

POOLE COMMUNITY EXCHANGE

England & Wales · Charity number 1178207

Details

Other names PCE, THE COMMUNITY EXCHANGE, THE EXCHANGE

Status Registered

Legal form CIO

Registered 2018-05-02

Register [View on the Charity Commission register](#)

Contact

Address c/o Parkstone United Reformed Church
Commercial Road
Parkstone
Poole
Dorset
BH14 0JW

Phone 07980002676

Email info@poolecommunityexchange.org.uk

Website www.poolecommunityexchange.org.uk

Activities

Objects: TO PROMOTE FOR THE BENEFIT OF THE RESIDENTS OF AND VISITORS TO, IN PARTICULAR BUT NOT EXCLUSIVELY, THE TOWN OF POOLE –1. TO PROMOTE SOCIAL INCLUSION, BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED BY RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY;2. TO PROVIDE FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION AND LEISURE TIME OCCUPATION WITH THE OBJECTIVE OF IMPROVING CONDITIONS OF LIFE; WITHOUT DISTINCTION OF SEX, SEXUAL ORIENTATION, RACE OR OF POLITICAL, RELIGIOUS, OR OTHER OPINIONS BY ASSOCIATING TOGETHER RESIDENTS, VISITORS AND THE LOCAL AUTHORITIES, VOLUNTARY AND OTHER ORGANISATIONS;3. TO PROMOTE PHYSICAL, MENTAL AND SPIRITUAL WELL-BEING MAINLY, BUT NOT EXCLUSIVELY, BY THE PROVISION OF CHAPLAINCY SERVICES TO OFFER ADVICE AND SUPPORT FOR THE PURPOSE OF THIS CLAUSE ‘SOCIALLY EXCLUDED’ MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY AS A RESULT OF ONE OR MORE OF THE FOLLOWING FACTORS:• UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING DRUGS AND ALCOHOL; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER REASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; HOMELESSNESS OR POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS); CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY

Activities: Help people who are socially excluded. Provide activities in the interests of social welfare. Provide chaplaincy services.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** The Prevention Or Relief Of Poverty, Recreation, Other Charitable Purposes
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Poole

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£53,867	£58,220	-	-
2024-04-05	£68,340	£62,886	-	-
2023-04-05	£46,629	£59,041	-	-
2022-04-05	£41,947	£25,192	-	-
2021-04-05	£84,875	£72,834	-	-

Trustees

Name	Role	Appointed
Gemma Taggart		2025-09-11
Justin Nicholas Hilliard		2025-05-20
Margaret Helen Fraser Beardsley		2023-11-23
Roy Bridge		2025-09-11
Sarah Percy BAHONS MBA		2018-05-02

POOLE COMMUNITY EXCHANGE

England & Wales - Charity number 1178207

Accounts

Poole Community Exchange CIO



Parkstone United Reformed Church
Commercial Road
POOLE
BH14 0JW

Charity No 1178207

Telephone: 01202 733580

Email: pce-info@poolecommunityexchange.org.uk

Annual Report and Financial Statements From 6th April 2024 to 5th April 2025

Charity No: 1178207

POOLE COMMUNITY EXCHANGE CIO

Trustees' Report.....	3
Vision and Summary of purposes in governing document.....	3
Activities, Achievements and Performance.....	4
Food.....	4
Community Living Room.....	7
Children and Families.....	9
Our volunteers.....	10
Partners.....	11
Other.....	12
Public Benefit.....	12
The Future.....	13
Financial Review.....	13
Reserve Policy.....	14
Reference and Administrative Details.....	14
Structure, Governance and Management.....	15
Legal Objects.....	15
Approval.....	16
Financial Statements for the Year Ended 5 April 2025.....	17

POOLE COMMUNITY EXCHANGE CIO

Trustees' Report

The Trustees are pleased to present their report together with the financial statements of the charity for the period from 6th April 2024 to 5th April 2025.

VISION AND SUMMARY OF PURPOSES IN GOVERNING DOCUMENT

Poole Community Exchange (PCE) provides a safe welcoming place for people of all faiths and none; where they can come together to relax and have fun and give (time, skills, knowledge, friendship, prayer) and receive (support, advice, learning, food, friendship, prayer.....).

We promote social inclusion, helping anyone without distinction. Our community supports people who are currently socially isolated and excluded for whatever reason to build relationships, grow in confidence and integrate with the wider community.

We believe that everyone has something to offer and everyone has something they need. We know people are transformed by the experience of giving and taking. Our unique exchange model encouraging people to 'take what you need and give what you can' is an essential part of our community. We encourage and support everyone in our community to volunteer, blurring the lines between volunteers and beneficiaries. This also removes any stigma in accepting charity as people can give time, as well as donating what they can afford, and know that they are contributing to the community.

We provide:

- a wide range of support, services, facilities and opportunities, which relate to physical, mental, emotional and spiritual needs, in their widest meaning;
- a space where anyone can drop in for advice or a chat, or to engage with any of the social and leisure opportunities we offer;
- information on help and support available from other organisations, upcoming events and the wide range of activities and opportunities across Poole.

We work in partnership and liaise with other organisations to add value, increase efficiency, and not duplicate efforts.

We want everyone in our community to thrive, not just survive.

See page 14 for our legal objects.

POOLE COMMUNITY EXCHANGE CIO

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

Food

We continued to provide food and other necessities to people in need.

The bulk of our food comes from Fareshare directly and local supermarkets through the Fareshare and Neighbourly schemes, which has saved approximately 34.5 thousand kilograms from landfill this year. We also collected surplus and donated food from Camp Bestival. However, we have seen a decrease in the variety available, especially fresh fruit and vegetables, and we have had to supplement this by buying some food to support people with living a healthy lifestyle.

During the year covered by this report, we estimate that we fed about 8,000 people.

Where we have a surplus, most often with bread, we donate food to local hostels, helping an estimated 2250 people over the year.

Any food we cannot use is donated to a local animal charity or goes to generating energy from bio waste.

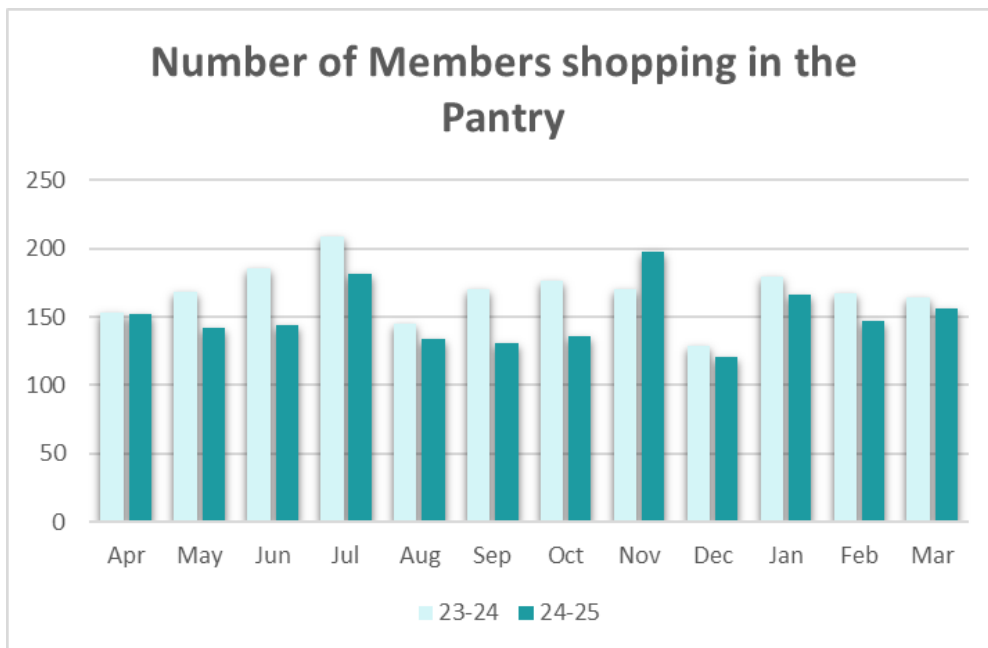
Poole Pantry and Community Fridge

Poole Pantry is membership based, for people who are struggling to feed themselves and their families. We are open 3 days a week. We do not ask for proof of low-income. People can be referred or can self-certify.

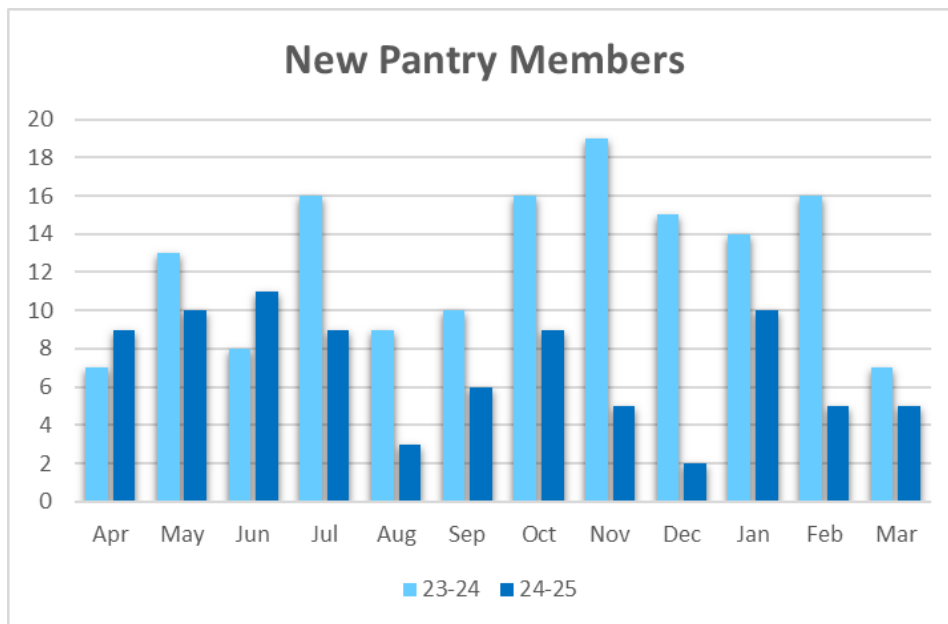
Pantry members can choose up to £20 of fresh, frozen, and ambient food in their weekly shop. This year our members shopped over 1800 times. We ask for a suggested donation of £5 to help cover our costs and members are asked to volunteer for one session a month if they are able to do so.

We have noticed a decrease in the number of times members shop each month (approximately 2 thousand less than last year) and a drop in the number of new members – down to 84 from 150 last year.

This may be because of an ease in the cost of living crisis, but we think it is mainly due to supply issues.



POOLE COMMUNITY EXCHANGE CIO



Within the Pantry, we also operate a Community Fridge where food is available to anyone free of charge to help prevent wastage. This usually includes frozen food as well as vegetables, bakery, and even fresh flowers.

Comments from our community include:

- We need this as we are on very low money per month, this service is vital to us, I am on the vulnerable persons list
- The pantry helps with cost of living to provide food especially fruit & veg & basic staples to make ends meet at home and at a very reasonable price.
- I shop at the pantry as it helps me financially as I'm struggling paying the bills etc.
- To use the community shop, as it helps me financially
- I am waiting for my finances to be sorted and I don't have any spare money. This is a lifeline. I love to get my fruit & veg I always get a good shop which helps massively with my weekly shop. I would struggle without it. Thank you
- Ran out of food money

Community meals

We provide a 2 course home cooked community lunch 3 days a week. Numbers have remained steady at approximately 70 a week.

These meals are available to anyone, and are a key part of building our community. There is something special about joining together to eat. It breaks down barriers, reduces loneliness and isolation and increases people's feeling of belonging and sense of community.

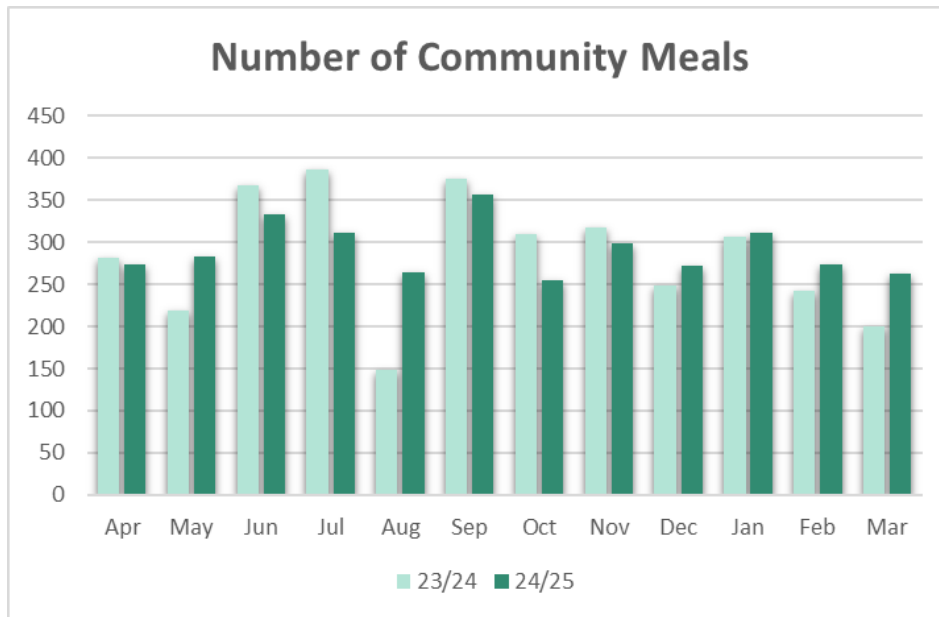
We ask for a suggested donation of £4-£7.

Comments from our community include:

- The meals and snacks are excellent and reasonable to the purse when you have to watch the pennies.

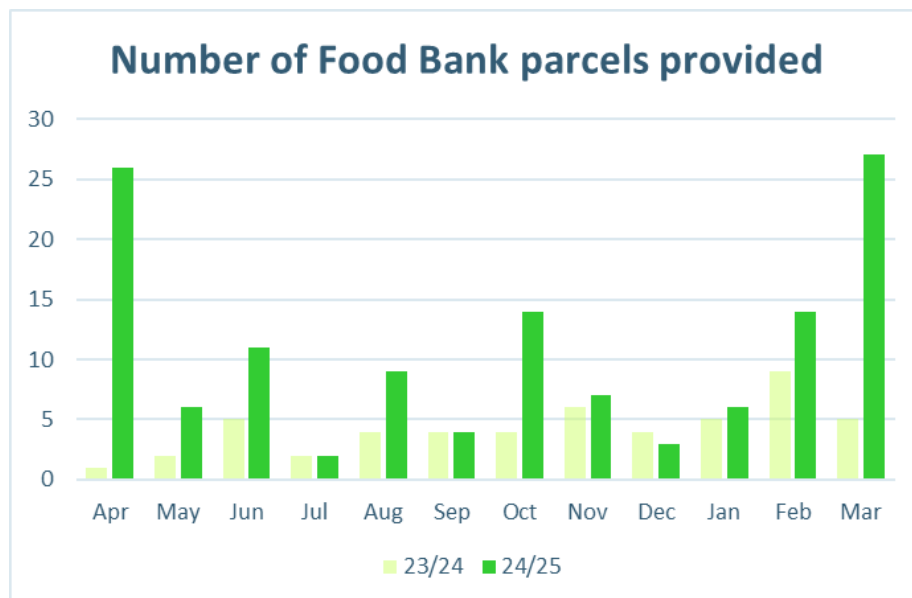
POOLE COMMUNITY EXCHANGE CIO

- Need for food (ran out of money) and happy with what I chose. I had my first community lunch, very nice, volunteers friendly :)
- I come here for lunches and have also shopped in the pantry. I have struggled with food and this



was helped with a crisis pack of food. I now come & contribute a token fee towards lunch as part of my routine. I had addictions all my life, helped me tremendously

Food Bank and Emergency parcels



We are a satellite for Poole Food Bank and also provide emergency food parcels on behalf of BCP council, and to people who approach us directly.

Cookery club and lessons

POOLE COMMUNITY EXCHANGE CIO

One of our volunteers who is a qualified catering instructor also runs a cookery school / club for people who lack skills or confidence. It focuses on simple healthy home-cooked food on a budget. 26 people participated this year.

Working with other organisations

We provided nearly 4,400kg of food to Poole Communities Trust who run Moor Communities Food as they have limited storage.

We have been a member of the BCP Access to Food partnership since the start of the partnership.

In partnership with Tricuro Coast and Parkstone Connect, we provide volunteering opportunities for adults with learning disabilities. Tricuro Coast and Parkstone Connect bring their clients (about 17 a week) who are accompanied by a member of their staff. They help in the kitchen, including having their own dedicated cooking and baking session. They also help set up and lay tables for the lunches, carry trays, clear tables, wash up and load, and empty the dishwasher. With support, some have gained enough confidence and experience to become independent PCE volunteers.

Community Living Room

We have always welcomed people who need somewhere to just be. As in the previous year, we were a registered Warm Space during the winter. Our Community Living Room is open between 10am and 2.30pm 3 days a week with hot drinks, cakes and biscuits, fruit, free WiFi and recharging, and more. This year we also added a breakfast club with toast and various spreads. We recorded over 3000 visits just for the Warm Space.

As well as a space to chat, we offer a wide range of activities timed to finish just before or start just after lunch so people can also eat together.

- games, puzzles and colouring are available every day;
- regular knit and natter and chatty crochet group;
- art and craft groups twice a week;
- 'Sing-a-long' sessions;
- opportunities to garden;
- Tai Chi once a fortnight;
- Meditation and Mindfulness.

Our Creative Writing for Wellbeing group ran from April to June but had to stop because the lead volunteer could not continue.

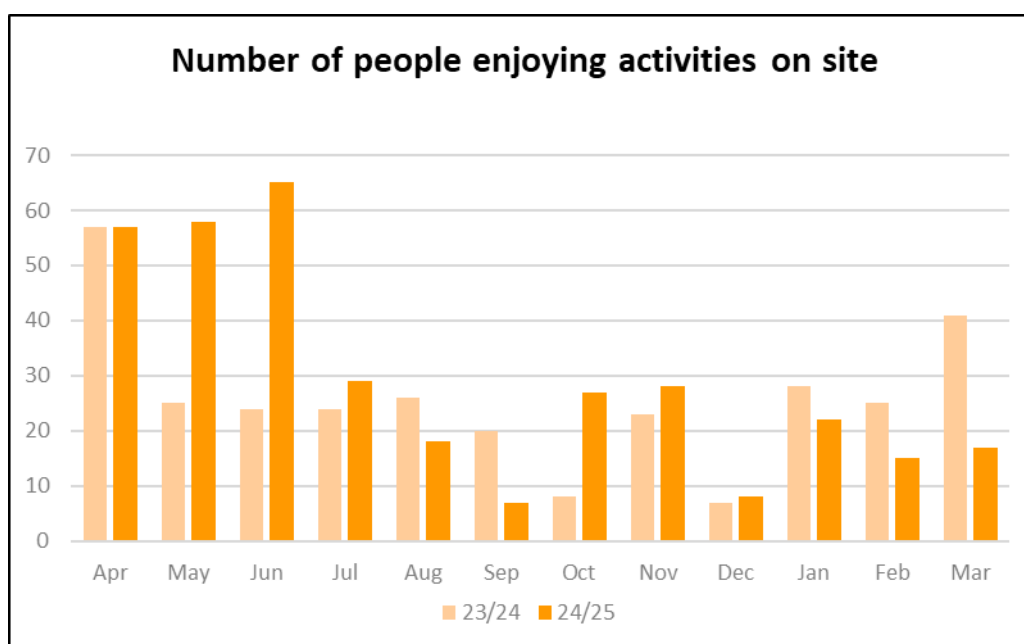
We time our activities to finish just before or start just after lunch so people can also eat together.

We have a small range of clothing and also have books, CDs and DVDs for exchange or for a donation.

Low rate individual counselling sessions were offered from April to June but unfortunately could not continue because volunteers weren't available

Thanks to Parkstone URC's commitment to inclusion, members of our community can also access other activities in the building for a reduced cost. These include Karate and Chair Yoga.

POOLE COMMUNITY EXCHANGE CIO



We also run one-off events and advice sessions:

- the new inclusive discos “Rave in the Nave” and Tea Dances have proved very popular (315 people in total during the year);
- our volunteers put on 2 music events (30 people at each performance);
- the Police ran a Community Contact Point where people can pop in and discuss issues and also get crime prevention advice (12 people);
- Ridgewater Energy provided another talk for our community on energy efficiency (20 people);
- Lacey’s provided a free expert talk “Plan Ahead for Peace of Mind” covering wills, estate administration, Care Fee funding and planning with individual advice also available (5 people);
- Live Well Dorset ran a free NHS Health Check. 5 people attended and more clinics are planned for next year;
- 15 people attended our Shrove Tuesday (Pancake Day) event.

Help and advice is also available twice a week from Citizens Advice. They also provide us with an expert energy advisor once a week who ran a special session in September offering a “Winter pack”;

In partnership with Parkstone URC and Poole Chaplaincy Services, we also support spiritual wellbeing with prayer, contemplation and discussion. We offered an 8 week course exploring holistic wellness: body mind and spirit, a Bible Book Club and a Lent course.

There are also regular trips to Hillfield Friary’s retreat days, which have had about 40 attendees over the year (NB some people attend more than once).

In March a group of about 10 people started exploring what living a Neo-Monastic lifestyle might look like for them.

Additionally we have started offering other accompanied outings off-site:

- 7 people took up the invitation to Wessex Synod’s ‘Big Day Out’ at Hollycombe Steam;
- Joining in the weekly public walks in Poole Park (20 attendees over the year);
- 6 people join residents of Willow Park at their weekly coffee mornings;
- Recitals and Concerts at St Alhelm’s and St Peter’s Churches (numbers unavailable);

POOLE COMMUNITY EXCHANGE CIO

- 14 people took advantage of invites to Camp Bestival as part of volunteering to pick-up surplus and donated food;
- 5 people went to the RNLI parade.

Comments from our community include:

- *I enjoy coming here, rather than sitting in a flat by myself. Please keep up the activities*
- *Since coming here I have made many friends which has made my life so much improved since losing my husband. It's a place I look forward to coming to and feel a place of belonging.*
- *Amazing place.. I lived 5 mins away for 37 yrs. Never knew it existed. Thanks to a volunteer I found this Gem. It has literally livened up my life. What would we do without Mark!*
- *I like to come here to talk to people, it has made me happy because the people don't judge.*
- *I enjoy getting out of the house to socialise and for well-being. Would be lost without it.*
- *to meet people, make new friends, Stops me from feeling lonely at home.*
- *The church is friendly, so its nice to sit in and chat*
- *The activities are very well organised*
- *I enjoy the prayers*
- *Nice disco*
- *Makes you feel safe and welcome,*
- *I love coming here, it is so welcoming, coffee time is special. I enjoy prayers on Wednesday and seeing all sorts of people. It is not just about the food. Keep going.*
- *I find it very friendly, I enjoy coming, please keep the place going. (it would be nice to have some sing a long sheets and outdoor activities)*
- *To give me more of a life, to be useful and help in the community.*
- *Advice is given on many topics and prayers at those to take comfort from. Even my dog has made friends and others love to see him almost a therapy dog*
- *It's a nice community feeling and I enjoy giving back & feeling useful.*
- *PCE has made me realise how much of a possible impact it makes on people and how much it means to a lot of people. It's a great community, makes me think this is just one big family. Everyone helps each other out*
- *smiles can be seen on everyone's faces and laughter can be heard all around. For me it has definitely helped me at ease with a lot that's going on in my life.*

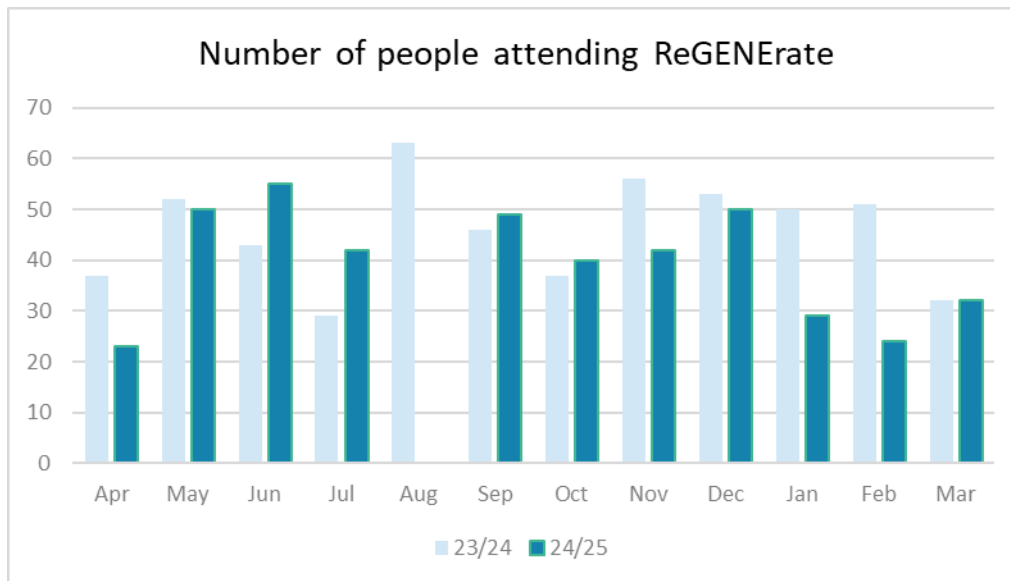
Children and Families

The church runs various events for children and families including Busy Bees, Explorers and Messy Church.

We partner with Faithworks SMILE and the church in the Regenerate project. This runs twice a month after school for single parents and their children, providing a hot two-course meal. There is a quiet space with WiFi for homework, a children's play area for younger children and craft activities. There is a trained children's worker so parents can take time to socialise and access support.

60% of the children who attend have special education needs and disabilities.

POOLE COMMUNITY EXCHANGE CIO



Our volunteers

We could not do what we do without our volunteers.

During the year about 65 people volunteered for us, which has given us a total of 16 thousand volunteering hours.

Many of our volunteers started off as socially excluded beneficiaries but with support have become regular volunteers.

All our volunteers have attended a safeguarding course or demonstrated that they have the required knowledge from other roles, e.g. health care or teaching.

Several of our volunteers had expressed an interest in First Aid training. With financial support from URC Wessex Synod, we were able to fund a course on First Aid Awareness for 10 of them. We are still exploring the options for providing training on Mental Health Awareness and Working Alongside People with Learning Difficulties.

Comments from our volunteers include:

- I come to help run the Art Group, I enjoy the community spirit. People here who volunteer are very helpful and my life has improved. The URC has given me structure to my previous Mondays & Fridays, I feel here I am "giving back" as a volunteer.
- I came here to help with Knitting Club, I enjoy talking to different people.
- I volunteer every Friday morning, I enjoy helping and meeting the people who visit the centre.
- I don't work due to mental health issues. I find it useful to volunteer here to test the boundaries of what I can and cannot do. It has helped my confidence immensely.
- It's an honour to help those who need it.
- I help support 3 clients from Parkstone HUB, to help with setting tables for lunch and clearing away afterwards.
- Since the loss of paid work I've improved my life by volunteering at PURC. I help out with gardening, I do prayers & other activities in the building. I play piano and use my talents, I socialise with others and enjoy a meal.

POOLE COMMUNITY EXCHANGE CIO

- I come here to gain skills and meet people while I decide what I want to do in the future. It also has a very nice working environment and some lovely people
- Learn new skills, helping the community, learn to cook

Personal stories

'Jane'

I have suffered from Bi Polar for years since I was 27, I am now 66 years old. I have been in and out of hospital, I get highs and lows - The last low was a breakdown and my life was coming to the pantry volunteering three days a week

Sitting at home on my own was making me worse. I've made lots of friends and connections and its really helped me.

'James'

I was going through bad and lonely times, I was dealing with a threatened life and I was introduced to URFC and I've been here ever since - about six months - I was welcomed with open arms by the community here and ever since have found a structure to my life which I was in need of. I volunteer two days a week and when money is short I use the [pantry] which is very helpful- A hot meal is very important and I really enjoy it.

'Angela'

I found the group through word of mouth and thought I'd give painting a go, - it's given me a social connection and I really enjoy teaching myself how to paint.

Partners

One of our key values is to work in partnership with other organisations. We can do more together than we could individually.

This year our partners included:

- Parkstone URC, who have provided us with space at a low cost ever since we started, and are now actively partnering with us in the Community Living Room and providing opportunities for people to explore faith and spirituality;
- Hillfield Friary, we offer members of our community the opportunity to attend their retreat days;
- Citizen's Advice, who are on site twice a week;
- Faithworks Food Bank in central Poole;
- Tricuro who provide volunteers from their COAST project and also run the local day centre;
- Parkstone Connect who also provide volunteers;
- Poole Chaplaincy Service which provides our in-house advisory and pastoral care work;
- Dorset Police, Ridgewater Energy, Lacey's and Live Well Dorset who ran advice sessions;
- Camp Bestival, who donated food and free tickets;

POOLE COMMUNITY EXCHANGE CIO

- URC Wessex Synod who funded training and invited us to their Big Day Out.

We'd also like to thank all the local businesses and other organisations who donated food from Harvest Festivals and raffle prizes at Christmas.

Other

In October, we joined with the church and Planet Earth Needs Our Help Project¹ to launch the Poole Environmental Wellbeing Hub. Approximately 40-50 people attended the launch. The Dickinson Hall now houses a permanent exhibition of Marylyn Cropley's book and project: "Planet Earth Needs Our Help". This will form the focus for a range of activities to promote personal and planetary well-being, under the slogan: **Healthy Lives, Healthy Planet.**

The new Hub has been widely promoted including attendance at the Dorset COP24 event in October and at the Heathland Exhibition at Upton Country Park in February and at Arts University Bournemouth in March. In January approximately 50 people from different environmental groups attended a networking meeting.

As part of our new Environmental Wellbeing Hub, we held a "Doing Christmas Differently" event focusing on how to have a fun Christmas without spending a fortune and without creating waste and pollution. This featured:

- PCE Volunteers, Oxfam, East Dorset FOE and other Planet Earth friends showcasing examples of recycled and upcycled gifts to buy, or to have a go at making.
- Practical activities: opportunities to make your own cards, wrapping, gifts, and decorations.
- Information and ideas on "how to do Christmas differently".
- A fun and creative family experience of discovery, learning and sharing in a social setting.

About 40-50 people attended including our invited guests Poole MP Neil Duncan-Jordan, and BCP Council Leader Millie Earl.

We began the task of formally reviewing and bringing together all our various risk management documents, and reviewing our policies. This work has continued into 2025-26.

We supported a Bournemouth University student with a 30 hour a week placement as a Marketing Coordinator. He has helped us create more attractive and consistent content, particularly contributing to content for our new website which went live in October 25.

PUBLIC BENEFIT

When planning these activities, the trustees have taken into account the Charity Commission guidance on public benefit and consider that all of these activities provide a public benefit and made a difference to our beneficiaries by:

- providing food and support to vulnerable people in need;
- redistributing good quality surplus food and reducing food waste;
- encouraging healthy eating;

¹ <https://planetearthneedsourhelp.com/>

POOLE COMMUNITY EXCHANGE CIO

- encouraging self-confidence and a sense of self-worth by volunteering rather than passively receiving;
- supporting people to increase their interpersonal (social, communication and relationship) skills
- fostering a sense of community by meeting for a morning tea/coffee break and/or round the lunch table and sharing food and conversation, giving people the sense that they belong;
- reducing loneliness and isolation by providing an inclusive space where everyone is welcome
- encouraging creativity and experimentation, providing a safe place to fail;
- increasing physical, mental and spiritual wellbeing by using the 5 Steps to Wellbeing Model 'CLANG':
- encouraging self-confidence and a sense of self-worth by using existing skills and learning new ones;
- giving people with mental and/or physical health issues and/or learning difficulties or disabilities or who are neuro-divergent a safe and welcoming place and supported volunteering opportunities;
- improving physical health by offering Tai Chi for health classes;
- working in partnership with other organisations so people can easily access help and advice on a wide range of issues;
- Providing a Warm Winter Space for physical wellbeing and help with energy costs;
- Expanding people's worlds by running events and inviting them to outside events that they might otherwise struggle to access;
- providing simple accessible information on the issues of climate change and environmental decline, solidly backed by science;
- providing a welcoming and supportive space where local groups and the community can explore ways to improve personal health and the well-being of our natural environment.

The ability to access food is one of the most basic human needs. By providing food from the Pantry, as well as cookery lessons and hot lunches, our project is meeting people's need for good, healthy food, on which all other aspects of life depend. This supports not only their physical but their mental health too as it helps reduce anxiety about when and how they might eat, and there is scientific evidence that a healthy and varied diet improves mood and wellbeing.

As well as helping to provide people's physical needs for food and warmth, we also meet their need for love and belonging. Everyone is welcome and accepted in our community no matter who they are and whatever their needs. For those struggling with feelings of loneliness and isolation this is a vital lifeline. For people struggling with addiction, meaningful activity helps.

By fostering a sense of community where everyone can contribute, people can gain respect, recognition, status and a strong sense of self-worth; and start to thrive, not just survive.

POOLE COMMUNITY EXCHANGE CIO

THE FUTURE

In 2025/26 we will continue to fight food poverty, and help people with basic needs.

We intend to continue our original vision of a safe, welcoming space for people to chat, play, be creative, learn, connect with one another, and get any help and advice they might need. To continue to create a true community exchange where people bring their gifts, skills, knowledge etc to share with others. We are always open to exploring new ideas and encouraging people to share their passions.

As part of our vision to help people thrive not just survive, we will also focus on extending our range of social and leisure activities. Current plans include a pottery as we have 2 volunteers who are experienced ceramicists and have been donated a kiln.

FINANCIAL REVIEW

No fund is materially in deficit.

No funds are held as a custodian trustee.

Reserve Policy

Our 2024/2025 accounts show £22,387 unrestricted funds brought forward into this year.

However, some of these funds are directly related to donations given from either the Pantry or the Community Lunches. Although these donations have not been given specifically for that purpose and are therefore not restricted to that purpose, the trustees feel that it is only right that this money is reinvested into these projects.

£3,886 is held from the Community Lunches and £12,073 from the Pantry. Therefore, we have a total of £15,959 of designated funding and £6,428 of unrestricted funding.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Name	Poole Community Exchange CIO
Registered Number	1178207
Principal Office	Parkstone United Reformed Church (PURC) Commercial Road Parkstone Poole BH15 0JW

Trustees who managed the charity during the period of the report

Name	Office	Dates acted where not for whole of the period
Mark Phillips	Chair	
Sarah Percy	Secretary and Treasurer	
Michael Hancock		
Jennifer Carlton		To 12/02/25
Meg Beardsley		

POOLE COMMUNITY EXCHANGE CIO

There are no corporate trustees or trustees holding title to property belonging to the charity.

Changes since the end of the year and before the report was signed

Justin Hilliard and Sheela Hobden were appointed on 20 May 2025.

Mark resigned as Chair on 02 May 2025. Meg took over but resigned as Chair on 21 August 2025. There is currently no formal chair. Meetings are chaired by the Secretary.

Michael Hancock resigned on 26 August 2025.

Gemma Taggart and Roy Bridges were appointed on 11 September 2025.

Trustees who managed the charity at the time the report was signed

Sarah Percy

Meg Beardsley

Justin Hilliard

Sheela Hobden

Gemma Taggart

Roy Bridges

Independent Examiner

Bicknell Business Advisers Ltd

40 Broadway Lane

Bournemouth

BH8 0AA

STRUCTURE, GOVERNANCE AND MANAGEMENT

Poole Community Exchange (PCE) is a Charitable Incorporated Organisation governed by its constitution. It was incorporated and registered on 2nd May 2018.

No person or body is entitled to appoint any trustees.

Trustees are recruited by word of mouth and advertising on sites such as Reach. Potential trustees complete a volunteer form, submitting two references and explaining why they want to be involved, and what skills and knowledge they can offer. References are taken up and potential trustees then meet with existing trustees. Trustees are appointed at trustee meetings by the existing trustees. They are appointed initially for three years. They may be re-appointed when their term ends. Trustees may serve a maximum of three terms. They must then take a one-year break before they are eligible for reappointment.

LEGAL OBJECTS

The legal objects in the constitution of Poole Community Exchange (PCE) are:

“For the benefit of the residents of and visitors to, in particular but not exclusively, the town of Poole:

- (1) to promote social inclusion by preventing people from becoming socially excluded and, by relieving the needs of those people who are socially excluded and assisting them to integrate into society;
- (2) to provide facilities in the interests of social welfare, for recreation and leisure time occupation, with the objective of improving conditions of life; without distinction of sex, sexual orientation, race or of political, religious, or other opinions by associating together residents, visitors and the local authorities, voluntary and other organisations;
- (3) to promote physical, mental and spiritual well-being mainly, but not exclusively, by the provision of chaplaincy services to offer advice and support.

POOLE COMMUNITY EXCHANGE CIO

'Socially excluded' means being excluded from society, or parts of society as a result of one or more of the following factors:

- unemployment;
- financial hardship;
- youth or old age;
- ill health (physical or mental);
- substance abuse or dependency including drugs and alcohol;
- discrimination on the grounds of sex, race, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment;
- poor educational or skills attainment;
- relationship and family breakdown;
- homelessness or poor housing (that is housing that does not meet basic habitable standards);
- crime (either as a victim of crime or as an offender rehabilitating into society)."

APPROVAL

Approved by the Trustees of the charity on 11 September 2025 and electronically signed on their behalf by:

Meg Beardsley
Trustee

Sarah Percy
Secretary, Treasurer and Trustee

POOLE COMMUNITY EXCHANGE CIO

Financial Statements for the Year Ended 5 April 2025

Receipts and Payments						
	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
Receipts	2024/25	2023/24	2024/25	2023/24	2024/25	2023/24
Grants			8,033	26,227	8,033	26,227
Donations	37,391	31,079	2,002	2,859	39,393	33,938
Interest	537	475			537	475
Reimbursement	655	3,181			655	3,181
Fees for Charitable Services	2,523	3,796	1,350		3,873	3,796
Direct Fundraising	1,266	503		220	1,266	723
Other					0	0
Neo-Monastics			110		110	0
TOTAL RECEIPTS	42,372	39,034	11,495	29,306	53,867	68,340
	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
Payments	2024/25	2023/24	2024/25	2023/24	2024/25	2023/24
Core Costs	12,060	5,300	1,119	6,257	13,179	11,557
Direct Project and Activity Costs	32,903	35,046	7,903	7,875	40,806	42,921
Other Expenses	390	378			390	378
Disbursements	417	1,671			417	1,671
PURC Grant Disbursements			2,500	3,000	2,500	3,000
Neo-Monastics					0	0
Sub-total Payments	45,770	42,395	11,522	17,132	57,292	59,527
	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
Asset Purchased for own use	2024/25	2023/24	2024/25	2023/24	2024/25	2023/24
Office Equipment	689			2,417	689	2,417
Kitchen / Catering Equipment			239		239	0
Pantry Equipment		217			0	217
IT Equipment				561	0	561
Other Equipment				144	0	144
Sub-total Assets for own use	689	217	239	3,122	928	3,339
TOTAL PAYMENTS	46,459	42,612	11,761	20,254	58,220	62,866

POOLE COMMUNITY EXCHANGE CIO

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2024/25	2023/24	2024/25	2023/24	2024/25	2023/24
NET RECEIPTS	-4,087	-3,578	-266	9,052	-4,353	5,474
Transfers between Funds						
Cash funds last year end	26,497	30,075	13,879	4,827	40,376	34,902
Cash Funds this year end	22,410	26,497	13,613	13,879	36,023	40,376

Statement of Assets and Liabilities

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2024/25	2023/24	2024/25	2023/24	2024/25	2023/24
Cash Funds						
Petty Cash	60	116			60	116
Other Cash	50	50			50	50
TSB Current Account	2,007	1,874			2,007	1,874
TSB Savings Account	20,270	24,457	13,636	13,879	33,906	38,336
TOTAL	22,387	26,497	13,636	13,879	36,023	40,376

Assets retained for our own use at cost	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds (£)
Current Year	689	239	928
Previous Years	497	18,270	18,767
Total	1,186	18,509	19,695



**CHARITY COMMISSION
FOR ENGLAND AND WALES**

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name
Poole Community Exchange

On accounts for the year ended

5th April 2025

Charity no (if any)

1178207

POOLE COMMUNITY EXCHANGE CIO

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2025.

As the charity trustees of the Trust, 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 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

05-Jan-2026

Date:

Abi Aiyegbayo ACMA CGMA

Name:

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

Chartered Institute of Management Accountants

Address:

40 Broadway Lane

Bournemouth

BH8 0AA

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination

POOLE COMMUNITY EXCHANGE CIO

of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

POOLE COMMUNITY EXCHANGE

England & Wales - Charity number 1178207

Accounts

Poole Community Exchange CIO



Parkstone United Reformed Church
Commercial Road
POOLE
BH14 0JW

Charity No 1178207

Telephone: 01202 733580

Email: Info@poolecommunityexchange.co.uk

Annual Report and Financial Statements From 6th April 2023 to 5th April 2024

Charity No: 1178207

POOLE COMMUNITY EXCHANGE CIO

Trustees' Report.....	3
Vision and Summary of purposes in governing document.....	3
Activities, Achievements and Performance.....	4
Food.....	4
Community Living Room.....	7
Regenerate.....	10
Our volunteers.....	10
Partners.....	11
Other.....	12
Public Benefit.....	12
The Future.....	13
Financial Review.....	13
Reserve Policy.....	13
Reference and Administrative Details.....	14
Structure, Governance and Management.....	14
Legal Objects.....	15
Approval.....	15
Financial Statements for the Year Ended 5 April 2024.....	16

Trustees' Report

The Trustees are pleased to present their report together with the financial statements of the charity for the period from 6th April 2023 to 5th April 2024.

VISION AND SUMMARY OF PURPOSES IN GOVERNING DOCUMENT

Poole Community Exchange (PCE) provides a safe welcoming place for people of all faiths and none; where they can come together to relax and have fun and give (time, skills, knowledge, friendship, prayer) and receive (support, advice, learning, food, friendship, prayer.....).

We promote social inclusion, helping anyone without distinction. Our community supports people who are currently socially isolated and excluded for whatever reason to build relationships, grow in confidence and integrate with the wider community.

We believe that everyone has something to offer and everyone has something they need. We know people are transformed by the experience of giving and taking. Our unique exchange model encouraging people to 'take what you need and give what you can' is an essential part of our community. We encourage and support everyone in our community to volunteer, blurring the lines between volunteers and beneficiaries. This also removes any stigma in accepting charity as people can give time, as well as donating what they can afford, and know that they are contributing to the community.

We provide:

- a wide range of support, services, facilities and opportunities, which relate to physical, mental, emotional and spiritual needs, in their widest meaning;
- a space where anyone can drop-in for advice or a chat, or to engage with any of the social and leisure opportunities we offer;
- Information on help and support available from other organisations, upcoming events and the wide-range of activities and opportunities across Poole.

We work in partnership and liaise with other organisations to add value, increase efficiency, and not duplicate efforts.

We want everyone in our community to thrive, not just survive.

See page 14 for our legal objects.

POOLE COMMUNITY EXCHANGE CIO

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

Food

We continued to provide food and other necessities to people in need.

The bulk of our food comes from Fareshare and local supermarkets, saving approximately 18.5 thousand kg from landfill this year. However we have seen a marked decrease in our supply from supermarkets and also in the variety available from Fareshare, especially fresh fruit and vegetables and we have had to supplement this by buying some food to support people in living a healthy lifestyle.

During the year covered by this report we estimate we fed about 12,000 people.

Where we have a glut, most often with bread, we donate food to local hostels, helping an estimated 2500 people over the year.

Any food we cannot use is donated to a local animal charity or goes to generating energy from bio waste.

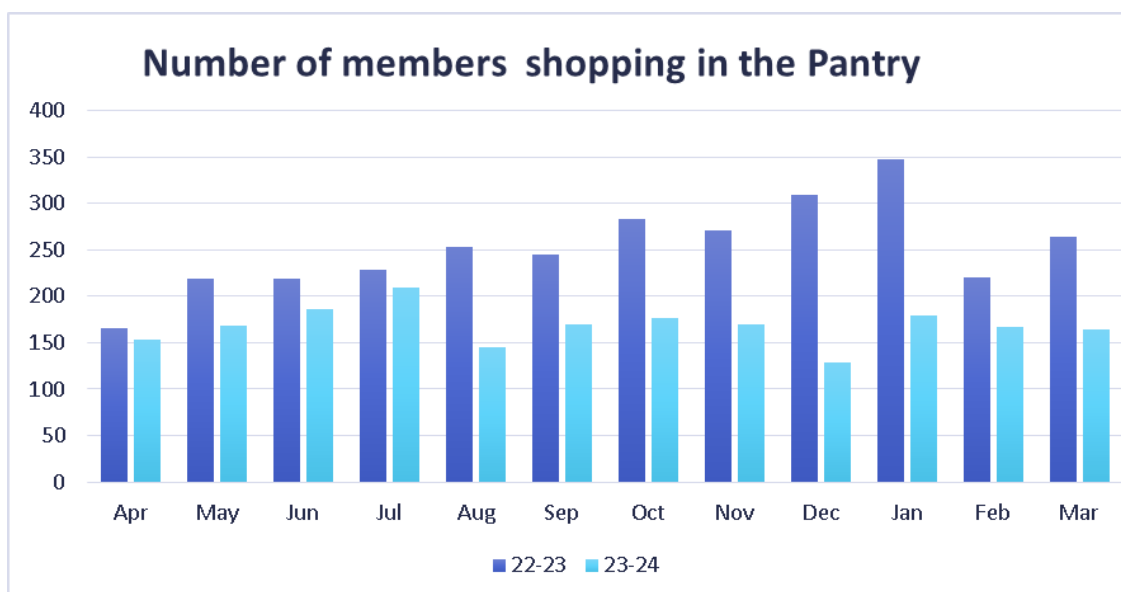
Poole Pantry and Community Fridge

Poole Pantry is membership based, for people who are struggling to feed themselves and their families. We are open 3 days a week. We do not ask for proof of low-income. People can be referred or can self-certify.

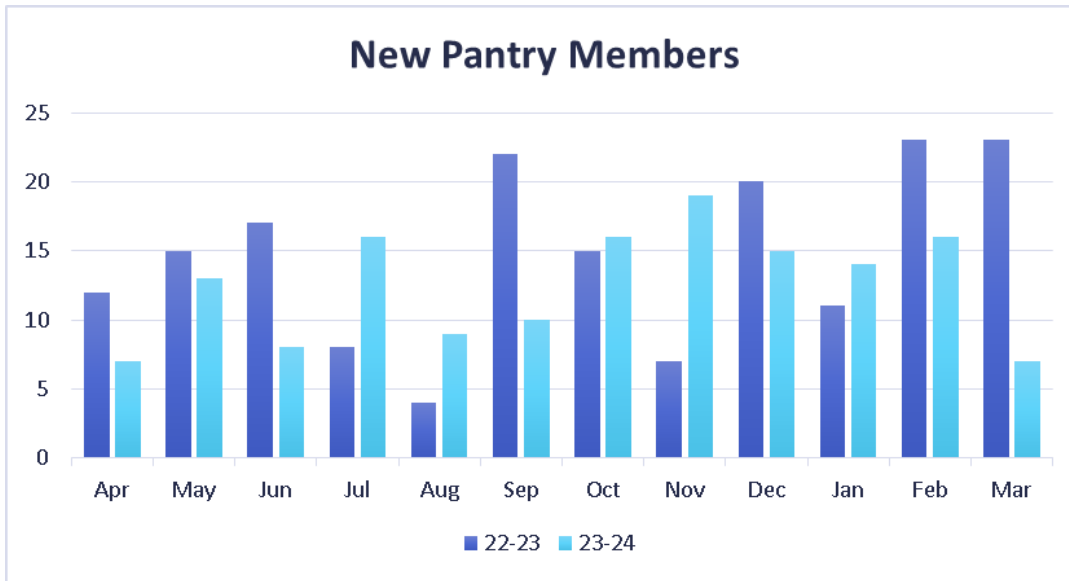
Pantry members can choose up to £20 of fresh, frozen and ambient food in their weekly shop. This year our members shopped over 3,000 times. We ask for a suggested donation of £5 to help cover our costs and members are asked to volunteer for one session a month if they are able to do so.

We have noticed a decrease in the number of times members shop each month (approximately a thousand less over the year) and a slight drop in the number of new members - down to 150 from 177 last year.

This may be because of a slight ease in the cost of living crisis but we think is mainly due to supply issues.



POOLE COMMUNITY EXCHANGE CIO



Within the Pantry we also operate a Community Fridge food available to anyone free of charge to help prevent wastage, this usually includes frozen food as well as vegetables, bakery and even fresh flowers.

Comments from our community include:

- o The pantry enables to accept charity handouts but to maintain their self-esteem and dignity
- o Weekly shops at the Pantry are a lifeline
- o the pantry and community fridge are an essential and important lifeline; they provide access to surplus food which would otherwise end up in landfill
- o products from Pantry allow me and my daughter just TO SURVIVE

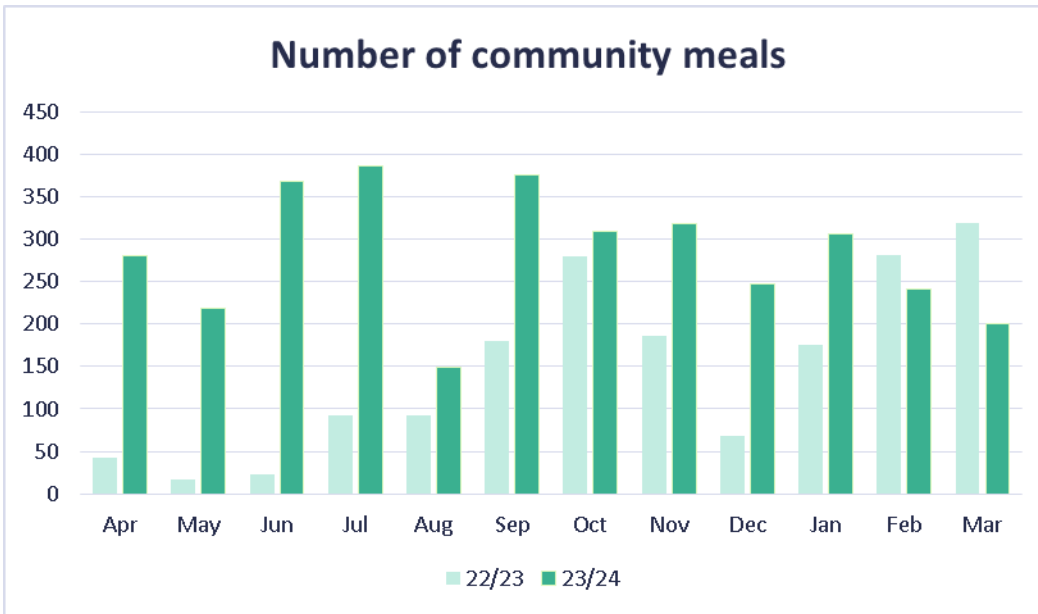
Community meals

We provide a 2 course home cooked community lunch 3 days a week. Numbers have continued to increase to approximately 70 a week.

These meals are available to anyone, and a key part of building our community. There is something special about joining together to eat. It breaks down barriers, reducing loneliness and isolation and increasing people's feeling of belonging and sense of community.

We ask for a suggested donation of £5 (half price for pantry members).

POOLE COMMUNITY EXCHANGE CIO

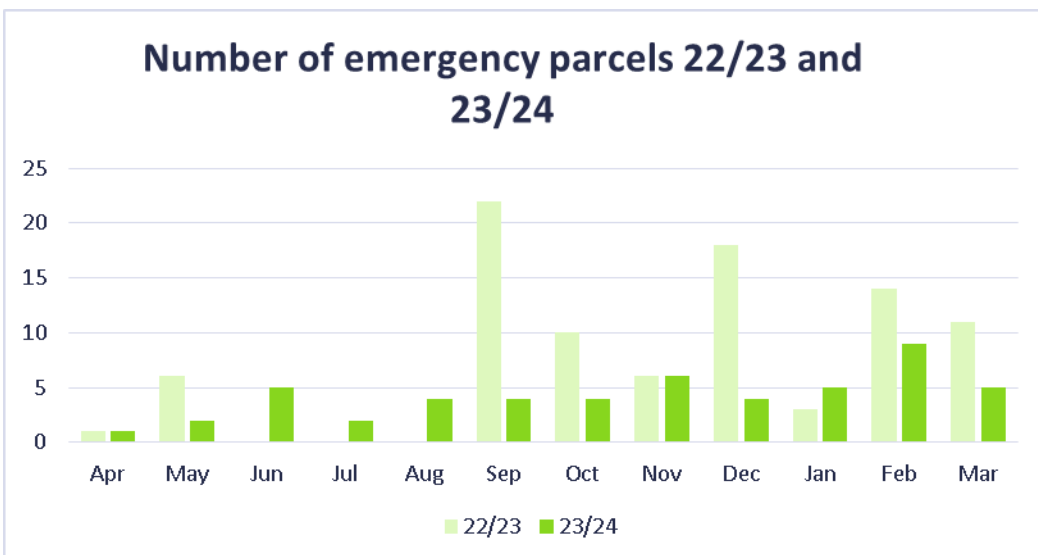


Comments from our community include:

- o The community meals have truly become a hub for the local area where a well cooked and tasty meal can be eaten. But probably even more important is the shared sense of community, activity, warmth and fun. I know that it really helped me to regain a sense of worth and purpose.
- o It's nice to have something that someone else has cooked that isn't too pricey, like restaurant. I really like getting the community food, it helps me pay for all food during each week.
- o The meal is lovely, so tasty; the food you can buy is very helpful. Also amazing, friendly staff
- o The community meals are great, we come as a family and meet some lovely people. We try new things as a fussy eater+ toddler.

Food Bank and Emergency parcels

We are a satellite for Poole Food Bank and also provide emergency food parcels on behalf of BCP council, and to people who approach us directly.



POOLE COMMUNITY EXCHANGE CIO

Cookery club and lessons

One of our volunteers who is a qualified catering instructor also runs a cookery school / club for people who lack skills or confidence. It focuses on simple healthy home-cooked food on a budget.

Working with other organisations

We provided nearly 2700kg of food to Poole Communities Trust who run Moor Communities Food as they have limited storage.

We have been a member of the BCP Access to Food partnership since the start.

In partnership with Tricuro Coast and Parkstone Connect we provide volunteering opportunities for adults with learning disabilities. Tricuro Coast and Parkstone Connect bring their clients (about 17 a week) who are accompanied by a member of their staff. They help in the kitchen, including having their own dedicated cooking and baking session. They also help set up and lay tables for the lunches, carry trays, clear tables, wash up and load and empty the dishwasher. With support, some have gained enough confidence and experience to become independent PCE volunteers.

Community Living Room

We have always welcomed people who need somewhere to just be. Like last year, we were a registered Warm Space during the winter. Our Community Living Room is open between 10am and 2.30pm 3 days a week, with hot drinks, cakes and biscuits, fruit, free WiFi and recharging, and more. This year we also added a breakfast club with toast and various spreads. We recorded over 3500 visits last year.

As well as a space to chat, we offer a wide range of activities. Games, puzzles and colouring are available every day. We have a regular knit and crochet group, art and craft groups twice a week, opportunities to garden and Tai Chi once a fortnight. We started a Creative Writing for Wellbeing group in September. We time our activities to finish just before or start just after lunch so people can also eat together.

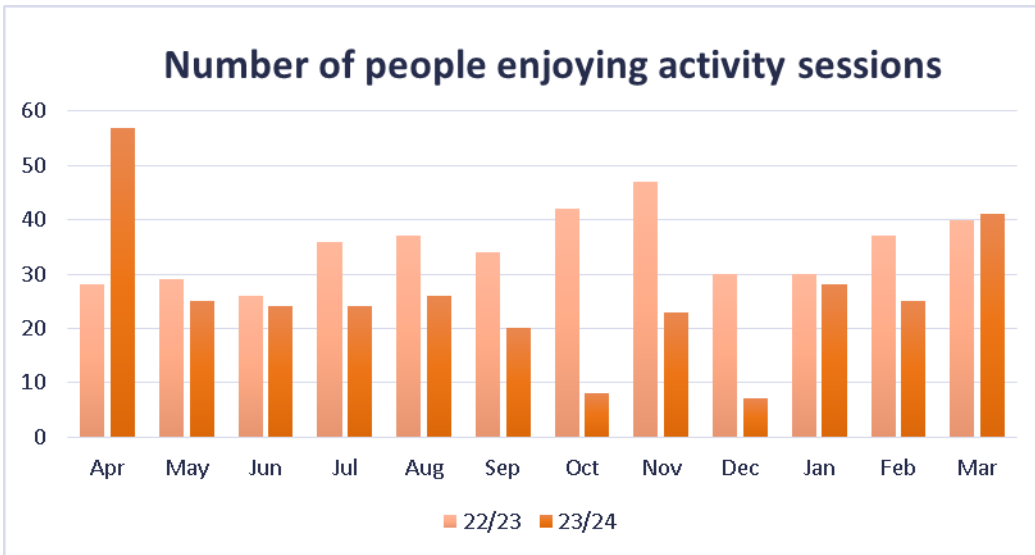
We have a small range of clothing and also have books, CDs and DVDs for exchange or for a donation.

This year we were also able to offer TEFL courses to displaced people from Ukraine as one of our volunteers is a qualified TEFL teacher.

One of our volunteers who is a trained counsellor also offered a Bereavement Group, but this was discontinued as take-up was low. Instead she will offer low rate individual counselling sessions.

As a result of Parkstone URC's commitment to inclusion members of our community can also access other activities in the building for a reduced cost. These include Karate and Chair Yoga

POOLE COMMUNITY EXCHANGE CIO



Personal story

“Joy” is a very charming lady.

She came to join one of our art groups, having been quite isolated at home during and since COVID, she was looking for an art group where she could come to make friends and share her artistic skills.

She had tried other groups but was deterred by the high cost of joining and materials.

Joy is very quiet and takes a while to engage with others.

The art group that we run is very informal, everyone chats away about a variety of subjects and if anyone in the group feels anxious or worried everyone joins together in supporting them. We drink lots of tea and coffee and there are always delicious sweet treats to indulge in!

Joy often brings her own art supplies, but for those people who do not, or cannot afford to bring their own we can always supply them ourselves.

Recently we have been doing collages and mandala dotty art. Some people just like to sit and use our beautiful colouring books with soft pencil crayons. There is never any criticism of any individuals work, everyone encourages everyone else and there is often a sharing of ideas and techniques.

Joy has some anxieties and has shared some of those concerns with the group. She recently shared a wonderful poem that she had written herself which beautifully described her worries.

We also run a creative writing group on a Friday afternoon, Joy was concerned that the poem she had written was not “good enough”

I was able to assure her that her poem was much more than good enough and that she would be welcomed with open arms at the writing group. Whilst she has not joined so far I am sure that over time and with her growing confidence she will be joining in the future.

Joy is now visibly more relaxed in the art group and joins in with all the conversations and is confident enough to be able to express her own thoughts and opinions.

We also run one off events and advice sessions:

POOLE COMMUNITY EXCHANGE CIO

- o The new inclusive discos “Rave in the Nave”, and Tea Dances have proved very popular (180 people);
- o The Police ran a Community Contact Point where people can pop-in and discuss issues and also get crime prevention advice (25 people). They also ran a special safety talk for members of our community who are more vulnerable because of mental disability (40 people);
- o Ridgewater Energy provided another talk for our community on energy efficiency (20 people);
- o A cream tea celebration for the Coronation of King Charles III attended by about 80 people.

Help and advice is also available twice a week from Citizens Advice who helped 229 people deal with 354 issues. They also provide us with an expert energy advisor once a week.

In partnership with Parkstone URC and The Borough of Poole Chaplaincy Services we also support spiritual wellbeing with prayer, contemplation and discussion. We offered an 8 week course exploring holistic wellness: body mind and spirit

There are also regular trips to Hillfield Friary’s retreat days.

Comments from our community include:

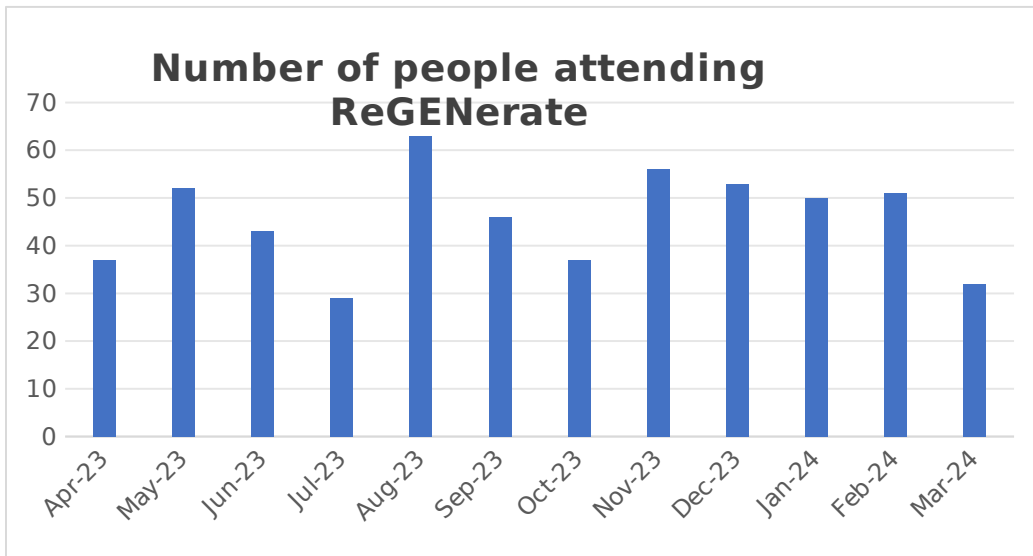
- o It’s nice to come here. Everyone is very welcoming. It’s good to have a chat, make friends, and keep warm in cold weather. I live alone; it’s so good to be involved in a community
- o I was introduced to the Monday group by the CMHT (...) I feel more confident around unfamiliar people now and have a reason to get up in the morning and to leave the flat. There are different types of art on every session or I am able to do my own thing
- o I enjoy working and doing the art group. It makes me feel valuable and I enjoy working with people and helping them. I have felt a little lonely and sad and it helps. I would like to do more activities and try new ones myself too.
- o Coming down helps me feel part of the community.
- o I feel more happy.it helped my mental health as it helps me have routine. Met new friends. Therapeutic to be part of gardening group. Enjoyed planted seeds and watching them grow. I like seeing the wildlife.
- o I come to socialise with other people. I really like the atmosphere here, everyone is friendly. Its good that everyone comes here and supports the community. My mood gets lifted.
- o It’s lovely to be part of something in my local community

Regenerate

We partner with Faithworks SMILE and the church in the Regenerate project. This runs twice a month after school for single parents and their children, providing a hot 2 course meal. There is a quiet space with WiFi for homework, a children’s play area for younger children and craft activities. There is a trained children’s worker so parents can take time to socialise and access support.

POOLE COMMUNITY EXCHANGE CIO

60% of the children who attend have special education needs and disabilities.



Our volunteers

We could not do what we do without our volunteers.

During the year about 90 people volunteered for us giving thousands of hours.

Many of our volunteers started off as socially excluded beneficiaries but with support have become regular volunteers.

All our volunteers have attended a safeguarding course or demonstrated that they have the required knowledge from other roles, e.g. health care or teaching.

Several of our volunteers had expressed an interest in First Aid training. With financial support from URC Wessex Synod we were able to fund a course on First Aid Awareness for 10 of them. We are also exploring the options for providing training on Mental Health Awareness and Working Alongside People with Learning Difficulties

Personal stories

'Kim'

Like a lot of people the Covid 19 pandemic was hard for me and my family.

My Mum who had dementia was in a local care home and all visiting ceased. She was absolutely terrified she had no idea what was happening and it was very difficult to explain to her or reassure her. Until her death from Covid in February 2021 I visited her daily and sat outside on the window sill where we could wave to each other. It was from here that I watched her decline and eventually pass away after catching the virus.

The funeral was postponed for months and eventually was held outside in the churchyard with just a few close family.

It was very traumatic I could feel myself becoming increasingly sad and depressed.

10 My job which I really enjoyed also came to a close as a direct result of Covid and I was feeling socially isolated.

The summer of 2022 my husband and I met an old friend who was a

Partners

One of our key values is to work in partnership with other organisations. We can do more together than we could individually.

During this year our partners included

- Parkstone URC, who have provided us with space at a low costs ever since we started, and are now actively partnering with us in the Community Living Room and providing opportunities for people to explore faith and spirituality,
- Hillfield Friary, we offer members of our community the opportunity to attend their retreat days,
- Citizen's Advice, who are on site twice a week,
- Faithworks Food Bank in central Poole,
- Tricuro who provide volunteers from their COAST project and also run the local day centre,
- Parkstone Connect who also provide volunteers
- The Borough of Poole Chaplaincy Service which provides our in-house advisory and pastoral care work.

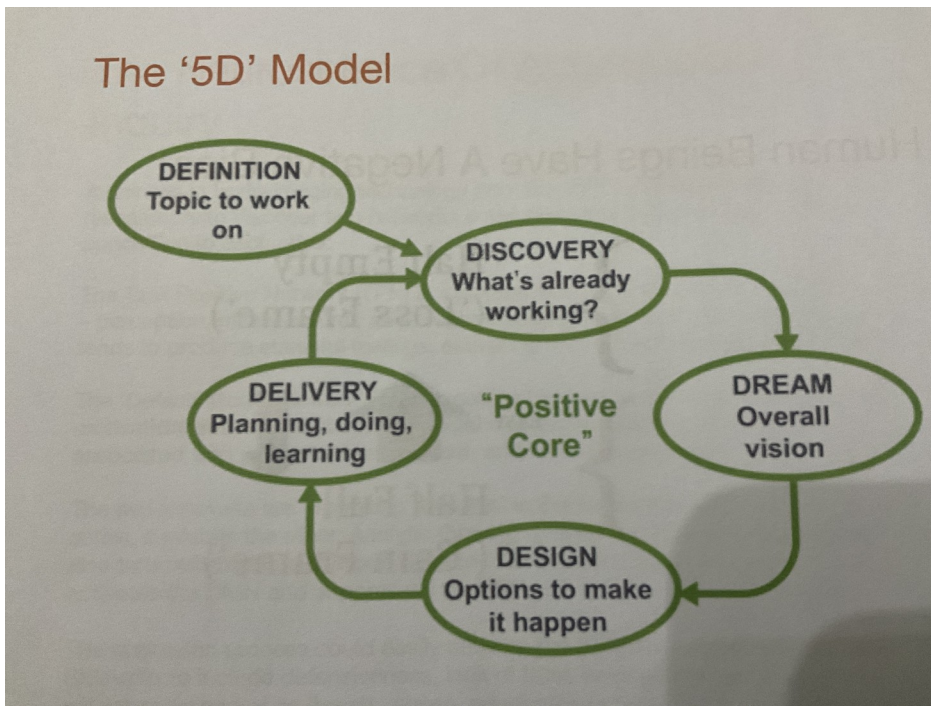
Other

One of our volunteers ran an Appreciative Inquiry Project for us.

Appreciative Inquiry (AI) is a method of facilitating organisation development. It focuses on an organisations strengths and successes to come up with a vision for the future. The process is collaborative and involves people from right across the organisation. New ideas are generated which may be used to fix existing problems or to create new areas and/or procedures.

It has 5 stages as shown below.

POOLE COMMUNITY EXCHANGE CIO



Our topic was: "How do we, Poole Community Exchange, survive and thrive in the future?"

We ended up with about 50 suggested actions around equipment, people, processes, marketing, the building and some miscellaneous.

After prioritising them we have been gradually working our way through and are making progress, though not as quickly as we would like due to capacity issues with skilled and experienced trustees and other volunteers.

PUBLIC BENEFIT

When planning these activities, the trustees have taken into account the Charity Commission guidance on public benefit and consider that all of these activities provide a public benefit and made a difference to our beneficiaries by:

- providing food and support to vulnerable people in need;
- redistributing good quality surplus food and reducing food waste;
- encouraging healthy eating;
- encouraging self-confidence and a sense of self-worth by volunteering rather than passively receiving;
- supporting people to increase their interpersonal (social, communication and relationship) skills
- fostering a sense of community by meeting for a morning tea/coffee break and/or round the lunch table and sharing food and conversation, giving people the sense that they belong;
- reducing loneliness and isolation by providing an inclusive space where everyone is welcome
- encouraging creativity and experimentation, providing a safe place to fail;
- increasing wellbeing through creativity
- encouraging self-confidence and a sense of self-worth by using existing skills and learning new ones;
- giving people with mental health issues a safe and welcoming place;
- improving physical health by offering Tai Chi for health classes;

POOLE COMMUNITY EXCHANGE CIO

- working in partnership with Ridgewater Energy to provide advice on reducing energy bills
- providing a space where people can get help and advice on a wide range of issues through Citizen's Advice Bureau.

The ability to access food is one of the most basic human needs. By providing food from the Pantry, as well as cookery lessons and hot lunches, our project is meeting people's need for good, healthy food, on which all other aspects of life depend. This supports not only their physical but their mental health too, as it helps reduce anxiety about when and how they might eat, and there is scientific evidence that a healthy and varied diet improves mood and wellbeing. As well as helping to provide people's physical needs for food and warmth we also meet their need for love and belonging. Everyone is welcome and accepted in our community whoever they are and whatever their needs. For those struggling with feelings of loneliness and isolation this is a vital lifeline. For people struggling with addiction meaningful activity helps.

When people have the knowledge, skills and, ingredients to cook meals from scratch they can make healthier food choices, improving their physical and mental wellbeing. It also boosts self-confidence and self-esteem, and makes budgets go further.

THE FUTURE

During 2024-25 we will continue to fight food poverty, and help people with basic needs.

We intend to continue our original vision of a safe, welcoming space for people to chat, play, be creative, learn, connect with one another, and get any help and advice they might need. To continue to create a true community exchange where people bring their gifts, skills, knowledge etc to share with others. We are always open to exploring new ideas and encouraging people to share their passions.

As part of our vision to help people thrive not just survive, we will also focus on extending our range of social and leisure activities. Current plans include a pottery as we have 2 volunteers who are experienced ceramicists and have been donated a kiln.

FINANCIAL REVIEW

No fund is materially in deficit.

No funds are held as a custodian trustee.

Reserve Policy

Our 2023/2024 accounts show £26,497 unrestricted funds brought forward into this year.

However some of these funds are directly related to donations given from either the Pantry or the Community Lunches. Although these donations have not been given specifically for that purpose and are therefore not restricted to that purpose, the trustees feel that it is only right for that money to be reinvested in the costs for those projects.

POOLE COMMUNITY EXCHANGE CIO

£3,218 is held from the Community Lunches and £14,128 from the Pantry. So out of the £26,497, £17,346 is Designated, leaving £9,151 free for any purpose.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Name	Poole Community Exchange CIO
Registered Number	1178207
Principal Office	Parkstone United Reformed Church (PURC) Commercial Road Parkstone Poole BH15 0JW

Trustees who managed the charity during the period of the report

Name	Office	Dates acted where not for whole of the period
Mark Phillips	Chair	
Sarah Percy	Secretary and Treasurer	
Joan Percy		6/4/23 to 3/7/23
Michael Hancock		
Andrew Williams		6/4/23 to 29/6/23
John Ralph		29/6/23 to 14/3/24
Karen Ralph		29/6/23 to 14/3/24
Jennifer Carlton		From 27/7/23
Meg Beardsley		From 23/11/23

There are no corporate trustees or trustees holding title to property belonging to the charity.

Trustees who managed the charity at the time the report was signed

There has been no change in trustees since 5/4/24.

Independent Examiner

Bicknell Business Advisers Ltd
40 Broadway Lane
Bournemouth
BH8 0AA

STRUCTURE, GOVERNANCE AND MANAGEMENT

Poole Community Exchange (PCE) is a Charitable Incorporated Organisation governed by its constitution. It was incorporated and registered on 2nd May 2018.

No person or body is entitled to appoint any trustees.

Trustees are recruited by word of mouth and advertising on sites such as Reach. Potential trustees complete a volunteer form, submitting two references and explaining why they want to be involved, and what skills and knowledge they can offer. References are taken up and potential trustees then meet with existing

POOLE COMMUNITY EXCHANGE CIO

trustees. Trustees are appointed at trustee meetings by the existing trustees. They are appointed initially for three years. They may be re-appointed when their term ends. Trustees may serve a maximum of three terms. They must then take a one-year break before they are eligible for reappointment.

LEGAL OBJECTS

The legal objects in the constitution of Poole Community Exchange (PCE) are:

“For the benefit of the residents of and visitors to, in particular but not exclusively, the town of Poole:

- (1) to promote social inclusion by preventing people from becoming socially excluded and, by relieving the needs of those people who are socially excluded and assisting them to integrate into society;
- (2) to provide facilities in the interests of social welfare, for recreation and leisure time occupation, with the objective of improving conditions of life; without distinction of sex, sexual orientation, race or of political, religious, or other opinions by associating together residents, visitors and the local authorities, voluntary and other organisations;
- (3) to promote physical, mental and spiritual well-being mainly, but not exclusively, by the provision of chaplaincy services to offer advice and support.

‘Socially excluded’ means being excluded from society, or parts of society as a result of one or more of the following factors:

- unemployment;
- financial hardship;
- youth or old age;
- ill health (physical or mental);
- substance abuse or dependency including drugs and alcohol;
- discrimination on the grounds of sex, race, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment;
- poor educational or skills attainment;
- relationship and family breakdown;
- homelessness or poor housing (that is housing that does not meet basic habitable standards);
- crime (either as a victim of crime or as an offender rehabilitating into society).”

APPROVAL

Approved by the Trustees of the charity on 30 January 2025 and electronically signed on their behalf by:

Mark Phillips
Chairman of Trustees

Sarah Percy
Secretary, Treasurer and Trustee

Note: Late filing due to ill-health

POOLE COMMUNITY EXCHANGE CIO

Financial Statements for the Year Ended 5 April 2024

Poole Community Exchange CIO						
Financial Statements for the Year Ended 23-24						
Receipts and Payments						
	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/ 24	2022/ 23	2023/ 24	2022/ 23	2023/ 24	2022/ 23
Receipts						
Grants	0	5,000	26,227	13,700	26,227	18,700
Donations	31,079	23,545	2,859	1,105	33,938	24,650
Trading Income		440				440
Interest	475	183			475	183
Reimbursement	3,181				3,181	
Fees for Charitable Services	3,796	2,656			3,796	2,656
Direct Fundraising	503		220		723	
Other						
TOTAL RECEIPTS	39,034	31,824	29,306	14,805	68,340	46,629
	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/ 24	2022/ 23	2023/ 24	2022/ 23	2023/ 24	2022/ 23
Payments						
Core Costs	5,300	3,099	6,257	4,308	11,557	7,407
Direct Project and Activity Costs	35,046	5,106	7,875	33,347	42,921	38,453
Trading Costs		413			0	413
Other Expenses	378	274			378	274
Disbursements	1,671	1,651			1,671	1,651
PURC Grant Disbursements			3,000	3,100	3,000	3,100
Neo-Monastics					0	0
Sub-total Payments	42,395	10,543	17,132	40,755	59,527	51,298
	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/ 24	2022/ 23	2023/ 24	2022/ 23	2023/ 24	2022/ 23
Asset Purchased for own use						
Office Equipment			2,417		2,417	0
Kitchen / Catering Equipment		280		1,546	0	1,826
Pantry Equipment	217			5,325	217	5,325
IT Equipment			561	592	561	592
Other Equipment			144		144	0
Sub-total Assets for own use	217	280	3,122	7,463	3,339	7,743
TOTAL PAYMENTS	42,612	10,823	20,254	48,218	62,866	59,041

POOLE COMMUNITY EXCHANGE CIO

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/ 24	2022/ 23	2023/ 24	2022/ 23	2023/ 24	2022/ 23
NET RECEIPTS	(3,578)	21,001	9,052	(33,413)	5,474	(12,412)
Transfers between Funds						
Cash funds last year end	30,075	9,073	4,827	38,241	34,902	47,314
Cash Funds this year end	26,497	30,075	13,879	4,827	40,376	34,902

Statement of Assets and Liabilities

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/ 24	2022/ 23	2023/ 24	2022/ 23	2023/ 24	2022/ 23
Cash Funds						
Petty Cash	116	19		0	116	19
Other Cash	50	43		0	50	43
TSB Current Account	1,874	8,070		(1,090)	1,874	6,980
TSB Savings Account	24,457	21,943	13,879	5,917	38,336	27,860
TOTAL	26,497	30,075	13,879	4,827	40,376	34,902

	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds (£)
Assets retained for our own use at cost			
Current Year	217	3,122	3,339
Previous Years	280	15,148	15,428
Total	497	18,270	18,767

Poole Community Exchange CIO
Financial Statements for the Year Ended 23-24
Receipts and Payments

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/24	2022/23	2023/24	2022/23	2023/24	2022/23
Receipts						
Grants	0	5,000	26,227	13,700	26,227	18,700
Donations	31,079	23,545	2,859	1,105	33,938	24,650
Trading Income		440				440
Interest	475	183			475	183
Reimbursement	3,181				3,181	
Fees for Charitable Services	3,796	2,656			3,796	2,656
Direct Fundraising	503		220		723	
Other						
TOTAL RECEIPTS	39,034	31,824	29,306	14,805	68,340	46,629

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/24	2022/23	2023/24	2022/23	2023/24	2022/23
Payments						
Core Costs	5,300	3,099	6,257	4,308	11,557	7,407
Direct Project and Activity Costs	35,046	5,106	7,875	33,347	42,921	38,453
Trading Costs		413			0	413
Other Expenses	378	274			378	274
Disbursements	1,671	1,651			1,671	1,651
PURC Grant Disbursements			3,000	3,100	3,000	3,100
Neo-Monastics					0	0
Sub-total Payments	42,395	10,543	17,132	40,755	59,527	51,298

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/24	2022/23	2023/24	2022/23	2023/24	2022/23
Asset Purchased for own use						
Office Equipment			2,417		2,417	0
Kitchen / Catering Equipment		280		1,546	0	1,826
Pantry Equipment	217			5,325	217	5,325
IT Equipment			561	592	561	592
Other Equipment			144		144	0
Sub-total Assets for own use	217	280	3,122	7,463	3,339	7,743
TOTAL PAYMENTS	42,612	10,823	20,254	48,218	62,866	59,041

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/24	2022/23	2023/24	2022/23	2023/24	2022/23
NET RECEIPTS	(3,578)	21,001	9,052	(33,413)	5,474	(12,412)
Transfers between Funds						
Cash funds last year end	30,075	9,073	4,827	38,241	34,902	47,314
Cash Funds this year end	26,497	30,075	13,879	4,827	40,376	34,902

Statement of Assets and Liabilities

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2023/24	2022/23	2023/24	2022/23	2023/24	2022/23
Cash Funds						
Petty Cash	116	19		0	116	19
Other Cash	50	43		0	50	43
TSB Current Account	1,874	8,070		(1,090)	1,874	6,980
TSB Savings Account	24,457	21,943	13,879	5,917	38,336	27,860
TOTAL	26,497	30,075	13,879	4,827	40,376	34,902

Assets retained for our own use at cost	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds (£)
Current Year	217	3,122	3,339
Previous Years	280	15,148	15,428
Total	497	18,270	18,767



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Poole Community Exchange

**On accounts for the year
ended**

5th April 2024

**Charity no
(if any)**

1178207

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2023.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

23-Dec-2024

Name:

Abi Aiyegbayo

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

Chartered Institute of Management Accountants

Address:

40 Broadway Lane

Bournemouth

BH8 0AA

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

POOLE COMMUNITY EXCHANGE

England & Wales - Charity number 1178207

Accounts

Poole Community Exchange CIO



Parkstone United Reformed Church
Commercial Road
POOLE
BH14 0JW

Charity No 1178207

Telephone: 01202 733580

Email: Info@poolecommunityexchange.co.uk

Annual Report and Financial Statements From 6th April 2022 to 5th April 2023

Charity No: 1178207

POOLE COMMUNITY EXCHANGE CIO

Trustees' Report.....	3
Vision and Summary of purposes in governing document.....	3
Activities, Achievements and Performance.....	4
Food.....	4
Community Living Room.....	7
Regenerate.....	10
Mission Industries.....	10
Our volunteers.....	10
Partners.....	11
Public Benefit.....	12
The Future.....	13
Financial Review.....	13
Reserve Policy.....	13
Reference and Administrative Details.....	13
Structure, Governance and Management.....	14
Legal Objects.....	14
Approval.....	15
Financial Statements for the Year Ended 5 April 2023.....	16

POOLE COMMUNITY EXCHANGE CIO

Trustees' Report

The Trustees are pleased to present their report together with the financial statements of the charity for the period from 6th April 2022 to 5th April 2023.

VISION AND SUMMARY OF PURPOSES IN GOVERNING DOCUMENT

Poole Community Exchange (PCE) provides a safe welcoming place for people of all faiths and none; where they can come together to relax and have fun and give (time, skills, knowledge, friendship, prayer, agape love) and receive (support, advice, learning, food, friendship, prayer, agape love.....).

We promote social inclusion, helping anyone without distinction. Our community supports people who are currently socially isolated and excluded for whatever reason to build relationships, grow in confidence and integrate with the wider community.

We believe that everyone has something to offer and everyone has something they need. We know people are transformed by the experience of giving and taking. Our unique exchange model encouraging people to 'take what you need and give what you can' is an essential part of our community. We encourage and support everyone in our community to volunteer, blurring the lines between volunteers and beneficiaries. This also removes any stigma in accepting charity as people can give time, as well as donating what they can afford, and know that they are contributing to the community.

We provide:

- a wide range of support, services, facilities and opportunities, which relate to physical, mental, emotional and spiritual needs, in their widest meaning;
- a space where anyone can drop-in for advice or a chat, or to engage with any of the social and leisure opportunities we offer;
- Information on help and support available from other organisations, upcoming events and the wide-range of activities and opportunities across Poole.

We work in partnership and liaise with other organisations to add value, increase efficiency, and not duplicate efforts.

We want everyone in our community to thrive, not just survive.

See page 14 for our legal objects.

POOLE COMMUNITY EXCHANGE CIO

ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

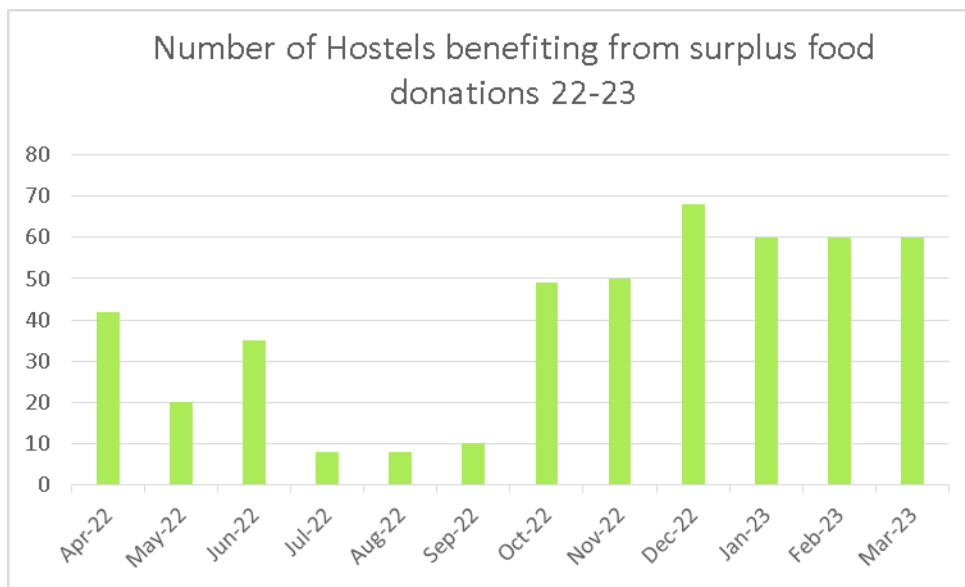
Food

We continued to provide food and other necessities to people in need.

The bulk of our food comes from Fareshare and local supermarkets, saving over 7,000kg from landfill this year. However we have seen a marked decrease in our supply from supermarkets and also in the variety available from Fareshare, especially fresh fruit and vegetables and we have had to supplement this by buying some food to support people in living a healthy lifestyle.

During the year covered by this report we estimate we fed about 18,000 people.

Where we have a glut, most often with bread, we donate food to local hostels, helping an estimated 2500 people over the year.



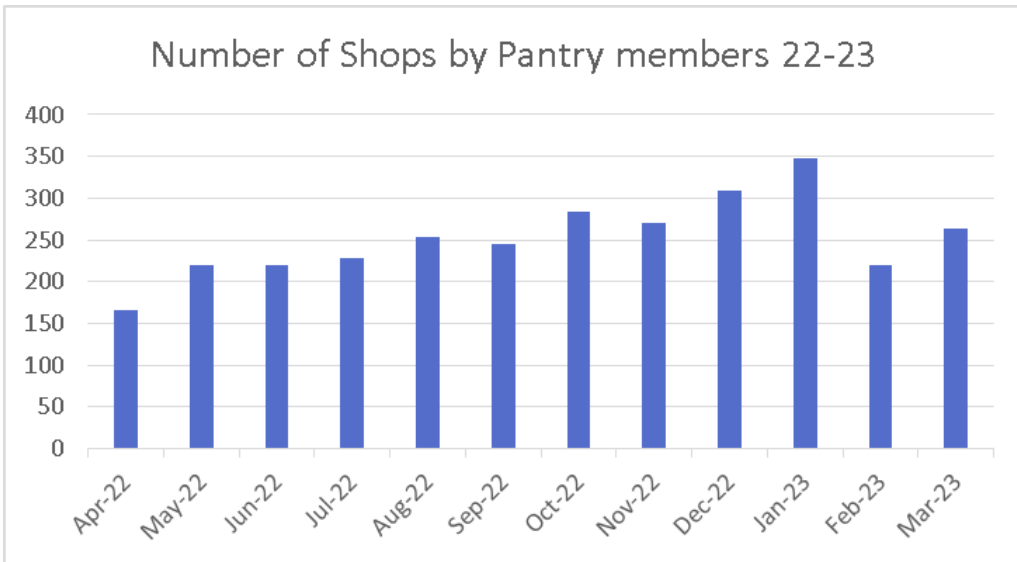
Any food we cannot use is donated to a local animal charity or goes to generating energy from bio waste.

Poole Pantry and Community Fridge

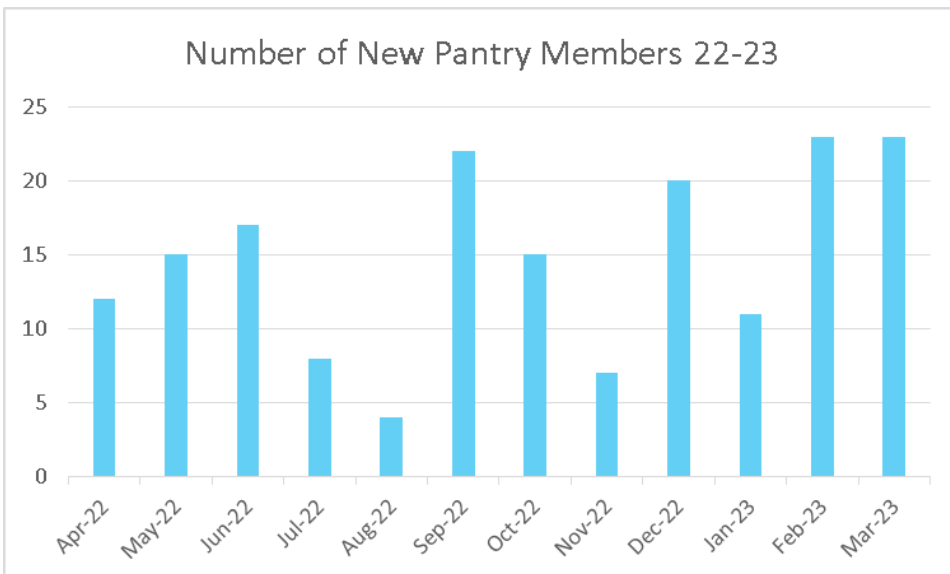
Poole Pantry is membership based, for people who are struggling to feed themselves and their families. We are open 3 days a week. We do not ask for proof of low-income. People can be referred or can self-certify.

Pantry members can choose up to £20 of fresh, frozen and ambient food in their weekly shop. This year our members shopped over 3,000 times. We ask for a suggested donation of £5 to help cover our costs and members are asked to volunteer for one session a month if they are able to do so.

POOLE COMMUNITY EXCHANGE CIO



The cost of living continues to be a problem - we had 177 new members bringing our total up to about 600, though not all shop regularly.



Within the Pantry we also operate a Community Fridge food available to anyone free of charge to help prevent wastage, this usually includes frozen food as well as vegetables, bakery and even fresh flowers.

Comments from our community include:

- o The pantry is my only food source
- o Becoming a pantry member has given me a feeling of being included in community. I feel less lonely and always looking forward to joining other pantry members for lovely lunch and fantastic and tasty pudding and chat
- o The pantry enables to accept charity handouts but to maintain their self-esteem and dignity
- o Weekly shops at the Pantry are a lifeline
- o The Pantry and Fridge have helped me massively in a great time of need where I had to stop working on my self-employed business due to poor health, and could not claim housing benefit due to landlord/property restrictions. It gave

POOLE COMMUNITY EXCHANGE CIO

me local access to food for a low cost price. It helped me to feel better about myself and that I have support when I need it. It got me out of my depression by talking with staff and volunteers, even if just briefly.

- o the pantry and community fridge are an essential and important lifeline; they provide access to surplus food which would otherwise end up in landfill; products from Pantry allow me and my daughter just TO SURVIVE

Community meals

We provide a 2 course home cooked community lunch 3 days a week. From modest beginnings we now serve lunch to about 30 people a day, 3 days a week.

These meals are available to anyone, and a key part of building our community. There is something special about joining together to eat. It breaks down barriers, reducing loneliness and isolation and increasing people's feeling of belonging and sense of community.

We ask for a suggested donation of £5 (half price for pantry members).



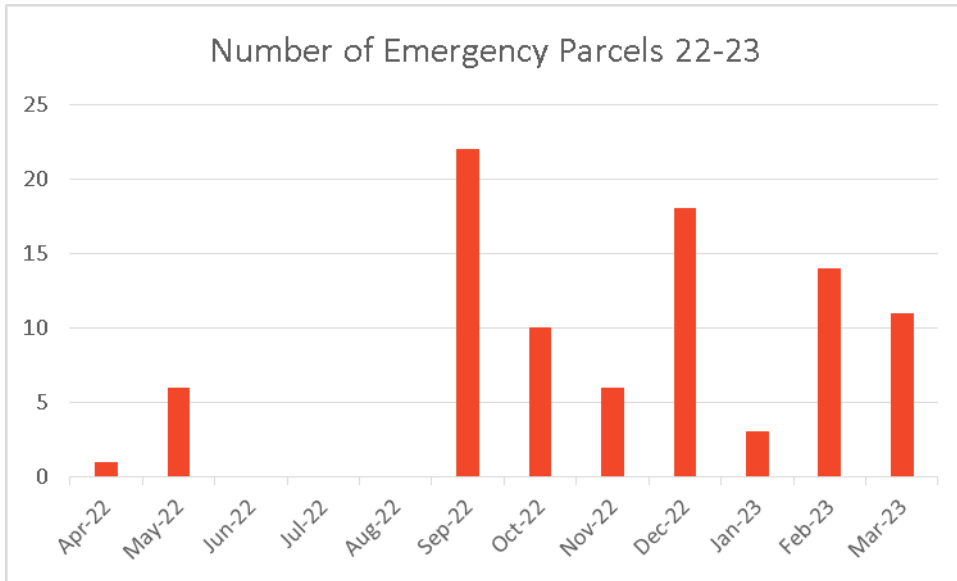
Comments from our community include:

- o I very appreciate the cooked meals. Its nice to have something that someone else has cooked that isn't too pricey, like restaurant. I really like getting the community food, it helps me pay for all food during each week.
- o Doing well with food- should be proud of having Brian as a chef
- o The meal is lovely, so tasty; the food you can buy is very helpful. Also amazing, friendly staff
- o The community meals are great, we come as a family and meet some lovely people. We try new things as a fussy eater+ toddler.

Food Bank and Emergency parcels

We are a satellite for Poole Food Bank and also provide emergency food parcels on behalf of BCP council, and to people who approach us directly.

POOLE COMMUNITY EXCHANGE CIO



Cookery club and lessons

The volunteer chef who cooks the lunches also provides lessons for people who lack skills or confidence, or who want to gain additional skills to help with employment and self-employment, and they gain experience by helping to cook the community lunches.

Working with other organisations

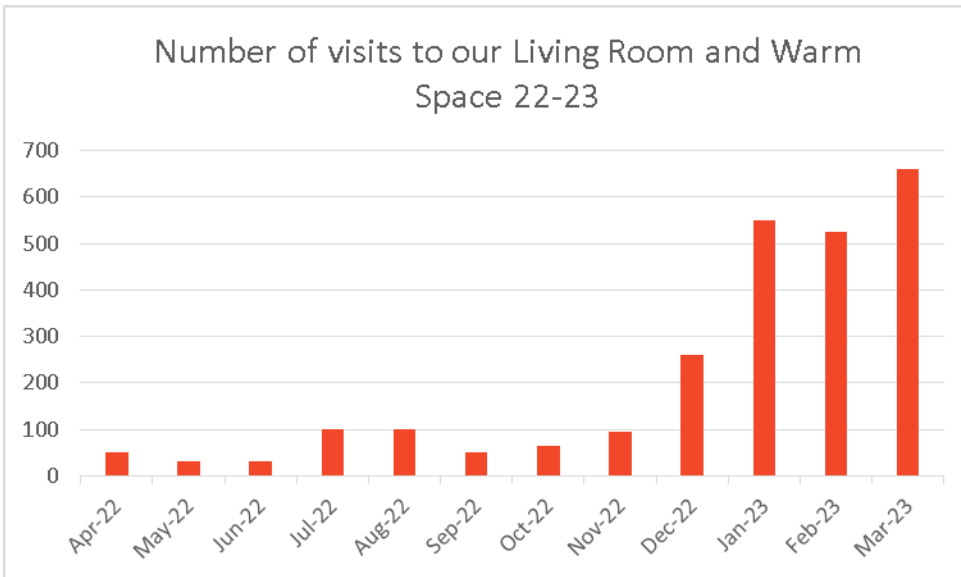
We provided nearly 2500kg of food to Poole Communities Trust who run Moor Communities Food as they have limited storage.

We are a member of the BCP Access to Food partnership.

Community Living Room

We have always welcomed people who need somewhere to just be, and became a formal Warm Space during the winter. Our Community Living Room was open as a Warm Welcome lounge between 10am and 2.30pm 3 days a week, with hot drinks, homemade cakes and biscuits, free WiFi and recharging, and various activities. Over 2500 people visited last year.

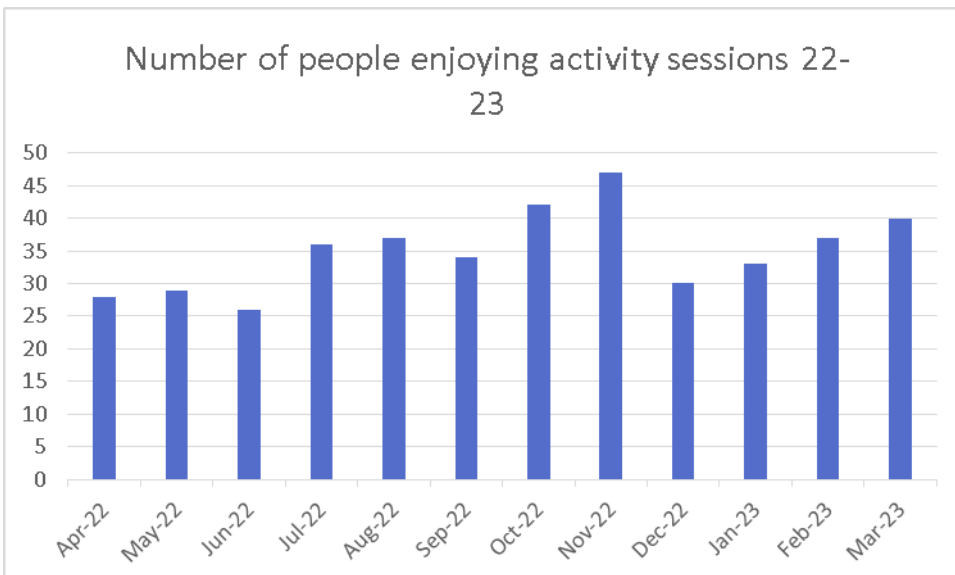
POOLE COMMUNITY EXCHANGE CIO



As well as a space to chat, we offer a wide range of activities. Games, puzzles and colouring are available every day. We have a regular knit and crochet group, art and craft activities, opportunities to garden and Tai Chi once a fortnight. We time our activities to finish just before or start just after lunch so people can also eat together.

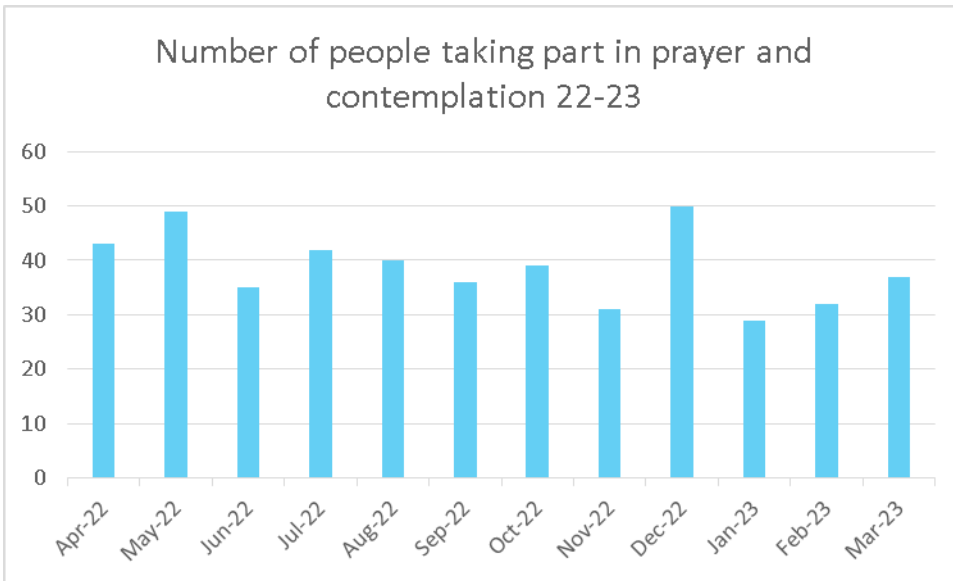
Ridgewater Energy provided a talk for our community on energy efficiency.

Help and advice is also available from Citizens Advice who helped about 180 people last year.



In partnership with Parkstone URC and The Borough of Poole Chaplaincy Services we also support spiritual wellbeing with prayer, contemplation and discussion.

POOLE COMMUNITY EXCHANGE CIO



We try to regularly survey our community to complete end of grant reports and to find out what we are doing well and where we can improve. In our November 22 survey:

- 100% of the people asked said they felt an increased sense of belonging,
- 51% had increased their interpersonal (social, communication and relationship) skills,
- 74% had increased self-esteem and confidence,
- 74% of people said they felt less lonely,
- 49% had an increased understanding of money management.

Personal story of change

Billy has worked with Coast for some time to support him to identify voluntary opportunities, which not only helps him manage his chronic social anxiety and isolation but allows him to pursue his interest in conservation and wildlife. When the partnership between COAST, PCE and URC was formed, Billy was happy to join the group working at the church site helping to revamp the rear courtyard area to make it a safe leisure space for all, including the flora and fauna. Billy found the URC a very welcoming place to work and with positive encouragement, he decided to join the community meal one week. Billy has since signed up and now independently regularly accesses the community meal each week. Due to his chronic anxiety, Billy has preferred to remain isolated, so this is a huge achievement for Billy and a testament to the welcoming environment in the Community Living Room offers. The community meal provided by PCE and PURC in partnership not only actively promotes inclusion for people like Billy but also offers a safe haven to engage socially in the local community, meet friends and enjoy a hot and nutritious meal at a very reasonable cost.

POOLE COMMUNITY EXCHANGE CIO

Comments from our community include:

- o Poole pantry and PCE has provided me with a real sense of belonging to a diverse group of people who visit the centre
- o Its encouraging to have a drop-in centre offering hospitality, food for a week and chat, this kind of community activity makes your budget stretch further and makes going out
- o Whole thing is a great idea- not only the food side but when people can get together, meet other people and feel part of a little community
- o It's lovely to be part of something in my local community
- o It's great to talk
- o I had to isolate during covid & now lost confidence about going out but everyone made me feel comfortable & very helpful with crochet I now look forward to Monday
- o I feel more happy.it helped my mental health as it helps me have routine. Met new friends. Therapeutic to be part of gardening group. Enjoyed planted seeds and watching them grow. I like seeing the wildlife.
- o I come to socialise with other people. After lockdown I really needed to get out. I really like the atmosphere here, everyone is friendly. Its good that everyone comes here and supports the community. My mood gets lifted.
- o It's lovely to be part of something in my local community

Regenerate

We partner with Faithworks SMILE and the church in the Regenerate project. This runs twice a month after school for single parents and their children, providing a hot 2 course meal. About 15-20 children and adults attend each session. There is a quiet space with WiFi for homework, a children's play area for younger children and craft activities. There is a trained children's worker so parents can take time to socialise and access support.

60% of the children who attend have special education needs and disabilities.

Mission Industries

One of our socially excluded beneficiaries with carpentry skills offered to volunteer to run project repairing and upcycling furniture. The aim of the project was two-fold: to help the socially excluded and also to raise income. It is therefore classed as primary purpose trading.

Our volunteers

We could not do what we do without our volunteers

During the year about 50 people volunteered for us giving an amazing total of over 22,000 hours.

Many of our volunteers started off as socially excluded beneficiaries but with support have become regular volunteers. During the year 3 of our volunteers became self-employed as a result of the chance we gave them to use and develop their skills and increase their confidence, and the support provided by WISEability and Community Alliances Ltd.

POOLE COMMUNITY EXCHANGE CIO

Personal stories of change

“George” came to us in November 2021 as a recovering addict. We supported him by working with him as a volunteer to upcycle furniture to gain confidence and self-esteem. He progressed to understand his way of working and how to use those skills in self employment and has progressed into self-employment.

“Anna” came to us as a volunteer, she was nervous about traveling, isolated and by coming and cooking food for the community she has built up self-esteem and confidence. She said “Helping made a huge difference to my mental health; volunteering has helped me leave my home, use public transport, engage with people I don’t know”

“Jenny” came to us as a volunteer. She is unable to work due to a range of health problems including mobility with her hands, Fibromyalgia and other pain. She is a mum of 2 and she was alone during the day. As a registered nurse she thrives on a sense of helping and despite initial confidence and language barriers has

Our volunteers have told us:

- o Very happy to be part of Poole pantry in terms of volunteering and community
- o Proud to be part of the team as a volunteer for supporting the community
- o Since I started volunteering, I feel better in my life by being useful. Now I have a lot of friends who became part of my life as family. Peace in mind. Feeling happy when I am helpful. And making the others happy.
- o enjoy working, sharing, laughing, chattering and enjoying being with those who need company or a smile and conversation

Partners

One of our key values is to work in partnership with other organisations. We can do more together than we could individually.

During this year our partners included

- Parkstone URC, who have provided us with space at a low costs ever since we started, and are now actively partnering with us in the Community Living Room and providing opportunities for people to explore faith and spirituality,
- Hillfield Friary, we offer members of our community the opportunity to attend their retreat days,
- Citizen's Advice, who operate their Urban Advice Vehicle 2 days a week. We are told it is the busiest in Poole,
- Faithworks Food Bank in central Poole,
- WISEability who provided advice and support to get into employment,
- Tricuro who provide volunteers from their COAST project and also run the local day centre,
- The Borough of Poole Chaplaincy Service which provides our in-house advisory and pastoral care work;
- Dorset Ukrainian Association who ran various groups in partnership with the church and joined us for lunch.

POOLE COMMUNITY EXCHANGE CIO

PUBLIC BENEFIT

When planning these activities, the trustees have taken into account the Charity Commission guidance on public benefit and consider that all of these activities provide a public benefit and made a difference to our beneficiaries by:

- providing food and support to vulnerable people in need;
- redistributing good quality surplus food and reducing food waste;
- encouraging healthy eating;
- encouraging self-confidence and a sense of self-worth by volunteering rather than passively receiving;
- supporting people to increase their interpersonal (social, communication and relationship) skills
- fostering a sense of community by meeting for a morning tea/coffee break and/or round the lunch table and sharing food and conversation, giving people the sense that they belong;
- reducing loneliness and isolation by providing an inclusive space where everyone is welcome
- encouraging creativity and experimentation, providing a safe place to fail;
- increasing wellbeing through creativity
- encouraging self-confidence and a sense of self-worth by using existing skills and learning new ones;
- upcycling and repairing furniture that would otherwise be thrown away;
- providing support and information to enable people to become self-employed;
- giving people with mental health issues a safe and welcoming place;
- improving physical health by offering Tai Chi for health classes;
- supporting 3 people with addiction problems and helping their recovery;
- working in partnership with Dorset Ukrainian Association our community gained an understanding of their culture and they were supported to gain an increased understanding of UK culture, use and develop their English and feel more at home;
- working in partnership with Ridgewater Energy to provide advice on reducing energy bills
- providing a space where people can get help and advice on a wide range of issues through Citizen's Advice Bureau.

The ability to access food is one of the most basic human needs. By providing food from the Pantry, as well as cookery lessons and hot lunches, our project is meeting people's need for good, healthy food, on which all other aspects of life depend. This supports not only their physical but their mental health too, as it helps reduce anxiety about when and how they might eat, and there is scientific evidence that a healthy and varied diet improves mood and wellbeing. As well as helping to provide people's physical needs for food and warmth we also meet their need for love and belonging. Everyone is welcome and accepted in our community whoever they are and whatever their needs. For those struggling with feelings of loneliness and isolation this is a vital lifeline. For people struggling with addiction meaningful activity helps.

When people have the knowledge, skills and ingredients to cook meals from scratch they can make healthier food choices, improving their physical and mental wellbeing. It also boosts self-confidence and self-esteem, and makes budgets go further.

POOLE COMMUNITY EXCHANGE CIO

THE FUTURE

During 2022-23 we will continue to fight food poverty, and help people with basic needs.

We intend to continue our original vision of a safe, welcoming space for people to chat, play, be creative, learn, connect with one another, and get any help and advice they might need. To continue to create a true community exchange where people bring their gifts, skills, knowledge etc to share with others. We are always open to exploring new ideas and encouraging people to share their passions.

As part of our vision to help people thrive not just survive, we will also focus on extending our range of social and leisure activities, and looking at how we can become a Wellbeing centre.

FINANCIAL REVIEW

No fund is materially in deficit.

No funds are held as a custodian trustee.

Reserve Policy

Our 2022/2023 accounts show £30,075 unrestricted funds carried forward to 23/24.

However some of these funds are directly related to donations given from either the Pantry or the Community Lunches. Although these donations have not been given specifically for that purpose and are therefore not restricted to that purpose, the trustees feel that it is only right for that money to be reinvested in the costs for those projects.

£1,644 is held from the Community Lunches and £16,599 from the Pantry. So out of the £30,075, £18,243 is Designated, leaving £11,832 free for any purpose.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Name	Poole Community Exchange CIO
Registered Number	1178207
Principal Office	Parkstone United Reformed Church (PURC) Commercial Road Parkstone Poole BH15 0JW

Trustees who managed the charity during the period of the report

Name	Office	Dates acted where not for whole of the period
Mark Phillips	Chair	

POOLE COMMUNITY EXCHANGE CIO

Sarah Percy	Secretary and Treasurer	
Joan Percy		
Michael Hancock		
Andrew Williams		

There are no corporate trustees or trustees holding title to property belonging to the charity.

Andrew Williams resigned on 29th June 2023.

Joan Percy resigned on 3rd July 2023.

Trustees who managed the charity at the time the report was signed

John and Karen Ralph became trustees on 29th June 2023.

Jennifer Carlton became a trustee on 27th July 2023.

Meg Beardsley became a Trustee on 23rd November 2023.

Mark Phillips, Sarah Percy and Michael Hancock remained in post at the time the report was signed.

Independent Examiner

To be appointed

There have been delayed in finding and appointing an independent examiner due to trustees' ill health. Trustees are about to appoint someone and will submit their report asap.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Poole Community Exchange (PCE) is a Charitable Incorporated Organisation governed by its constitution. It was incorporated and registered on 2nd May 2018.

No person or body is entitled to appoint any trustees.

So far trustees have been recruited by word of mouth. Potential trustees complete a volunteer form, submitting two references and explaining why they want to be involved, and what skills and knowledge they can offer. References are taken up and potential trustees then meet with existing trustees. Trustees are appointed at trustee meetings by the existing trustees. They are appointed initially for three years. They may be re-appointed when their term ends. Trustees may serve a maximum of three terms. They must then take a one-year break before they are eligible for reappointment.

LEGAL OBJECTS

The legal objects in the constitution of Poole Community Exchange (PCE) are:

“For the benefit of the residents of and visitors to, in particular but not exclusively, the town of Poole:

- (1) to promote social inclusion by preventing people from becoming socially excluded and, by relieving the needs of those people who are socially excluded and assisting them to integrate into society;
- (2) to provide facilities in the interests of social welfare, for recreation and leisure time occupation, with the objective of improving conditions of life; without

POOLE COMMUNITY EXCHANGE CIO

distinction of sex, sexual orientation, race or of political, religious, or other opinions by associating together residents, visitors and the local authorities, voluntary and other organisations;

- (3) to promote physical, mental and spiritual well-being mainly, but not exclusively, by the provision of chaplaincy services to offer advice and support.

‘Socially excluded’ means being excluded from society, or parts of society as a result of one or more of the following factors:

- unemployment;
- financial hardship;
- youth or old age;
- ill health (physical or mental);
- substance abuse or dependency including drugs and alcohol;
- discrimination on the grounds of sex, race, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment;
- poor educational or skills attainment;
- relationship and family breakdown;
- homelessness or poor housing (that is housing that does not meet basic habitable standards);
- crime (either as a victim of crime or as an offender rehabilitating into society).”

APPROVAL

Approved by the Trustees of the charity on 2nd February 2024 and electronically signed on their behalf by:

Mark Phillips
Chairman of Trustees

Sarah Percy
Secretary, Treasurer and Trustee

POOLE COMMUNITY EXCHANGE CIO

Financial Statements for the Year Ended 5 April 2023
Receipts and Payments

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2022/23	2021/22	2022/23	2021/22	2022/23	2021/22
Receipts						
Grants	5,000		13,700	23,200	18,700	23,200
Donations	23,545	107	1,105	11,968	24,650	12,075
Trading Income	440				440	0
Interest	183	118			183	118
Reimbursement		785			0	785
Fees for Charitable Services	2,656			5,769	2,656	5,769
Other					0	0
TOTAL RECEIPTS	31,824	1,010	14,805	40,937	46,629	41,947

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2022/23	2021/22	2022/23	2021/22	2022/23	2021/22
Payments						
Core Costs	3,099	3,714	4,308	4,772	7,407	8,486
Direct Project and Activity Costs	5,106	741	33,347	15,247	38,453	15,988
Trading Costs	413	35		54	413	89
Other Expenses	274	264			274	264
Disbursements	1,651	340			1,651	340
PURC Grant Disbursements			3,100		3,100	
Neo-Monastics				25	0	25
Sub-total Payments	10,543	5,094	40,755	20,098	51,298	25,192

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2022/23	2021/22	2022/23	2021/22	2022/23	2021/22
Asset Purchased for own use						
Office Equipment				249	0	249
Kitchen / Catering	280		1,546	402	1,826	402

POOLE COMMUNITY EXCHANGE CIO

Equipment						
Pantry Equipment			5,325		5,325	
IT Equipment			592	725	592	725
Equipment for Trading Activity				239	0	239
Sub-total Assets for own use	280	0	7,463	1,615	7,743	1,615
TOTAL PAYMENTS	10,823	5,094	48,218	21,713	59,041	26,807

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2022/23	2021/22	2022/23	2021/22	2022/23	2021/22
NET RECEIPTS	21,001	(4,084)	(33,413)	19,224	(12,412)	15,140
Transfers between Funds						
Cash funds last year end	9,073	13,157	38,241	19,017		32,174
Cash Funds this year end	30,075	9,073	4,827	38,241	34,902	47,314

Statement of Assets and Liabilities

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2022/23	2021/22	2022/23	2021/22	2022/23	2021/22
Cash Funds						
Petty Cash	19	235	0		19	235
Other Cash	43		0		43	
TSB Current Account	8070	2,402	(1,090)		6,980	2,402
TSB Savings Account	21943	6,436	5917	38,241	27,860	44,677
TOTAL	30,075	9,073	4,827	38,241	34,902	47,314

Assets retained for our own use at cost	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds (£)
Current Year	280	7,463	7,743
Previous Years		12,026	12,026
Total	280	19,489	19,769

POOLE COMMUNITY EXCHANGE CIO

Poole Community Exchange CIO
Financial Statements for the Year Ended 2
Receipts and Payments

	Unrestricted Funds (£)		Restricted Funds (£)	
	2022/23	2021/22	2022/23	2021/22
Receipts				
Grants	5,000		13,700	23,200
Donations	23,545	107	1,105	11,968
Trading Income	440			
Interest	183	118		
Reimbursement		785		
Fees for Charitable Services	2,656			5,769
Other				
TOTAL RECEIPTS	31,824	1,010	14,805	40,937

	Unrestricted Funds (£)		Restricted Funds (£)	
	2022/23	2021/22	2022/23	2021/22
Payments				
Core Costs	3,099	3,714	4,308	4,772
Direct Proect and Activity Costs	5,106	741	33,347	15,247
Trading Costs	413	35		54
Other Expenses	274	264		
Disbursements	1,651	340		
PURC Grant Disbursements			3,100	
Neo-Monastics				25
Sub-total Payments	10,543	5,094	40,755	20,098

	Unrestricted Funds (£)		Restricted Funds (£)	
	2022/23	2021/22	2022/23	2021/22
Asset Purchased for own use				
Office Equipment				249
Kitchen / Catering Equipment	280		1,546	402
Pantry Equipment			5,325	
IT Equipment			592	725
Equipment for Trading Activity				239
Sub-total Assets for own use	280	0	7,463	1,615
TOTAL PAYMENTS	10,823	5,094	48,218	21,713

	Unrestricted Funds (£)		Restricted Funds (£)	
	2022/23	2021/22	2022/23	2021/22
NET RECEIPTS	21,001	(4,084)	(33,413)	19,224
Transfers between Funds				

Cash funds last year end	9,073	13,157	38,241	19,017
Cash Funds this year end	30,075	9,073	4,827	38,241

Statement of Assets and Liabilities

	Unrestricted Funds (£)		Restricted Funds (£)	
	2022/23	2021/22	2022/23	2021/22
Cash Funds				
Petty Cash	19	235	0	
Other Cash	43		0	
TSB Current Account	8070	2,402	(1,090)	
TSB Savings Account	21943	6,436	5917	38,241
TOTAL	30,075	9,073	4,827	38,241

Assets retained for our own use at cost	Unrestricted Funds (£)	Restricted Funds (£)
Current Year	280	7,463
Previous Years		12,026
Total	280	19,489

Total Funds (£)	
2022/23	2021/22
18,700	23,200
24,650	12,075
440	0
183	118
0	785
2,656	5,769
0	0
46,629	41,947

Total Funds (£)	
2022/23	2021/22
7,407	8,486
38,453	15,988
413	89
274	264
1,651	340
3,100	
0	25
51,298	25,192

Total Funds (£)	
2022/23	2021/22
0	249
1,826	402
5,325	
592	725
0	239
7,743	1,615
59,041	26,807

Total Funds (£)	
2022/23	2021/22
(12,412)	15,140

	32,174
34,902	47,314

Total Funds (£)

2022/23	2021/22
19	235
43	
6,980	2,402
27,860	44,677
34,902	47,314

	Total Funds (£)
--	------------------------

	7,743
	12,026
	19,769



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Poole Community Exchange

**On accounts for the year
ended**

5th April 2023

**Charity no
(if any)**

1178207

Set out on pages

1-2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2023.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 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 (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

08/04/2024

Name:

Abi Aiyegbayo

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

Chartered Institute of Management Accountants

Address:

40 Broadway Lane

Bournemouth

BH8 0AA

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

POOLE COMMUNITY EXCHANGE

England & Wales - Charity number 1178207

Accounts

Poole Community Exchange CIO



Parkstone United Reformed Church
Commercial Road
POOLE
BH14 0JW

Charity No 1178207

Telephone: 01202 733580

Email: Info@poolecommunityexchange.co.uk

Annual Report and Financial Statements From 6th April 2021 to 5th April 2022

Charity No: 1178207

POOLE COMMUNITY EXCHANGE CIO

Trustees' Report 3

Reference and Administrative Details 3

Structure, Governance and Management 3

Objectives, Activities, Achievements and Performance 4

The Future 6

Financial Review 6

Financial Statements for the Year Ended 5 April 2022 8

Annual Report and Financial Statements
From 6th April 2021 to 5th April 2022

Charity No: 1178207

POOLE COMMUNITY EXCHANGE CIO

Trustees' Report

The Trustees are pleased to present their report together with the financial statements of the charity for the period from 6th April 2021 to 5th April 2022.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Name	Poole Community Exchange CIO
Registered Number	1178207
Principal Office	Parkstone United Reformed Church (PURC) Commercial Road Parkstone Poole BH15 0JW

Trustees who managed the charity during the period of the report

Name	Office	Dates acted where not for whole of the period
Mark Phillips	Chairman	
Anthony Sherman	Treasurer	
Sarah Percy	Secretary	
Joan Percy		
Karen Sherman		
Michael Hancock		
Rev. Andy Mason		Till Dec 2021
Andrew Williams		From March 2022

There are no trustees for the charity.

Trustees who managed the charity at the time the report was signed

Anthony and Karen Sherman resigned on 5th April 2022. All other trustees in post on 5th April remained as trustees.

Independent Examiner

Steve Blight, 52 Sandbanks Rd, Poole, BH14 8BY.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Poole Community Exchange (PCE) is a Charitable Incorporated Organisation governed by its constitution. It was incorporated and registered on 2nd May 2018.

No person or body is entitled to appoint any trustees.

So far trustees have been recruited by word of mouth. Potential trustees complete a volunteer form, submitting two references and explaining why they want to be involved, and what skills and knowledge they can offer. References are taken up and potential trustees then meet with existing trustees. Trustees are appointed at trustee meetings by the existing trustees. They are appointed initially for three years. They may

POOLE COMMUNITY EXCHANGE CIO

be re-appointed when their term ends. Trustees may serve a maximum of three terms. They must then take a one-year break before they are eligible for reappointment.

OBJECTIVES, ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

The legal objects of Poole Community Exchange (PCE) are:

“For the benefit of the residents of and visitors to, in particular but not exclusively, the town of Poole:

- (1) to promote social inclusion by preventing people from becoming socially excluded and, by relieving the needs of those people who are socially excluded and assisting them to integrate into society;
- (2) to provide facilities in the interests of social welfare, for recreation and leisure time occupation, with the objective of improving conditions of life; without distinction of sex, sexual orientation, race or of political, religious, or other opinions by associating together residents, visitors and the local authorities, voluntary and other organisations;
- (3) to promote physical, mental and spiritual well-being mainly, but not exclusively, by the provision of chaplaincy services to offer advice and support.

‘Socially excluded’ means being excluded from society, or parts of society as a result of one or more of the following factors:

- unemployment;
- financial hardship;
- youth or old age;
- ill health (physical or mental);
- substance abuse or dependency including drugs and alcohol;
- discrimination on the grounds of sex, race, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment;
- poor educational or skills attainment;
- relationship and family breakdown;
- homelessness or poor housing (that is housing that does not meet basic habitable standards);
- crime (either as a victim of crime or as an offender rehabilitating into society).”

PCE was set up to provide a safe welcoming place for people of all faiths and none; where they can come together to relax and have fun and give (time, skills, knowledge, friendship, prayer, agape love) and receive (support, advice, learning, food, friendship, prayer, agape love....). Anyone is welcome.

We are continuing to create a community where people that are currently socially isolated and excluded for whatever reason can build relationships, grow in confidence and integrate with the wider community. We are also creating a space where people can comfortably explore faith and spirituality.

Our vision is to provide:

- a wide range of support, services, facilities and opportunities, which relate to physical, mental, emotional and spiritual needs, in their widest meaning;
- a space where anyone can drop-in for advice or a chat, or to engage with any of the social and leisure opportunities we offer;
- Information on upcoming events and the wide-range of activities and opportunities across Poole.

POOLE COMMUNITY EXCHANGE CIO

Food: Poole Pantry and Community meals

We continued to provide food and other necessities to people in need:

- about 3,000 people in hostels;
- the households of over 1,800 pantry members;
- 60 families during the school holidays
- nearly 450 people through a hot community meal,
- Poole Communities Trust's community food store on Turlin Moor.

We could not have done this without our volunteers and the help of others:

- We received over £23,000 of grants from Awards 4 All, BCP Council and Dorset Community Foundation, and, Neighbourly and donations from individuals and groups;
- Supermarkets, Fareshare and others provided us with free or low cost surplus food;

We continued operating our Community Pantry to support people suffering from food poverty to eat a balanced and nutritional diet. Poole Pantry celebrated its first year anniversary in October 2021. It is currently open 3 days a week

People must become members of the Pantry and they can come and choose up to 10 items from a wide range of food plus bakery and fruit and vegetables. We ask for a donation to help cover our costs and members are asked to volunteer for one session a month if they are able to do so. This fits our unique 'Exchange' model – everyone has needs and everyone has something to offer.

Between October 21 and March 22 an average of 10 households a month applied to be members and by the end of the year we had nearly 300 members, though not all of those were active every week.

Within the Pantry we also operate a Community Fridge where food that has to be eaten that day is available to anyone free of charge to help prevent wastage.

As restrictions eased we resumed offering a community meal to volunteers and others within the building and fed nearly 450 people from October 2021 to March 2022

During the year covered by this report we estimate we fed about 18,000 people.

Activities and support on offer during pantry opening times

As Covid restrictions eased we were able to revert to our original vision of creating a community with space to sit and chat with a drink and cake/biscuit.

We started to gather for lunch again from October, and in March started a pebble painting group and a knit and natter group. We also offered people the opportunity to join in the church's led contemplation service from March.

The Citizens Advice Bureau Urban Advice Vehicle parks up twice a week. We are told it is the busiest in BCP.

Mission Industries

One of our socially excluded beneficiaries with carpentry skills offered to volunteer to run project repairing and upcycling furniture. The aim of the project was two-fold: to help the socially excluded and also to raise income. It is therefore classed as primary purpose trading.

POOLE COMMUNITY EXCHANGE CIO

Other matters during the year

Trustees' capacity to take their vision forward was hampered by the death of one of our trustees and the health issues of 4 others. Despite their best efforts they have struggled to recruit more trustees, especially a replacement Treasurer.

Trustees maintained relationships with Bournemouth, Poole and Christchurch (BCP council) in helping fight food poverty, Probation Services, and with Tricuro who run the local Day Centre (Poole Plus) as well as numerous other organisations.

Trustees spent many hours trying to get permission from the Charity Commission to employ one of our trustees as the Pantry Co-ordinator, but this was refused.

Public Benefit

When planning these activities, the trustees have taken into account the Charity Commission guidance on public benefit and consider that all of these activities provide a public benefit and made a difference to our beneficiaries by:

- providing food and support to vulnerable people in need;
- redistributing good quality surplus food and reducing food waste;
- encouraging healthy eating;
- encouraging self-confidence and a sense of self-worth by volunteering rather than passively receiving;
- fostering a sense of community by meeting round the lunch table and sharing food and conversation, giving people the sense that they belong;
- encouraging creativity and experimentation, providing a safe place to fail;
- increasing wellbeing through creativity
- encouraging self-confidence and a sense of self-worth by using existing skills and learning new ones;
- upcycling and repairing furniture that would otherwise be thrown away;
- giving people with mental health issues a safe and welcoming place;
- providing a space where people can get help and advice on a wide range of issues through Citizen's Advice Bureau.

THE FUTURE

During 2022-23 we will continue to fight food poverty through our community pantry, "Poole Pantry".

We intend to continue our original vision of a safe, welcoming space for people to chat, play, be creative, learn, connect with one another, and get any help and advice they might need.

We will work on improving our marketing, and have been fortunate to get some grants to help with this as well as finding some volunteers with experience in design, copy writing and social media.

FINANCIAL REVIEW

PCE has no policy on reserves.

No fund is materially in deficit.

No funds are held as a custodian trustee.

POOLE COMMUNITY EXCHANGE CIO

Approved by the Trustees of the charity on 10 November 2022 and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'M. Phillips', written in a cursive style.

Mark Phillips
Chairman of Trustees

Sarah Percy
Secretary, Acting Treasurer and Trustee

Poole Community Exchange CIO

Financial Statements for the Year Ended 5 April 2022

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2021/22	2020/21	2021/22	2020/21	2021/22	2020/21
Receipts						
Grants			23,200	57,205	23,200	57,205
Donations	107	61	11,968	5,571	12,075	5,632
Interest	118	173			118	173
Reimbursement	785	16,654			785	16,654
Fees for Charitable Services			5,769	5,175	5,769	5,175
Other					0	0
TOTAL RECEIPTS	1,010	16,888	40,937	67,951	41,947	84,839

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2021/22	2020/21	2021/22	2020/21	2021/22	2020/21
Payments						
Rent			7,267	6,684	7,267	6,684
Office	1,684	582		171	1,684	753
Insurance	388	228		194	388	422
PPE			304	2,057	304	2,057
Food			2,976	9,731	2,976	9,731
IT	462	292			462	292
Marketing	169				169	
N-M			25	250	25	250
Activities	27	10	1,309		1,336	10
Fees for workers	1,435	822	4,773	14,286	6,208	15,108
Travel	184	293	1,536	4,670	1,720	4,963
Construction Costs				3,208	0	3,208
Vehicle Costs	106		1,854	2,058	1,960	2,058
Community Alliances					0	0
Disbursement	340	16,917			340	16,917
Mission Industries	35		54		89	
Other	264			453	264	453
Sub-total	5,094	19,144	20,098	43,762	25,192	62,906
Asset Purchased for own use						
General			1,376	9,928	1,376	9,928
Mission Industries			239		239	
TOTAL PAYMENTS	5,094	19,144	21,713	53,690	26,807	72,834

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2021/22	2020/21	2021/22	2020/21	2021/22	2020/21
NET RECEIPTS	-4,084	-2,256	19,224	14,261	15,140	12,005
Transfers between Funds						
Cash funds last year end	13,157	15,413	19,017	4,756	32,174	20,169
Cash Funds this year end	9,073	13,157	38,241	19,017	47,314	32,174

Poole Community Exchange CIO

Statement of Assets and Liabilities

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2021/22	2020/21	2021/22	2020/21	2021/22	2020/21
Cash Funds						
Petty Cash	235	64			235	64
TSB Current Account	2,402	551			2,402	551
TSB Savings Account	6,436	12,542	38,241	19,017	44,677	31,559
TOTAL	9,073	13,157	38,241	19,017	47,314	32,174

Assets retained for our own use at cost	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds (£)
Current Year		1,615	1,615
Previous Years		10,411	10,411
Total		12,026	12,026

NOTES TO THE FINANCIAL STATEMENTS

These accounts have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

PCE CIO has registered for Gift Aid.

The Trustees confirm that in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on our assets.


The charity has no other monetary assets, investment assets or liabilities.

Disbursement and Reimbursement are Monies paid on behalf of Parkstone United Reformed Church to aid their cash flow.

“Mission Industries” is a project to repair and upcycle furniture. It is run by a volunteer who is socially excluded, and thus also a beneficiary, and involving other socially excluded beneficiaries. As we hope to be able to sell the furniture produced it is accounted for separately as primary purpose trading. The project did not generated any income during 2021/22.

Numbers in **dark red** show corrections to the 2020/21 accounts due to an error in restricted donations in Petty Cash.

The Financial Statements were approved by the Trustees on [xxxx] and signed on their behalf by:



Mark Phillips
Chairman of Trustees

Sarah Percy
Acting Treasurer, Secretary and Trustee



Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Charity Name
Poole Community Exchange CIO

**On accounts for the year
ended**

5 April 2022

**Charity no
(if any)**

1178207

Set out on pages

8 and 9

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 05/04/2022.

**Responsibilities and
basis of report**

As the charity trustees of the Trust, 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 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 ~~(other than that disclosed below)~~ in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn 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:

Stephen Blight

Date:

24th Nov 2022

Name:

Mr. STEPHEN BLIGHT

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

Address:

*52 SANDBANKS ROAD
POOLE, DORSET
BH14 8BY*

POOLE COMMUNITY EXCHANGE

England & Wales - Charity number 1178207

Accounts

Poole Community Exchange CIO



Parkstone United Reformed Church
Commercial Road
POOLE
BH14 0JW

Charity No 1178207

Telephone: 01202 733580 Mobile: 07971 660456 Email: Info@poolecommunityexchange.co.uk

Annual Report and Financial Statements From 6th April 2020 to 5th April 2021

Charity No: 1178207

POOLE COMMUNITY EXCHANGE CIO

Trustees' Report 3
Reference and Administrative Details 3
Structure, Governance and Management 3
Objectives, Activities, Achievements and Performance 4
The Future 6
Financial Review 6
Financial Statements for the Year Ended 5 April 2021 8
Notes to the Financial Statements 9

Annual Report and Financial Statements
From 6th April 2020 to 5th April 2021

Charity No: 1178207

POOLE COMMUNITY EXCHANGE CIO

Trustees' Report

The Trustees are pleased to present their report together with the financial statements of the charity for the period from 6th April 2020 to 5th April 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Name	Poole Community Exchange CIO
Registered Number	1178207
Principal Office	Parkstone United Reformed Church (PURC) Commercial Road Parkstone Poole BH15 0JW

Trustees who managed the charity during the period of the report

Name	Office	Dates acted where not for whole of the period
Mark Phillips	Chairman	
Anthony Sherman	Treasurer	
Sarah Percy	Secretary	
Joan Percy		
Karen Sherman		
Michael Hancock		
Rev. Andy Mason		

There are no trustees for the charity.

Trustees who managed the charity at the time the report was signed

In December 2021 Rev Andy Mason sadly died after a road traffic accident.

All the others above were still trustees at the time the report was signed.

Independent Examiner

Steve Blight, 52 Sandbanks Rd, Poole, BH14 8BY.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Poole Community Exchange (PCE) is a Charitable Incorporated Organisation governed by its constitution. It was incorporated and registered on 2nd May 2018.

No person or body is entitled to appoint any trustees.

So far trustees have been recruited by word of mouth. Potential trustees complete a volunteer form, submitting two references and explaining why they want to be involved, and what skills and knowledge they can offer. References are taken up and potential trustees then meet with existing trustees. Trustees are appointed at trustee meetings by the existing trustees. They are appointed initially for three years. They may be re-appointed when their term ends. Trustees may serve a maximum of three terms. They must then take a one-year break before they are eligible for reappointment.

POOLE COMMUNITY EXCHANGE CIO

OBJECTIVES, ACTIVITIES, ACHIEVEMENTS AND PERFORMANCE

The legal objects of Poole Community Exchange (PCE) are:

“For the benefit of the residents of and visitors to, in particular but not exclusively, the town of Poole:

- (1) to promote social inclusion by preventing people from becoming socially excluded and, by relieving the needs of those people who are socially excluded and assisting them to integrate into society;
- (2) to provide facilities in the interests of social welfare, for recreation and leisure time occupation, with the objective of improving conditions of life; without distinction of sex, sexual orientation, race or of political, religious, or other opinions by associating together residents, visitors and the local authorities, voluntary and other organisations;
- (3) to promote physical, mental and spiritual well-being mainly, but not exclusively, by the provision of chaplaincy services to offer advice and support.

‘Socially excluded’ means being excluded from society, or parts of society as a result of one or more of the following factors:

- unemployment;
- financial hardship;
- youth or old age;
- ill health (physical or mental);
- substance abuse or dependency including drugs and alcohol;
- discrimination on the grounds of sex, race, ethnic origin, religion, belief, creed, sexual orientation or gender reassignment;
- poor educational or skills attainment;
- relationship and family breakdown;
- homelessness or poor housing (that is housing that does not meet basic habitable standards);
- crime (either as a victim of crime or as an offender rehabilitating into society).”

PCE was set up to provide a safe welcoming place for people of all faiths and none; where they can come together to relax and have fun and give (time, skills, knowledge, friendship, prayer, agape love) and receive (support, advice, learning, food, friendship, prayer, agape love....). Anyone is welcome.

We are creating a community where people that are currently socially isolated and excluded for whatever reason can build relationships, grow in confidence and integrate with the wider community. We are also creating a space where people can comfortably explore faith and spirituality.

Our vision is to provide:

- a wide range of support, services, facilities and opportunities, which relate to physical, mental, emotional and spiritual needs, in their widest meaning;
- a space where anyone can drop-in for advice or a chat, or to engage with any of the social and leisure opportunities we offer;
- Information on upcoming events and the wide-range of activities and opportunities across Poole.

During 2020/21 we were obviously unable to continue with our core work due to the coronavirus pandemic.

POOLE COMMUNITY EXCHANGE CIO

Food: coronavirus pandemic, Poole Pantry and Community meals

Because of our existing work with anyone in need, from drug addicts, ex-offenders and homeless, to the lonely, elderly and otherwise vulnerable and disadvantaged, we were able to quickly identify people who needed food deliveries. We also linked into the Bournemouth, Christchurch and Poole (BCP) Council's "Together We Can" Volunteer Hub.

During the first lockdown about 40 volunteers and some paid staff from other organisations worked very long days to provide fresh, frozen and chilled food, and other basic supplies such as toilet rolls. We made about 86 deliveries a week to over 30 Hostels and Refuges, and also delivered to over 20 households a week, feeding an estimated 1,900 individuals.

We also supplied food to 4 Food Banks and gave excess food to the Allendale Café in Wimborne who cooked and delivered 60 meals a day free of charge.

Because of the amount of food we were given – at the peak we received about 7 tonnes of food every week - we had to purchase an extra 2 fridges and 3 freezers on top of our existing community fridge, and borrowed fridge and freezer space from other organisations.

Because we never knew what food we would get, and much of it had very short dates, some even having to be eaten on the same day, effective organisation and distribution were very important, and we are particularly grateful to all our drivers who clocked up more than 1,000 miles a month during the peak.

We could not have done this without our volunteers and the help of others:

- We received over £57,000 of grants from Awards 4 All, Dorset Community Foundation, Talbot Trust, WRAP, Faithworks, Tesco, One Stop, Community Action Network, Neighbourly and donations from individuals and groups;
- Parkstone United Reformed Church allowed us to practically fill their building with food, use their commercial fridges and freezers, and use their staff, only asking us to pay enough to cover their costs;
- Supermarkets, Fareshare and others provided us with free or low cost surplus food;
- The local day centre allowed us to use their walk-in freezers;
- Hall and Woodhouse allowed use to use freezers in their public houses in Lytchett and Wareham;
- Dorset, Devon and Cornwall CRC (previously Probation Services) provided 3 vans and 6 drivers
- Poole Housing Partnership provided volunteers.

As we came out of the first lockdown, we continued to provide deliveries to people who needed to shield or self-isolate, but also started to think about how we could continue to use the free and surplus food we had. We decided to open a Community Pantry to support people suffering from food poverty to eat a balanced and nutritional diet. Poole Pantry launched in October 2020, opening 4 days a week.

People must become members of the Pantry and they can come and choose up to 10 items from a wide range of food plus bakery and fruit and vegetables. We ask for a donation to help cover our costs and members are expected to volunteer for one session a month. This fits our unique 'Exchange' model – everyone has needs and everyone has something to offer. By the end of the year we had 160 members.

Within the Pantry we also operate a Community Fridge where food that has to be eaten that day is available to anyone free of charge to help prevent wastage.

We came to an arrangement with a local community pantry at Turlin Moor who don't have their own storage facilities. They get access to our stock, and we charge them enough to cover our costs

POOLE COMMUNITY EXCHANGE CIO

We continued to supply excess stock to the Allendale Café in Wimborne who turned it into frozen ready meals which were then available through the Pantry.

We had a contract with BCP council to supply shielding boxes to 10 families over 3 months.

During the Christmas holidays and the Spring half-term we provided food parcels with enough food for a family for a week to around 670 families through 9 schools in deprived areas. The schools identified families who were just over the income level to get free school meals, but who still needed help. PCE and PHP volunteers packed the parcels which were picked up and delivered by school staff, including teachers, who could take the opportunity to see the families in their own environment.

As restrictions eased we resumed offering a community meal to volunteers and others within the building.

During the year covered by this report we estimate we fed over 40,000 people.

In order to enable our work we obtained grants to purchase a van, and a 6m² shed with electrics etc. to provide extra food storage.

Other matters during the year

One of our volunteers spent a lot of time helping the church with the refurbishment of the main kitchen. We hope to be able to employ or hire a chef or cook to use this commercial standard kitchen in the future to prepare community meals and offer cookery courses.

We took on a self-employed administrator to help with all the extra work generated by the Pantry.

Public Benefit

When planning these activities, the trustees have taken into account the Charity Commission guidance on public benefit and consider that all of these activities provide a public benefit and made a difference to our beneficiaries by:

- providing food and support to vulnerable people in need during the pandemic;
- redistributing good quality surplus food and reducing food waste;
- encouraging healthy eating;
- encouraging self-confidence and a sense of self-worth by volunteering rather than passively receiving;
- fostering a sense of community by meeting round the lunch table and sharing food and conversation, giving people the sense that they belong.

THE FUTURE

During 2021-22 we will continue to fight food poverty through our community pantry, "Poole Pantry".

We also hope to re-start our original vision of a safe, welcoming space for people to chat, play, be creative, learn, and connect with one another, while keeping each other safe from the coronavirus.

FINANCIAL REVIEW

PCE has no policy on reserves.

No fund is materially in deficit.

POOLE COMMUNITY EXCHANGE CIO

No funds are held as a custodian trustee.

Financial Statements for the Year Ended 31st March 2021

Approved by the Trustees of the charity on 3 March 2022 and signed on their behalf by:

	2020/21	2019/20	2020/21	2019/20	2020/21	2019/20
Receipts	16,888	2,300	67,987	84,875	2,300	2,300
Grants						
Donations	61	678	5,607	5,607	678	678
Interest	173			173		173
Reimbursement						
Fees for Charitable						
Services			2,175	2,175		
Other						
TOTAL RECEIPTS	16,888	2,300	67,987	84,875	2,300	2,300

M. A. Phillips
 Mark Phillips
 Chairman of Trustees

SAR
 Sarah Percy
 Secretary and Trustee

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2020/21	2019/20	2020/21	2019/20	2020/21	2019/20
TOTAL PAYMENTS	19,144	6,237	23,690	610	25,834	7,147
own use			9,928		9,928	
Asset Purchased for						
Sub-total	19,144	6,237	43,762	610	65,906	7,147
Other			423		423	
Disbursement	16,917	1,413			16,917	1,413
Alliances		106				106
Community						
Vehicle Costs			2,028		2,028	
Construction Costs			3,208		3,208	
Travel	293	46	4,670		4,963	46
Fees for workers	822		14,286		15,108	
Activities	10	186			10	186
Café		32				32
N-M			220	610	220	610
IT	292	2,066			292	2,066
Food			9,731		9,731	
PPE			2,027		2,027	
Insurance	228	291	194		422	291
Office	282	697	171		453	697
Rent		1,400	6,684		6,684	1,400

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2020/21	2019/20	2020/21	2019/20	2020/21	2019/20
NET RECEIPTS	2,256	4,237	14,297	610	15,041	4,847
Funds						
Transfers between						
Cash funds last	12,413	19,650	4,756	2,366	30,169	22,016
Year end	13,157	12,413	19,023	4,756	32,210	30,169

POOLE COMMUNITY EXCHANGE CIO

Financial Statements for the Year Ended 5 April 2021

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2020/21	2019/20	2020/21	2019/20	2020/21	2019/20
Receipts						
Grants			57,205		57,205	-
Donations	61	678	5,607		5,668	678
Interest	173	211			173	211
Reimbursement	16,654	1,411			16,654	1,411
Fees for Charitable Services			5,175		5,175	
Other					-	-
TOTAL RECEIPTS	16,888	2,300	67,987	-	84,875	2,300

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2020/21	2019/20	2020/21	2019/20	2020/21	2019/20
Payments						
Rent		1,400	6,684		6,684	1,400
Office	582	697	171		753	697
Insurance	228	591	194		422	591
PPE			2,057		2,057	
Food			9,731		9,731	
IT	292	2,066			292	2,066
N-M			250	610	250	610
Café		32			-	32
Activities	10	186			10	186
Fees for workers	822		14,286		15,108	-
Travel	293	46	4,670		4,963	46
Construction Costs			3,208		3,208	
Vehicle Costs			2,058		2,058	
Community Alliances		106			-	106
Disbursement	16,917	1,413			16,917	1,413
Other			453		453	
Sub-total	19,144	6,537	43,762	610	62,906	7,147
Asset Purchased for own use			9,928		9,928	
TOTAL PAYMENTS	19,144	6,537	53,690	610	72,834	7,147

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2020/21	2019/20	2020/21	2019/20	2020/21	2019/20
NET RECEIPTS	- 2,256	- 4,237	14,297	- 610	12,041	- 4,847
Transfers between Funds						
Cash funds last year end	15,413	19,650	4,756	5,366	20,169	25,016
Cash Funds this year end	13,157	15,413	19,053	4,756	32,210	20,169

POOLE COMMUNITY EXCHANGE CIO

Statement of Assets and Liabilities

	Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)	
	2020/21	2019/20	2020/21	2019/20	2020/21	2019/20
Cash Funds						
Petty Cash	100				100	
TSB Current Account	551	1,083		-	551	1,083
TSB Savings Account	12,506	14,330	19,053	4,756	31,559	19,086
TOTAL	13,157	15,413	19,053	4,756	32,210	20,169
Assets retained for our own use at cost		Unrestricted Funds (£)		Restricted Funds (£)		Total Funds (£)
Current Year				9,928		9,928
Previous Years				483		483
Total		-		10,411		10,411

NOTES TO THE FINANCIAL STATEMENTS

These accounts have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

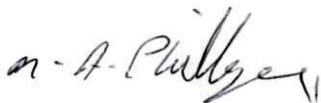
PCE CIO has registered for Gift Aid.

The Trustees confirm that in accordance with the Charitable Incorporated Organisations (General) Regulations 2012, that at year end the CIO did not have any outstanding guarantees to third parties nor any debts secured on our assets.

The charity has no other monetary assets, investment assets or liabilities.

Disbursement and Reimbursement are Monies paid on behalf of Parkstone United Reformed Church to aid their cash flow.

The Financial Statements were approved by the Trustees on 30 September 2021 and signed on their behalf by:



Mark Phillips
Chairman of Trustees



Sarah Percy
Secretary and Trustee