind, body and spirit.

The resourcefulness has been very necessary, we have emerged from the pandemic but pretty much straight into a Cost of Living Crisis. The statistics you will see elsewhere in this report, are stark. But we have been able to rise to the challenge and provide food bags, advice, hot meals and all of our other services to hundreds more people.

The community of staff, volunteers, guests, Trustees, supporters and donors - has grown, stretched, and proved capable of the needed expansion.

As ever not everything has worked out smoothly – Advocacy needed more space and were kindly offered accommodation in St John's church, which just didn't work for guests. They have now moved to St Michael & All Angels, which is currently working well. Retaining our Advice Quality Standard accreditation, with many very positive comments from the AQS auditor, about our Advocacy service has been a positive highlight.

The hours and commitment from our volunteers remains extraordinary; as is the commitment/support in so many ways from our expanded community and social media followers – all marshalled and focused by our amazing staff team.

Our active social media presence led to some national and even international press coverage – which has continued to widen our impact.

The Cost of Living Crisis is hitting everyone and we thought 2022 would be tough with food donations dropping and further grant funding difficult to obtain. And so it has proved. However 2022 has also been the year when our community stepped up in a miraculous way to support us. Our two Cost of Living Crowdfunding campaigns raised around £72,000 – lots of which was matched by linked grants – totaling £126,000 – wow we weren't expecting that. But we need it – at one stage this year we were buying over £1,000 of food per week in order to keep the food bank stocked.

The number of people giving a regular monthly gift had also more than doubled to over £85,000 per year, which is invaluable as regular on-going gifts allow us to plan the future with much greater certainty.

The support from businesses – local and further afield, churches, schools, scout groups, and many other similar organisations, both in financial terms, and in pro-bono work (which has saved us tens of thousands of pounds!) has been extraordinary – we are very grateful. The look and feel of this report is just one example – the design, marketing and shortly web-site update couldn't have been achieved without this type of support.

So a massive thank you, as Nick said last year – you are all Hope Givers – you give hope to our guests, volunteers, staff, Trustees and our whole community.

We really appreciate our partnership with Holy Trinity & St John's church – we couldn't do what we do without you. The pastoral care you provide and the prayer support, is really foundational.

In fact it is the prayers from all our community, and all you people – giving your, time, talent and treasures – that make Living Well work.



Andrew Cornish, Chair of Trustees



WHAT WE DO



FOODBANK

3 times a week,
open to everyone



CAFE

Warm, safe space
with free hot meals,
drinks & company



ADVICE

Advice on benefits,
housing and
homelessness

AND SO MUCH MORE...!



COUNSELLING



CHOIR



CLOTHES BANK



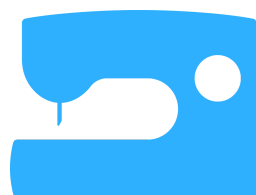
GARDEN



WORDS & NUMBERS



PRAYER



SEWING



ART

2022 IN NUMBERS



9569

Hot meals served



9769

Foodbank visits - adults



794

Foodbank users - adults



4508

Foodbank visits - dependents



382

Foodbank users - dependents



24

Clothes bank sessions



1118

Home deliveries

2022 IN NUMBERS



2178

Advice sessions



788

Counselling hours



33

Art cafe sessions



127

Free cafe hours



15000

Volunteer hours

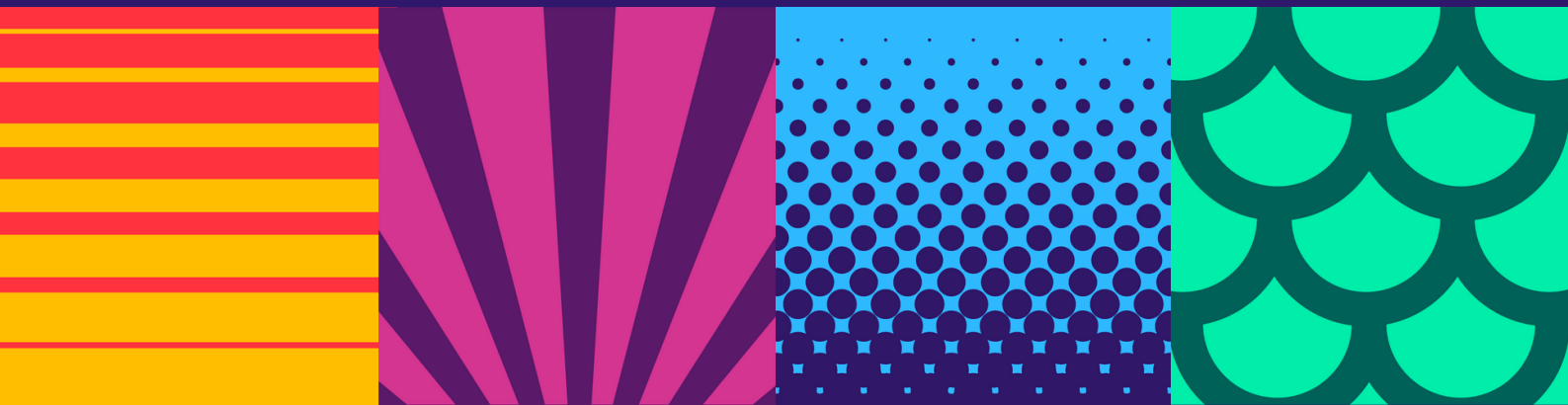


£21k

Spent on food for foodbank

FOOD & SUPPORT THAT CHANGES LIVES

During 2022, we reviewed our vision, mission statement and branding. Trustees, staff, volunteers and guests were all involved in the process, and we are excited to introduce our focus for today, tomorrow and beyond. Our new look website will soon be launched too.



Our vision: food and fuller lives for all in our community

Our mission: ensuring people have food, guidance and the support of an uplifting community to live life to the fullest

OUR VALUES

HUMANITY ABOVE ALL

We believe deeply in treating people with empathy, respect and compassion. Our work reflects our Christian beliefs. All are welcome through our doors – whether they need a helping hand or simply an ear to listen. For us, humanity is everything.



I am a single mum and recently moved to Penge. Because I am a single mum it is not easy for us. In the beginning I was looking for foodbanks around me and I found Living Well Bromley who has really helped me. Very nice people they helped me with food every week, helped me to save money and to help me get my house to normal. They also helped me... with furniture, they helped me furnish my house so my living room is all from them, so I don't know how to say thank you for everything they have done for me. So thank you a lot guys.



Tatiana, foodbank guest, 2022

See Tatiana tell her story [here](#)



GIVING PEOPLE A HAND UP

We don't only give people the food they need to survive, we also strive to provide them with the support and resources needed to help them build a better life.



"It's a great joy for me to have a roof over my head. After many years of agony and depression. Thank you kindly.



Advocacy guest, 2022



HELPING THE WHOLE PERSON

We believe in tackling the whole problem, not just some of its symptoms. That's why we offer mental health and wellbeing support, as well as spiritual guidance. Through this our guests can begin to focus on the future, rather than just making it through today.



I was referred to you by my Family Support and Parenting practitioner, Bromley Children Project. Our meetings have helped me so much, It has given me a safe place to open up where there was no one else. Without your support, I don't know where I would be if I hadn't been referred to Living Well. I hope your service will continue to support as it is so needed and continues to be needed. Thank you for all your help.



Counselling guest, 2022

WE'RE ALL IN THIS TOGETHER

We're an uplifting and welcoming community – one that brings together guests, staff, volunteers, donors and ultimately our community to help make life better for those who need our support. We are somewhere that people come to meet others – to talk, to laugh, to cry, to pray, to be together.

“

For the amazing work you continue to do every day for those in our community who need some support and a safe, loving space.
Thank you

”

Crowdfunder donor, 2022



PARTNERS & SUPPORTERS

Even through these exceedingly tough times, we have been overwhelmed by the support from our local community, through their gifts of food, clothes, money, time and skills.

We launched a Cost of Living Crowdfunding Appeal in May 2022, which received match funding of £20,000 from the National Emergencies Trust. This raised over £53,200. In November we launched a further Cost of Living Emergency Appeal and were successful in obtaining match funding from Aviva Community Fund and funding from Aviva Cost of Living Boost. We received £33,500 in match funding and raised over £71,000 in total.

We also benefited from support from the following organisations/individuals who offered their expertise and time for free, the value of which would have totaled many thousands of pounds.

CMS (Legal)
MMX Retail (Retail)
Bailey Garner (Retail)
Landor and Fitch (Branding)
Ryan Thomson (Marketing)
Katie Matthews (Communications)
Ewings Solicitors (Wills week)

Ellie Reeves, our local MP, has continued to support us professionally as well as dropping off weekly food donations collected from her neighbours.

We want to thank everyone for their support and feel very fortunate for the huge increase from individual donations made online via our website, Local Giving and through our crowdfunding.



LEGAL & ADMINISTRATIVE INFORMATION

TRUSTEES

- Andrew Cornish (joined March 2022)
- Anthony Adams
- Will Skinner
- Noel Hanrahan
- Jo Gale
- Gary Byfield (resigned October 2022)
- Brandon Lundini
- Roger Wells
- Uma Datta
- Rev Jessica Smith
- Rob Short (joined March 2022)
- Alan Mason (joined September 2022)

Treasurer: Will Skinner

Registered Office: 66 Lennard Road,
Penge, London, SE20 7LX

Registered Charity Number: 1157385

Independent Examiner: Tony Catherall

Email: hello@livingwell.life

Telephone: :07864591607



STRUCTURE, GOVERNANCE & MANAGEMENT

Living Well began in 2011, in response to growing numbers of people calling at the vicarage of Holy Trinity Beckenham church in Penge asking for help. Since then, thousands of people from across Bromley and South East London have come to Living Well. We became a registered charity in June 2014 and depend entirely on the work of volunteers and the generosity of our donors to keep going. We currently have over 300 committed volunteers who keep Living Well Bromley running smoothly and safely. Each of our main areas of work is overseen by a team leader who is responsible for the activity and the volunteers who help out.

Our team leaders are:

Simon Godfrey (Advocacy)
Fiona Barnes (Art café)
Sue Thomson (BLEND Choir)
Mary Morinan (Clothes Bank)
Tamara Cooper (Community Café)
Sue Smith (Community Garden)
Jacqui Boardman (Community Lunch)
Shirley Anthony (Counselling)
Mary Elliot (Foodbank and Collections)
Rebecca Day (Operations)
Rev Jessica Smith (Pastoral care)

Our Trustees are the people responsible under the governing document of Living Well Bromley for controlling management and administration. Trustees are appointed by the Board of Trustees in a process of open competition following public advertisement. The Trustees met seven times during the year.

Risk Management

Risks are identified and assessed and controls established throughout the year. The key controls used include:

- Disclosure and Barring Service (DBS) check for all team leaders and those working on a one-to-one basis with vulnerable adults
- Induction and training for new and existing volunteers
- Training and compliance with GDPR regulations
- Food hygiene training and guidance for cooks and café volunteers
- Safeguarding and equal opportunities policies
- Clear authorisation and approval levels.



Financial Review for 1st April 2021 – 31st March 2022

See Appendix 1

HOW YOU CAN HELP

Living Well Bromley relies on the ongoing support and involvement of lots of different people and the generosity of friends and supporters to keep going. It costs £2 per person to provide a hot lunch every Friday, while our foodbank gives out over 1200 bags of food per month.

We welcome gifts of time, skills, food, clothes and money. Every gift helps us to build our community, providing care, comfort and support to those most in need. Here are some ways you can help:



VOLUNTEER

Our volunteers provide regular help and support to keep Living Well Bromley running smoothly and safely. In return we offer training and support.

There are plenty of opportunities to volunteer – from helping with our foodbank, to providing a listening ear, helping with fundraising and events or getting stuck in behind the scenes. We are always pleased to hear from people of all ages (over 18) and backgrounds who are interested in volunteering. Email us at

hello@livingwell.life or call

07864591607



DONATE

There are many different ways you can support Living Well Bromley – by donating money (either via monthly standing order or as a one-off donation), or by donating food for the foodbank, or clothes to the fortnightly clothes bank. Please remember to Gift Aid your donation if you are a UK tax payer. To donate please go to

www.livingwell.life

KEEP IN TOUCH

Please go to **www.livingwell.life** or find us on social media

APPENDIX 1

ACCOUNTS FOR YEAR ENDED 31 MARCH 2022

LIVING WELL BROMLEY

ACCOUNTS FOR YEAR ENDED 31 MARCH 2022

Holy Trinity Church, 66 Lennard Road, London, SE20 7LX
Tel: 07864591607

Charity Number: 1157385

LIVING WELL BROMLEY
Statement of Financial Activities for year ended 31 March 2022

31.03.21			31.03.22		
Total Funds		Note	General Fund	Restricted Funds	Total Funds
	INCOME				
£295865	Donations & Grants	1	£136036	£44814	£180850
£14003	Gift Aid		£23394		£23394
	- Other receipts				
£309868			£159430	£44814	£204244
	EXPENDITURE				
£11699	Administration	2	£4570		£4570
£29784	Advocacy	3	£28839	£17640	£46479
£22370	Art Therapy	4		£23494	£23494
£8274	Blend and Breeze (Music Therapy)		£13730		£13730
£19378	Capital Costs	5	£26438		£26438
£9521	Central Costs		£13553		£13553
	- Comms	6	£718		£718
	- Counselling	7	£24020		£24020
£6623	Covid Costs		-	-	-
£3903	Food Bank/Community Meals	8	£30881	£3903	£34784
	- Health & Safety	9	£3422		£3422
	- IT	10	£10158		£10158
£52933	Staffing	11	£44985		£44985
£7671	Storage		-	-	-
	- Training	12	£1733		£1733
£172156			£203047	£45037	£248084
£137712	NET INCOME/DEFICIT FOR YEAR		-£43617	-£223	-£43840
£64105	Balances b/f at start of year		£174735	£27082	£201817
£201817	Balances c/f at end of year		£131118	£26859	£157977

LIVING WELL BROMLEY
Balance Sheet for year ended 31 March 2022

	Note	31.03.21	31.03.22
CURRENT ASSETS			
Cash at Bank		£188222	£159048
Debtor		£13595	-
		£201817	£159048
LESS Current Liabilities - Creditors	13	0	£1071
NET CURRENT ASSETS		£201817	£157977
Represented by			
FUNDS			
General Fund		£174735	£141884
Restricted Funds:			
Advocacy - ATL salary		£3312	£4012
Advocacy - Homeless		£5000	£3348
Art Therapy		£8454	£4033
Community Cafe		£0	£4700
Food Bank/Community Meals		£10316	£0
TOTAL FUNDS		£201817	£157977

APPROVED BY THE TRUSTEES ON 30th June 2022

SIGNED 

Chair of the Trustees, Andrew Cornish

LIVING WELL BROMLEY
Notes to Statement of Financial Activities

Note 1 Donations and Grants (£180850)		
	General	Restricted
Trust for London (Advocacy)		£20000
National Lottery Community Fund (Art Therapy)		£24814
Sue Jerome	£1000	
Always Be Comedy	£8450	
In memory of Caspar Cook	£2000	
Anon Donor	£30000	
Chislehurst & Sidcup School PA	£1000	
Arnold Clark	£2500	
Russell & Bromley	£11600	
Comedy Show	£1000	
Penge Food Assembly	£1000	
5th Beckenham Scouts	£2000	
Croham Hurst Lodge	£1221	
Anon Donor	£1000	
Euromonitor	£1000	
UK Plumbing Supplies	£1120	
Regular, ad hoc donors, crowdfunding and appeals	£73145	
TOTAL FUNDS	£136036	£44814

2. Administration (£4570)

This includes expenditure on telephones, photocopying, petty cash and miscellaneous office costs

3 Advocacy (£46479)

This includes the salary for the Advocacy Team Leader which is mainly met from grant funding from Trust for London

4. Art Therapy (£23494)

This expenditure was wholly met from the National Lottery Community Fund who have kindly agreed to extend this project to July 2022 to use unspent monies

5. Capital Costs (£26438)

This expenditure was on the delayed construction of the Community Cafe and associated works in the main kitchen. Further work on these facilities are planned for early 2022/23

6. Communications (£718)

This is a new fund started this year to cover a variety of smaller projects, printing and start of the rebranding exercise

7. Counselling (£24020)

This was moved from Advocacy to a stand alone fund and shows expenditure on counselling staff

8. Foodbank/Community Meals (£34784)

This fund now includes part of the Operations Manager's salary used to support these activities

9. Health & Safety (£3422)

This is a new fund started this year and includes payment to Croner for HR advice

10. IT (£10158)

This is a new fund started this year to separate out IT costs and includes payment for a website update which is progressing alongside the branding project

11. Staffing (£44985)

This year some salaries or parts of salaries have been allocated to other funds to show real costs. Part of these costs have been met from a grant from Trust for London

12. Training (£1733)

This is a new fund started this year to separate out expenditure on training

13. Current Liabilities (£1071)

Includes staff pension payments for March 22, safeguarding training and an Art Therapy visiting artist

Independent Examiner' Report

Report to the Trustees of Living Well Bromley on the accounts for the year ending 31st March 2022

The Charity's trustees are responsible for the preparation of the accounts . The Charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to

examine the accounts under section 145 of the Charities Act

To follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act) and

To state whether particular matters have come to my attention.

My examination was carried out in accordance with general directions given by the Charity Commission . An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records.

It also includes consideration of any unusual items or disclosures in the accounts ,and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit ,and consequently no opinion is given as to whether the accounts present a "true and fair" view and the report is limited to these matters set out in the statement below

In connection with my examination, no matter has come to my Attention

(1) Which gives me reasonable cause to believe that in ,in material , , , respect, the requirements

To keep accounting records in accordance with section 130 of the Charities Act

To prepare accounts which accord with the accounting records and comply with accounting requirements of the Charities Act have not been met ;or

(2) to which ,in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Signed



T J Catherall
77 Merlin Grove BR3 3HS

10th May 2022



www.livingwell.life



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[@Livingwellbromley_](https://www.instagram.com/Livingwellbromley_)



[@LivingWellBromleyfoodbank](https://www.facebook.com/LivingWellBromleyfoodbank)



[Living Well Bromley](https://www.linkedin.com/company/LivingWellBromley)

