

## **Acts West Wales Annual Reports 1st April 2023 to 31st March 2024**

### **History**

Acts West Wales was registered with the Charity Commissioners in July 2014 as an initiative of Grace Church West Wales, to meet charitable needs within the local community. The charity established Pembrokeshire Food Bank with a Trussell Trust franchise and opened foodbanks in Narberth, Haverfordwest and Letterston. Pembroke Dock Food Bank opened in 2016 and Neyland in 2020. Letterston was later relocated to Fishguard town. In the spring of 2022 the charity launched Cilrath Acre, a sister project to Pembrokeshire Food Bank, which focused on a regenerative food growing space - connecting people to nature, the land and locally grown food; helping to address food poverty and build community resilience.

### **Pembrokeshire Food Bank**

#### **Activity April 2023 to March 2024**

Adults fed - 2173 (in 2023 -2292 adults)

Children fed - 1241 (in 2023 - 2030 children)

Volunteers - 50 (active) (in - 2023 - 58 volunteers)

Stock received 35,796kg ( in 2023 41,898kg)

Stock distributed 32,116kg ( in 2023 35,923kg)

In Pembrokeshire, during 2023/24, the latest figures show that 3414 local people received emergency food supplies from Pembrokeshire Foodbank network and that 1241 of these were children. This number is a decrease compared to the 2022/23 period when 5022 people received emergency food supplies. There has been notably less demand from families, which is reflected in these lower figures for both adults and children receiving assistance. Our stock received figures also reveal a significant drop in donations of 6102kg.

Clients receive a very generous three-day supply of non-perishable, nutritionally balanced food with additional FareShare perishable produce when available. This intervention resolves the immediate issues of hunger. Clients are also offered support and guidance on where to find further expert help, to try and resolve the contributing issues that created the food crisis.

As well as providing emergency food, Pembrokeshire Food Bank provides essentials like toiletries, cleaning and laundry supplies and pet food to individuals who are struggling, as well as signposting them to other services in the local area.

Pembrokeshire Food Bank and P.A.T.C.H. (an independent foodbank), have agreed with one another to allow those in need to redeem food vouchers and access services in any foodbank centre across the county.

A partnership between Trussell Trust , ASDA and Tesco has enabled us to access some grant funding .This year, we saw a fall in the number and value of corporate donations, However our monthly private donations through our Hand Full of Rice donation scheme remain strong. These income sources are essential in securing our managerial and administrative capacity which is needed to ensure efficient and smooth running of the large volunteer force which support our foodbanks across the county

Each centre opened every week during the year, and each is a credit to the hard work and diligence of the amazing volunteers and donors. Local schools, businesses and churches continued to provide vital support to the Foodbank network.

Major supermarkets including Tesco, Morrisons & Asda continued to be significant supporters and donors, allowing us to collect public donations within their stores via our permanent collection baskets, emptied weekly .

During the year being reported, Deer Park Baptist Church in Tenby has opened as a food parcel collection point and community cafe.

Pembrokeshire Foodbank continues partnering with the FareShare Charity. Through this initiative, good food destined for waste is sent to charities and community groups who transform it into nutritious meals. In addition, surplus perishable food can be taken home, free of charge, and no food voucher is required. The food redistributed is fresh, quality and 'in date' surplus from the food industry. Pembrokeshire Food Bank is thankful to many local food shops, growers, as well as Tesco & CO-OP, our main partners, for their ongoing commitment and provision to this scheme however, it is noted that the supply is becoming less and less, as retailers are discounting prices earlier and the take up from the public has increased. Our sister project Cilrath Acre, is now providing additional fruit and vegetables for us.

We collected and redistributed in this reported year 12.9 tons of food ( 30,750 meal portions) compared to the previous year 2023 when the total food collected was 17.02 tons ( 40,526 meal portions).

FareShare food is available at all five Food Banks during their opening hours. Our collaboration continues between businesses, Food Banks, and Community Fridges to reduce food waste and support the community.

The Trustees are grateful to the Food Bank management team and the amazing band of able volunteers across Pembrokeshire who, week by week, enable people to get access to good quality emergency food supplies.

#### **Pembrokeshire Food Bank opening times and locations:**

Haverfordwest: Hill Park Baptist Church Tuesdays 10am - 1pm

Narberth: Grace Court House Wednesdays 10am - 1pm

Fishguard: Bethel English Baptist Church Thursdays 10am - 1pm

Pembroke Dock: Bethel Baptist Church Thursdays 10am - 1pm.

Neyland: Bethesda Baptist Church, Tuesdays 10am -1pm

Tenby , Deer Park Baptist Church Mondays 11-1pm

#### **Cilrath Acre**

##### **Activity April 2023 to March 2024.**

May 2023 saw Cilrath Acre's first full growing season begin with seasonal, fresh produce starting to be produced sufficiently for a weekly delivery to be made to the Foodbank, and for volunteers to enjoy some benefit as well.

Volunteers who had assisted in the initial start up continued to remain engaged and there was a 36% increase in the volunteer base with new people taking an interest.

A stall was held at the Narberth Span Arts 'Big Plant Sale' where donations were given of surplus plants, and the opportunity to engage at Cilrath Acre was advertised with the handing out of leaflets.

An open day was held in the summer, which attracted visitors to the site and generated further interest.

Cilrath Acre was represented with a stand at the Narberth Food Festival in September which was a positive step in attracting new volunteers to join the Cilrath Acre team.

October saw local Rainbows (younger Brownies group) attending, demonstrating how community groups can access the space to run outdoor sessions. The Acre was also host to an event which brought together other community focused growing projects from around Pembrokeshire, with 22 guests attending.

In November the Shared Prosperity Fund - Sustainable Communities Grant administered by Pembrokeshire County Council approved a substantial funding bid, which paved the way for continued funding for two part time staff for 12 months and enabled the commissioning of consultants "Patch of the Planet" to work along with volunteers and stakeholders to develop a Permaculture Design for the whole of the acre site.

In January 2024 a premium brand compost toilet (Natsol) was installed, thanks to funding from Pembrokeshire Coast Sustainable Development Fund with match funding from Milford Haven Port Authority 'Green Energy Fund'.

February 2024 Cilrath Acre held a successful "Seed Swap" event in collaboration with Queen's Hall in Narberth. This was a really positive community event, which attracted good feedback and interest in Cilrath Acre.

At the year end, in March, phase one of the permaculture design was implemented with saw substantial shrub and tree planting across the acre, a conservation pond being made and a large storage shed erected. A workshop programme for the public to attend was published and the first workshop was held where the grafting of apple trees was taught.



CHARITY COMMISSION  
FOR ENGLAND AND WALES

ACTS West Wales Ltd  
Consolidated

1157963

## Receipts and payments accounts

CC16a

For the period  
from

01/04/2023

To

31/03/2024

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
DONATION	8,889	26,614	-	35,503	66,830
DONATION (TESCO TOP UP)	14	4,964	-	4,978	49,187
GIFT AID TAX	-	2,823	-	2,823	13,863
GRANT (RESTRICTED)	25,672	23,254	-	48,926	3,016
HANDFUL OF RICE	15,448	-	-	15,448	1,394
INTEREST.	-	3,942	-	3,942	-
CHARITABLE ACTIVITIES	110	-	-	110	-
Transfer from PFB to CA	5,000	-	-	5,000	-
<b>Sub total (Gross income for AR)</b>	<b>55,133</b>	<b>61,596</b>	<b>-</b>	<b>116,730</b>	<b>134,290</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>55,133</b>	<b>61,596</b>	<b>-</b>	<b>116,730</b>	<b>134,290</b>
<b>A3 Payments</b>					
SALARIES	11,274	60,583	-	71,857	59,240
TRAVEL	6,679	6,020	-	12,699	13,210
TELEPHONE.	300	-	-	300	236
STATIONERY	1,945	-	-	1,945	1,607
SUBSCRIPTIONS	848	-	-	848	422
INSURANCE	730	-	-	730	689
MAINTENANCE	10,911	12,388	-	23,299	23,223
OPERATING COSTS	20,573	11,269	-	31,841	48,302
LEGAL AND PROFESSIONAL	-	2,437	-	2,437	300
Transfer to CA	-	5,000	-	5,000	-
<b>Sub total</b>	<b>53,259</b>	<b>97,696</b>	<b>-</b>	<b>150,956</b>	<b>147,229</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>53,259</b>	<b>97,696</b>	<b>-</b>	<b>150,956</b>	<b>147,229</b>
<b>Net of receipts/(payments)</b>	<b>1,874</b>	<b>- 36,100</b>	<b>-</b>	<b>- 34,226</b>	<b>- 12,939</b>
<b>A5 Transfers between funds</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>A6 Cash funds last year end</b>	<b>11,919</b>	<b>116,639</b>	<b>-</b>	<b>128,558</b>	<b>128,558</b>
<b>Cash funds this year end</b>	<b>13,793</b>	<b>80,539</b>	<b>-</b>	<b>94,332</b>	<b>-</b>

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Epworth Cash Plus Fund 70581017	-	77,575	-
	Pembrokeshire FoodBank 51605046	7,457	-	
	Pembrokeshire Food Bank Petty Cash	21	-	
	Cilrath Acre 01625292	6,284	2,964	-
	Cilrath Acre Petty Cash	30	-	-
	<b>Total cash funds</b>	<b>13,793</b>	<b>80,539</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

**B5 Liabilities**

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval



Section A

Independent Examiner's Report

Report to the trustees

ACTS West Wales Ltd

On accounts for the year  
ended

31 March 2024

Charity no  
(if any)

1157963

Set out on pages

1

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

Responsibilities and  
basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent  
examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

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.

*\* Please delete the words in the brackets if they do not apply.*

Signed:

Date:

31 January 2025

Name:

Lisa Evans

Relevant professional  
qualification(s) or body  
(if any):

Address:

Unit 3a Narberth Bridge Business Park, Narberth SA67 8RA