

# THE MCCARTHY-DIXON FOUNDATION

England & Wales · Charity number 1190255

## Details

---

**Status** Registered

**Legal form** CIO

**Registered** 2020-07-06

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

## Contact

---

**Address** The McCarthy-Dixon Foundation  
67 Grove Road  
Northampton  
NN1 3LJ

**Phone** 07709497036

**Email** [teresa@mccarthydixon.org.uk](mailto:teresa@mccarthydixon.org.uk)

**Website** <https://mccarthydixon.org.uk>

## Activities

---

**Objects:** PRINCIPALLY FOR THOSE LIVING IN NORTHAMPTONSHIRE:A) THE PREVENTION OR RELIEF OF POVERTY AND B) THE RELIEF OF NEED BY REASON OF ILL-HEALTH, DISABILITY, OR FINANCIAL HARDSHIP BY PROVIDING SERVICES, ACTIVITIES, SHELTER, FACILITIES, PERSONAL AND MATERIAL RESOURCES, FOOD AND OTHER PROVISION.

**Activities:** TMDF provides a broad range of services to communities across Northamptonshire, to improve the lives of vulnerable people and those in crisis, ranging from distributing food parcels, household items, and specialised provision for school families, to running weekly social clubs, providing doorstep visits, phone calls, transport services, and days out. Also wellbeing services and life skills classes

## Classification

---

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Other Finance, Provides Buildings/facilities/open Space, Provides Services
- **What:** General Charitable Purposes, Disability, The Prevention Or Relief Of Poverty, Arts/culture/heritage/science, Economic/community Development/employment, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

## Geography

---

- Ireland
- Throughout England And Wales

## Finances

---

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£492,023	£455,201	-	-
2024-03-31	£231,106	£175,707	-	-
2023-03-31	£104,509	£122,400	-	-
2022-03-31	£108,635	£80,784	-	-
2021-03-31	£88,622	£83,993	-	-

## Trustees

---

Name	Role	Appointed
<b>Stephen Thomas Summers</b>	Chair	2021-03-22
Graham Trotter		2022-12-01
Jacqueline O'Connell		2021-03-22
Mabule Sekanaisha Caswel Tema		2020-04-15
Marie Lally		2021-03-22
Michael Thomas Donnelly		2021-03-22
Pamela Margaret Law		2021-03-22

**THE MCCARTHY-DIXON FOUNDATION**

England & Wales - Charity number 1190255

---

# Accounts

---



The  
**McCARTHY-DIXON**  
*Foundation*

COMMUNITY SUPPORT CHANGING LIVES FOR THE BETTER

# Annual Review 2025

Annual Review & Financial Statements

For the Financial Year: 1st April 2024 to 31st March 2025



The McCarthy-Dixon Foundation  
Registered Charity 1190255

# Contents

## General Information 1

---

- Charity Information
- Governance
- Trustees

## About Our Organisation 2

---

- Background
- Aims, Objectives & Who We Support

## Annual Review: Our Services 3

---

- Overview (3)
- Food & Essentials Hub (4)
- Schools Partnership Program (5)
- Social Clubs & Outreach (8)
- Community Wellbeing Services (12)
- New Projects (15)
- Community Engagement (16)

## Financial Review 20

---

- Income Summary (20)
- Independent Examiners Report (21)
- Financial Statements (22)



# General Information

## Charity Information

### Full Charity Name

The McCarthy-Dixon Foundation

### Address

67 Grove Road  
Northampton  
NN1 3LJ

### Contact Information

Website: [mccarthydixon.org.uk](http://mccarthydixon.org.uk)

Email: [hello@mccarthydixon.org.uk](mailto:hello@mccarthydixon.org.uk)

Phone: 01604 211551

### Bank

Lloyds Bank  
2 George Row  
Northampton  
NN1 1DJ

## Governance

The McCarthy-Dixon Foundation is a registered charity, governed by a constitution, operating as a CIO. The charity was registered on 6th July 2020, under Charity Number 1190255, and prepared its first set of accounts to 31st March 2021 on 26th January 2022. The charity started operating with effect from 30th March 2020.

## Trustees

Stephen Summers (Chair)  
Marie Lally (Secretary)  
Jackie O'Connell (Treasurer)  
Mabule Sekanaisha Caswel Tema  
Pamela Law  
Vincent Doherty  
Michael Donnelly  
Graham Trotter



# About our Organisation

## Background

The McCarthy-Dixon Foundation (TMDF) was established in March of 2020, in direct response to the first COVID-19 lockdown. Due to the pandemic, many households across Northamptonshire were facing unprecedented challenges, financial hardship and crisis. Our organisation initially began work as an emergency food bank, providing essential supplies to households in need. While running this service, our organisation became acutely aware that there were innumerable further challenges afflicting local people, significantly impacting their emotional and physical wellbeing. Since then, the charity has continued to grow, adapting to meet the evolving needs of our community.

## Our Aims, Objectives and Who we Support

**Poverty and Material Disadvantage:** We strive to combat poverty and disadvantage through the direct provision of essential items and material goods, alongside long-term interventions and sustainable solutions through our wider services. We support people experiencing unexpected crises and prolonged poverty or difficulty. Factors affecting these groups include but are not limited to: sudden job termination, temporary lack of access or total loss of state financial support (universal credit or benefits), sudden additional financial burdens, and long-term difficulty due to ill-health, disability, mental health issues, childcaring burdens and the Cost-of-Living Crisis. This list is not comprehensive, and we aim to aid support any household identified as in need.

**Social Isolation and Emotional Wellbeing:** We strive to support people experiencing social isolation and mental health issues. This ranges from individuals suffering bereavement or poor access to social spaces and networks, to people experiencing long-term mental health conditions, particularly anxiety and depression. We operate regular social activities, complimented by a dedicated transport service, for these individuals to build their social support networks and develop friendships. We also provide personalised, 1-1 support for those unable to leave their homes through our home visiting service.

**Community Wellbeing and Outreach:** We strive to deliver a comprehensive network of wrap-around care services, which meet the diverse needs of vulnerable people across Northamptonshire and enhance their daily lives. We aim to improve living spaces, build and develop essential life skills, and support people through challenging circumstances to move beyond disadvantage. Our broad range of integrated community wellbeing services strive towards a comprehensive and multifaceted approach, addressing various aspects of daily life, and enriching our community.



# Annual Review: Our Services

## Overview

The McCarthy-Dixon Foundation (TMDF) provides a broad range of services, supporting Northamptonshire people on a daily basis by meeting their needs across varying aspects of their lives.

In 2025, we streamlined and rebranded these services into four key focus areas - ensuring that everything we deliver remains clearly aligned with our mission, and easier for both our community and partners to navigate within reporting and communications.

The following review details our impact and progress across each of these focus areas during the 2024-25 Financial Year. However, to summarise, between the 1st of April 2024, and the 31st of March 2025, TMDF provided the following:



### Food & Essentials Hub

Providing consistent distributions of high-quality, basic daily items, critical for physical health, emotional wellbeing, and lasting positive change.



### Social Clubs & Outreach

Offering regular and welcoming opportunities for local people to develop and strengthen their social networks, preventing isolation.



### Schools Support Program

Tailored provision for schools, their pupils and families, supporting those in crisis and disadvantage to ensure every child can fulfil their potential.



### Community Wellbeing

Practical and direct services, connecting people with the resources, skills, and guidance needed for lasting stability and a better quality of life.

## Big Hearts, Big Impact

We rely on the big hearts and amazing community spirit of Northampton volunteers, fundraisers and donors. From the bottom of our hearts, thank you for your support.



## The Food & Essentials Hub

We work alongside our network of community partners to distribute thousands of regular and emergency food parcels to individuals and families facing financial hardship or crisis - ensuring continued access to basic daily essentials delivered with dignity and efficiency.

During this reporting period, we also expanded our offer through the introduction of our new Essentials Hub. This service provides a range of homeware and essential household items, helping people in crisis to rebuild stability, and move beyond disadvantage sustainably. This support has been delivered through a combination of direct product delivery from TMDF, and the distribution of Huggg vouchers, which allow clients to choose and purchase items directly. Through this work, we have helped thousands of vulnerable people access essential items crucial for daily comfort and functioning - including kitchen appliances, clothing, bedding, and furniture. This reduces stress, improves emotional wellbeing, and ensures improved long-term outcomes for these households.

### Impact

Within the 2024-25 Financial Year, TMDF supported households experiencing crisis and financial disadvantage with:



**31,985**  
Food Parcels



**38,146**  
Homeware Items

### Sustainability

TMDF understands that, while our Food & Essentials Hub undoubtedly serves as a vital lifeline for thousands of people experiencing unexpected financial difficulty each year, true long-term progress for vulnerable individuals begins with addressing the root causes of hardship. As an organisation, we are committed to delivering lasting solutions and driving sustainable change for those we support.

For this reason, we operate a wide range of complementary services and support programs that aim to enrich and empower our beneficiaries across multiple aspects of their lives. Every individual we support is given access to this wrap-around offer, designed to provide the necessary knowledge, practical assistance, and community support that enable long-term resilience and independence.

## Schools Partnership Program

Our Schools Partnership Program seeks to build a supportive, collaborative relationship with Northamptonshire schools, offering essential resources to help students and families facing financial hardship. By working closely with schools, we aim to address both immediate and ongoing needs of their families. Through our services, we hope to alleviate daily challenges for families, ensuring that every child has access to food, technology, basic necessities, and a positive learning experience.

### Food Parcels

We provide regular and emergency food parcels to families experiencing sudden financial hardship, ensuring every child and their family can enjoy a healthy, filling meal. Each parcel contains 13–15kg of essential items such as pasta, rice, sauces, tinned goods, cereal, and snacks. We aim to provide a discreet service, that alleviates possible anxiety or shame families may feel is associated with receiving food bank support. Our food parcels look like an ordinary bag of food shopping and can be given to families at a time and place they are most comfortable with.



### Breakfast Boxes

Our Breakfast Box Project ensures that every child we support has the opportunity to receive a nutritious start to their school day, boosting their concentration, energy, and physical health. Each month, we provide our partner schools with supplies of nutritious breakfast items such as dried fruit, snack bars, fruit juices. These items are small enough to be kept in the classroom and discreetly given out by the teachers to those children who missed breakfast at home, helping them to engage fully and thrive at school.

### Tech 4 Kids

Many children may be required to learn from home, due to physical or mental health issues, behavioural challenges or exclusions. There are also many children unable to access online homeworking activities on a regular basis, due to limited technology at home. We distribute laptops, tablets and other tech items to children and families who are unable to access home learning technology.

## School Shoes: Stepping Out of Poverty

For families facing financial hardship, the cost of new school uniforms, especially shoes, can be a significant burden at the start of a new school year. We believe every child deserves the dignity and comfort of suitable footwear to support their learning and confidence. Through our school partners, we provide vouchers that enable families to choose high-quality, school-appropriate shoes for their children. This approach ensures children get the footwear they need while giving families both dignity and choice.

## Household Essentials

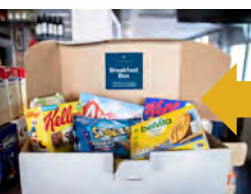
We support families in accessing essential household items during times of unexpected need or crisis. This may include families moving into emergency accommodation with few belongings or households unable to replace a broken appliance. Our support covers a wide range of essentials, including home appliances, furniture, bedding, and clothing, ensuring families have the practical resources they need to maintain a safe, comfortable, and stable home environment.

## Additional Seasonal Support

During festive periods such as Christmas and Easter, we provide additional support to families experiencing financial hardship through donations of children's toys, games, festive food items, and seasonal treats. At Christmas, we also offer toy store vouchers, enabling parents to choose specific items from their child's Christmas wish-list. This support plays a vital role in protecting families' wellbeing, helping to reduce feelings of isolation, shame, and exclusion that can arise when households are unable to fully participate in cultural celebrations. By easing financial pressure and removing the need for high-interest seasonal loans, this support ensures that families can enjoy the festive periods without facing further hardship.

## Impact

In the last financial year, we continued to expand our schools network. As of the 31st of March 2025, we supported over **90** Northamptonshire Primary, Secondary and Alternate Provision Schools. Through these schools, we were able to distribute:



**359**  
Breakfast  
Boxes



**632**  
School Shoes  
& Coats



**105**  
Laptops &  
Tablets



**829**  
Christmas  
Toys & Gifts



**843**  
Easter Eggs  
and Treats



**329**  
Christmas  
Turkeys

## Schools Partnership Program | Testimonials

While our impact figures demonstrate the significant scale of our work, true impact is often best reflected in the voices of those directly affected. The following testimonials represent a small sample of the feedback TMDF has received in the last financial year, from our school partners and their families:



### Paula Irwin

*Deputy Designated Safeguarding Lead at St Lukes CEVA Primary School:*

TMDF have supported families in our school by donating food parcels, they have provided vouchers shoes, they have even renovated a families garden so that the children could access the garden and much, much more. Without them our families would struggle far more than they are. The hard work and dedication they show is amazing and they are always ready to support our families in need. "



### Graham Trotter

*Deputy Headteacher at Stimpson Avenue Academy:*

The family had been moved from emergency accommodation and into a permanent home. The new home had no furnishings. After the recent death of her husband, mum was bereft. Our pastoral teams' first response was to make contact with TMDF. Within an hour, TMDF had responded and the response was supportive.

The family were provided with an oven, washing machine, sofa, microwave oven, toaster, double bed and enough food to last a week. Families in crisis are an increasingly common experience for schools, and to have an emergency support that can respond appropriately, in an age of bureaucracy and red tape, is priceless. "



### Cheryl

*A Parent from The Gateway School:*

The food parcel in the May half term helped the family so much and meant that I had the basic cupboard items so I could get the children fresh vegetables and fruit which they wouldn't have got if I hadn't received the bag. "



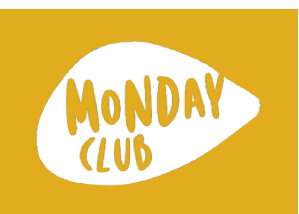
## Social Clubs & Outreach

T MDF runs three weekly social clubs, each designed to reduce social isolation and improve people's wellbeing by providing safe, welcoming spaces for connection and support. Our clubs offer an inclusive environment, where members can build friendships, enjoy shared activities, and access services that support both their mental and physical health.

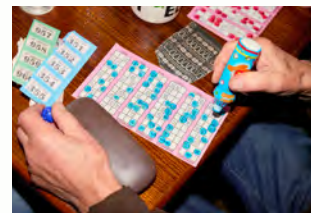
Many of our clients are vulnerable, facing barriers like social isolation, physical or mental health conditions, disabilities, old age, and limited financial resources. These circumstances often place them at heightened risk of related difficulties, such as housing instability, legal challenges, or unmet care needs. Our social clubs play a critical role as an early point of intervention for these individuals, providing a supportive environment where our team can consistently identify any unmet needs, and connect our clients with the appropriate services and support they need.

### The Monday Club

Our Monday Club runs every Monday from 12:00 to 4:00 PM at The Swan and Helmet Pub in Northampton, offering a safe, friendly, and inclusive environment for people of all ages and backgrounds to connect and build friendships. Our clients enjoy unlimited hot drinks, a full lunch, dessert, live entertainment and music, a bingo, a raffle and fun seasonal activities. The Monday Club is an accessible, light-hearted space for local people to socialise and build networks of friendship. For our clients, it provides a vital opportunity to combat social isolation and stay connected with others, ensuring they remain an active part of their community.



**226**  
Regular  
Attendees



### Cheers for Tuesdays

Cheers for Tuesdays is a social club open to Northamptonshire men of all backgrounds. It was developed in partnership with Local Social Prescribers, in response to a recognised need for further dedicated social spaces for men in the area. The club meets every Tuesday from 2.00–4.00pm at The Swan and Helmet, and provides a welcoming and relaxed environment where our clients can build friendships, and enjoy a range of activities, including darts, pool, cards, and indoor golf, or simply spend time chatting over a hot drink with fellow members and our volunteers.



**64**  
Regular  
Attendees

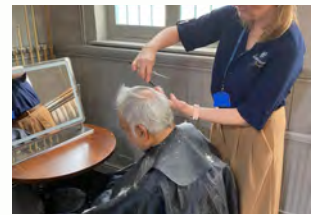


## Stay Well Wednesdays

Stay Well Wednesdays is our wellbeing-focused social club, held every Wednesday from 10:00 AM to 1:00 PM at The Swan and Helmet. The club offers a wide range of activities and support, all designed to promote both emotional and physical wellbeing. Our clients can enjoy a hot lunch and refreshments, fun wellbeing games, and introductory sessions to develop their mental health awareness. We also run a beginner-friendly keep-fit session each week to help our clients stay active and maintain their physical health. These sessions include seated versions of each exercise, ensuring all activities remain fully accessible. Clients can also access low-cost, professional hair and nail care every week at the club, ensuring they can receive essential and dignified self-care services, regardless of any financial barriers they may be facing.



**81**  
Regular  
Attendees



## Social Clubs | Testimonials

The following quotes highlight just a few of the many meaningful ways our social clubs benefit our clients every week (*their names have been altered to maintain their privacy*).

**“ Elsie - Regular Attendee at The Monday Club:**

I look forward to the Monday Club every week. It gets me out of the house, I see friendly faces, and there's always a laugh. It might seem like a small thing, but it's made a big difference to me. ”

**“ Peter - Regular Attendee at Cheers for Tuesdays:**

I'd been feeling quite isolated before I joined, especially after retiring. Having Cheers for Tuesdays has been a lifeline. It's not just a social club, it feels like a group of mates who really look out for each other. That bit of company, the joking, playing games, it all adds up and it's helped me more than I realised.”

**“ Jasmin - Regular Attendee at Stay Well Wednesdays:**

I've always tried to stay social, but it's easy to neglect your health especially as you get older. Coming here every week means I can stay active, enjoy a delicious hot meal, and have some fun with my friends at the same time. It's fantastic. ”

## Collection & Drop-Off Service

To ensure every client we work with can access our clubs, TMDF provides a collection and drop-off service operating every Monday, Tuesday, and Wednesday. Clients are collected directly from their homes and transported safely in TMDF's minibus to our venue on Grove Road, before being returned home at the end of each session.

For many of those we support, additional barriers can significantly limit their ability to attend our clubs each week. In particular, individuals living in areas with limited or no access to public transport, as well as those managing physical or mental health conditions or disabilities, may otherwise be unable to attend at all. In some cases, travelling independently can be distressing, uncomfortable, or may place individuals at increased risk of worsening physical or mental health.



**85**  
Transport  
Service Users



**Quote from Joseph - A Weekly Service User:**

"I live in a village and the buses are never on time, so it was always really difficult. It's very cold, especially in the winter, and I don't stay warm like I used to. It's not good with my health. To be honest I used to dread getting [to The Monday Club].

The minibus has been a huge help. It means I can get here without any hassle, or walking and waiting in the cold, which never does me any good. Everyone is so kind on there. The driver is always smiling, and everyone has a great laugh chatting and talking when we're driving. I'm very grateful for this service and to this caring organisation."

## Trips & Days Out

Alongside weekly transport to our social clubs, TMDF provides a range of affordable trips throughout the year, open to both our social club clients and members of the wider community. These range from visits to local destinations like Market Harborough and Rushden Lakes, to national cultural and heritage sites such as museums, National Trust sites, and country parks. For many people we support, limited access to transportation can make experiences like these otherwise impossible. However, through these inclusive and accessible outings, our charity helps to remove these barriers; providing valuable opportunities for our clients to create memories and experience something new.

**428**  
Affordable Trip  
Tickets Distributed



## Doorstep Buddies Program

Our Doorstep Buddies program provides regular home visits to socially isolated individuals. Whether a client is homebound due to physical health issues such as injury or chronic illness; experiencing mental health challenges such as depression or agoraphobia; or navigating a difficult period following a bereavement; our Doorstep Buddies play an essential role. TMDF's trained volunteers offer companionship, a listening ear, and support with everyday tasks when needed. Visits can take place inside the client's home, on their doorstep, or in public, meaning the service is always tailored to individual needs. Our team also offers regular telephone check-in calls for individuals who may be shielding or self-isolating due to health risks, ensuring they remain connected and supported even when in-person visits are not possible.

**315**  
Doorsteps  
Visited



Liz Chapman (Left) and Tish Cumiskey (Right) are two of TMDF's Core Doorstep Buddy Volunteers.



Many of those we work with have limited or no family or friendship networks, and may otherwise go weeks without meaningful social interaction. This program serves as a vital gateway back into the community for these people, improving their emotional wellbeing and reducing the isolation that often has serious impacts on quality of life.



**Quote from Michael** - *A Regular Recipient of This Service:*

When my wife passed away, I really withdrew from my social life. I ended up not going out much at all, and stopped seeing people and getting out and about. These visits are so brilliant, because I've been able to socialise again from the comfort of my own home, and talk through how I'm feeling with someone who's there to listen without judgement. [The Doorstep Buddy] has encouraged me to try new things, and get back into meeting up with people again, all at my own pace. "



**Quote from Andrew** - *A Regular Recipient of This Service:*

Because of my health conditions I am not able to leave the house to come to The Monday Club anymore, which I was very down about at first. With these visits, I can still get the interaction and conversation, and it's always such a friendly and open chat. I feel if I was ever worried about anything I could tell Tish and she'd comfort me or let me know who to talk to. "

## Wrap-Around Support

As with all aspects of our work, every client supported through our Social Clubs and Outreach services has access to TMDF's broader range of community wellbeing services. Whether they need emergency food or household essentials, or a referral to another local care provider, our priority is always to offer comprehensive support that meets the diverse and evolving needs of our beneficiaries.



# Community Wellbeing Services

TMDF provides a comprehensive network of Community Wellbeing Services designed to address gaps in support and respond to the diverse needs of the Northamptonshire community. These services touch many aspects of daily life, ranging from practical and hands-on support, to educational sessions, and guidance that helps people access the resources and services they need. Across all of these services, our goal is to help vulnerable individuals to achieve lasting stability and an improved quality of life, enabling them to move forward and overcome disadvantage or difficulty.

## Gardening Service

TMDF offers free gardening services to individuals who may be unable to maintain their outdoor spaces independently. Whether due to financial constraints, health challenges, or other circumstances, we provide support to help clients keep their gardens safe, accessible, and enjoyable. We believe that everyone deserves a comfortable and welcoming space to connect with the natural environment, regardless of the challenges they may face.

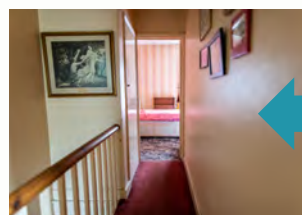
## Home Improvements

Our Home Improvements Service is available to Northamptonshire residents who have experienced significant life challenges, such as a recent bereavement or bout of ill-health. We also support those who have fled domestic violence, and are in the process of transitioning from temporary or emergency accommodation into permanent homes. Often, they may reach their new home with little or no furniture, bedding, or personal belongings, which can create immense practical and emotional challenges.

We provide basic cosmetic improvements like fresh paint, new curtains or simple decorations, as well as furniture and bedding. This service is designed to ensure those facing significant challenges in life have a comfortable, functional space which supports them as they move forward.



**168**  
Gardens  
Serviced



**154**  
Homes  
Supported



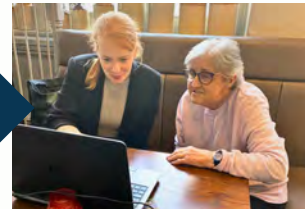
## Information, Signposting & Support

TMDF provides one-to-one sessions to help people access the essential services and support they need. During these sessions, we listen to clients' concerns, assess any additional needs, and offer a trusted space where they feel understood and valued. We assist clients in navigating applications for vital services, including benefits, council tax exemptions, and disability aids. Our team works closely with each individual to identify their needs, gather necessary information or documentation, and complete any forms or applications required. Where appropriate, we also arrange referrals to additional services such as GPs, mental health organisations, or Community Law, ensuring beneficiaries receive comprehensive care beyond our immediate support.

For individuals with low confidence or limited digital skills, these processes can be challenging to navigate alone. Many clients are initially unaware of the support available to them or have struggled to access it independently. With our guidance, we ensure they can access the resources they need to improve their wellbeing, overcome life challenges, and achieve sustainable positive change.



**189**  
Clients  
Supported



## Cookery Classes

TMDF's cookery classes provide a welcoming and inclusive environment where people of all backgrounds and abilities can develop essential cooking skills, vital for living independently and maintaining physical and emotional wellbeing. Through these free sessions, our clients build foundational skills such as knife technique, food hygiene, and safety practices, while also developing their knowledge on practical topics such as shopping on a budget, cooking in season, and sustainable meal preparation. Our classes focus on simple and adaptable techniques which build transferable skills. These skills create long-term resilience, providing people the tools and confidence to maintain their wellbeing sustainably in future.

Though these sessions are open to all, priority is given to those with little or no cooking experience, including individuals with learning disabilities or ongoing mental health challenges who are often referred to TMDF via local social care services and similar community partners.



**30**  
Clients  
Supported



## Digital Inclusion Sessions

TMDF's Digital Inclusion Sessions empower individuals, particularly older adults with limited digital literacy, to navigate technology and the internet confidently and safely. Held alongside our social clubs, these hands-on sessions build essential skills, from setting up emails and social media accounts to online shopping, online banking, and using platforms such as Livvi and NHS Online Services. Participants also learn about internet security, scams, and safe online practices, helping to protect them from risks while increasing their independence. Beyond practical skills, the sessions open new ways for clients to connect with friends and family and explore social media, helping to reduce social isolation and improve wellbeing for those who may otherwise feel disconnected.



**48**  
Clients  
Supported



## Community Wellbeing Services | Testimonials

TMDF's cookery classes provide a welcoming, inclusive environment where people of all backgrounds and abilities can develop essential cooking skills, empowering them to lead



**Quote from Richard** - *Supported through Cookery Classes:*

The lessons were a huge help. Everyone was so kind and understanding, I never felt judged even when I didn't know things that seem so obvious now. The team taught me so much about how to feed my children properly in a way that worked for us, and it's meant I've been able to take over the responsibility since we lost their mum."



**Quote from Sylvia** - *Supported through Home Improvement:*

Everything that was done for me has lifted me spiritually and mentally. I spend a lot of time at home, and when your home looks nice, especially the walls and floors, it really changes how you feel. I'd definitely tell them to reach out if they truly need it. TMDF is a great, very generous foundation."



**Quote from Jack** - *Supported through Information, Signposting & Support:*

I didn't realise I was entitled to any extra support and was really struggling to cope on my state pension alone. With [TMDF Volunteer]'s help, I was able to apply for other benefits I didn't even know about before. It's been a massive help and made me feel more secure and less worried about my finances. I cannot thank him enough."

## New Projects

In the last financial year, TMDF has introduced several new initiatives to respond to emerging community needs and create additional opportunities to enrich the lives of local people across Northamptonshire.

### Intergenerational Stories Program

In early 2025, we launched The Intergenerational Stories Program which aims to connect Northamptonshire's young people with older members of our community.

This year, we worked with Northampton International Academy, and Northampton School for Boys. The student participants were paired with an older individual under our charity's care. The program involves one to two supervised sessions, where both the young person and the older participant meet and discuss the older person's life. Following the sessions, each young person produces a written piece capturing their partner's story. These stories, alongside photographs of both the young person and the older participant, as well as key moments from the older individual's life, are displayed at a special exhibition event at the end of the programme. The exhibition celebrates the students' work, and the histories they have preserved, engaging students, families, and members of the local community.

This program offers valuable life experience and insight for the younger participants, while also strengthening intergenerational connections and a stronger sense of inclusion within the Northamptonshire community. For our older participants, the initiative created a meaningful opportunity to share and preserve their personal histories, that may otherwise remain untold.



### Community Allotment

Our Community Allotment is an ongoing project that began development last year, with the long-term aim of creating a welcoming and accessible space where clients can connect with nature and learn how to grow their own produce. During the last financial year, we made significant progress by installing raised beds and vegetable boxes, refurbishing the shed, and improving the site's borders, with development continuing since. Weekly visits now give clients the opportunity to plant, maintain, and harvest produce in a friendly, supportive environment, helping them build new skills, boost confidence, and benefit from time spent outdoors.



# Community Engagement

Engaging meaningfully with our community is a core priority for TMDF. We believe that collaboration, listening, and shared learning are essential to achieving long-term success and delivering sustained, positive impact. Our approach is rooted in responding to the evolving needs of the people and communities we serve, and we know that the most effective way to do this is through consistent, open, and inclusive engagement with those directly affected by the issues our charity seeks to address.

## Community Partners

We work closely with a wide range of local groups, service providers, and organisations, that all have a deep understanding of their clients' needs. By accepting referrals through our trusted partner network, we ensure that our services reach those who will benefit most. This collaborative approach allows us to provide targeted assistance efficiently, ensuring help goes directly to the most vulnerable.

Through our Food & Essentials Hub, we collaborate with partner organisations to provide essential supplies to their clients, while across our Social Clubs, Outreach, and Community Wellbeing Services, we accept referrals to ensure individuals can access the broader support they need. We also work in partnership with Social Prescribers to deliver our weekly men's social club, Cheers for Tuesdays, and through our Schools Support System we work alongside more than 90 Primary, Secondary, and Alternative Provision schools to support students and families experiencing hardship.

In addition, TMDF is an active partner within the Food Aid Alliance for West Northamptonshire (FAAWN), a network of food banks and community larders across the county. Through this alliance, we offer mutual aid, share resources where possible, and collaborate on joint campaigns, strengthening the collective response to food insecurity across Northamptonshire.

## Our Referral Partners:



## Volunteers

The work of The McCarthy-Dixon Foundation would not be possible without the dedication, compassion, and commitment of our incredible volunteers. From corporate volunteer groups to our local, regular, and core volunteer team, every individual plays a vital role in delivering our mission and making a meaningful difference across Northamptonshire. Volunteers truly are the backbone of our charity, contributing their time, skills, and energy across all areas of our work.



Our volunteers engage in a wide range of activities, from stocking shelves and packing food parcels to maintaining community gardens, helping others build essential life skills, and supporting our social clubs. We strive to offer volunteer roles that align with each person's skills and experience, creating diverse opportunities for meaningful involvement in our work.

Throughout the year, The McCarthy-Dixon Foundation provides essential training to equip and support our volunteers, giving everyone the chance to grow and develop, regardless of their role. Training has included Safeguarding, Food Hygiene, Manual Handling, and Mental Health First Aid, among others. This training not only strengthens our team but also empowers our volunteers with valuable skills and knowledge they can apply throughout their lives. We are committed to nurturing the potential of each volunteer, ensuring that everyone can contribute in ways that are both fulfilling and aligned with their personal goals. We also encourage many of our clients to take on volunteer roles, as this can have profoundly positive impacts for building their confidence and ties to the local community.

In recognition of the extraordinary contribution of our volunteers, The McCarthy-Dixon Foundation was honoured to receive the King's Award for Voluntary Service in 2024. This prestigious award celebrates the exceptional impact our volunteers have made and highlights their vital role in supporting individuals and families in need.



Our heartfelt thanks go to each and every volunteer who supports our charity. Their compassion, commitment, and generosity are at the heart of our charity's success. Without them, the essential work we do across Northamptonshire would not be possible.



## Feedback & Evaluation

Feedback from those involved in and affected by our work is central to how TMDF operates, and we place significant value on listening to the voices of our beneficiaries, partners, and volunteers. TMDF recognises that, those with lived experience of hardship and the issues our organisation tackles, often have the most meaningful insight into what works, what doesn't, and where change is needed. This feedback helps ensure our services remain relevant and responsive to the groups we support.

### Case Study | Social Clubs & Outreach Surveys:

During the last financial year, we gathered extensive qualitative feedback from clients accessing our Social Clubs & Outreach Services. We aimed to gain a deeper insight into the experience of those using these services, and identify any areas for improvement. We also sought to develop further understanding of the broader challenges these clients face, including financial pressures, emotional and social wellbeing, health concerns, transport barriers, and accessibility needs within our venues and beyond.

We encountered several initial challenges in gathering this feedback. For some participants, the online platform used to conduct the survey was difficult to access and navigate, particularly for many of our older clients and those with limited digital skills. Similarly, several clients with learning disabilities, visual impairments or cognitive differences struggled to read or understand the questions. The initial questionnaire was also quite lengthy, which led some clients to feel overwhelmed or disengaged. In response, we adapted our approach in close consultation with clients. We introduced shorter versions of the questionnaire, provided paper-based alternatives, and offered additional support (through volunteers who would read questions aloud and provide clarification where needed). These adaptations significantly improved accessibility and engagement, allowing us to gather feedback from an additional 122 clients by the end of the survey period.

# 248

Service Users Consulted  
in Total



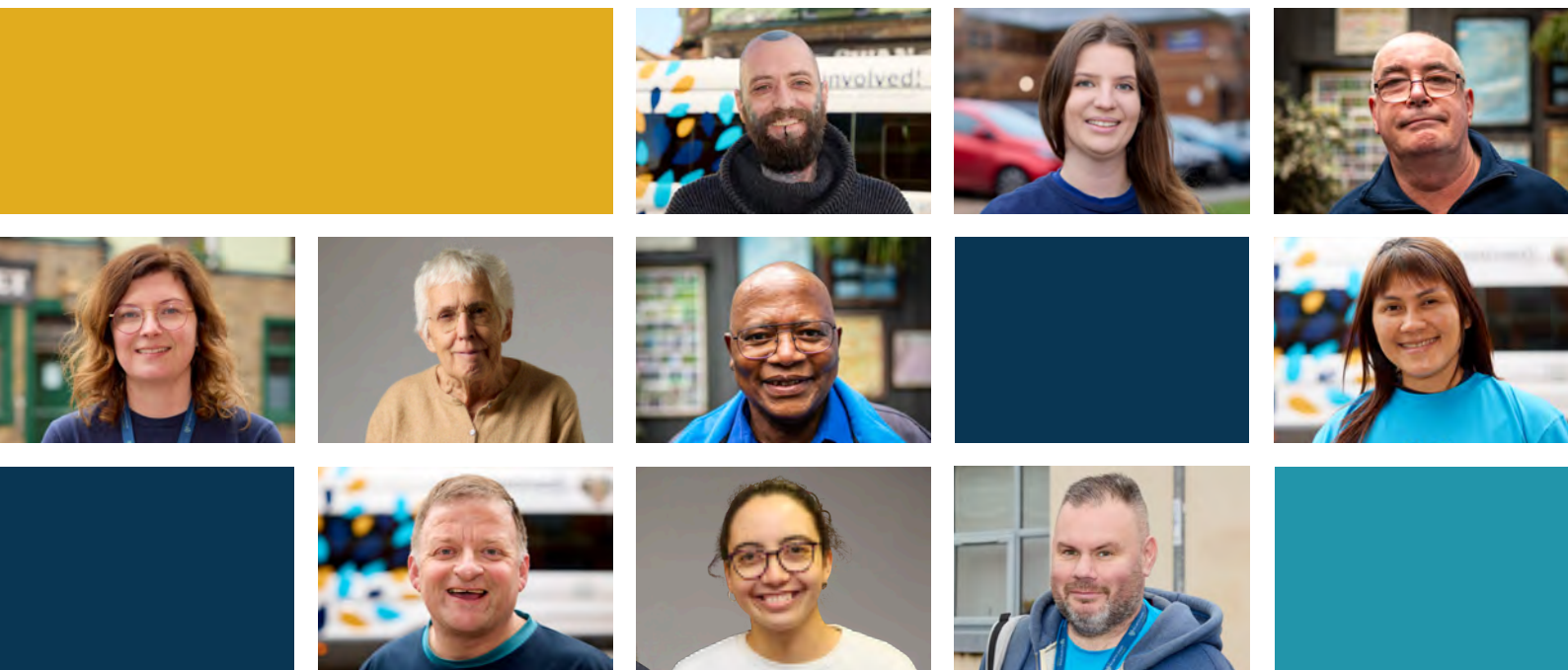
This feedback has since been instrumental in shaping our work. It has informed changes to our social club timings and the types of activities we provide, and has influenced adjustments in how we run entertainment and wellbeing activities. Equally, this feedback has also supported the development of new ideas for future services. Notably, insights from clients helped shape the initial plans for a new, quieter social club, which TMDF hopes to introduce in the next financial year. This service will be designed to more effectively meet the needs of those with sensory sensitivities, anxiety, neurodivergence, and similar conditions. We hope to provide a calmer space, offering tailored activities such as board games and reading sessions, creating an inclusive alternative for those who may find our existing social clubs unsuitable to their needs.

### Ongoing Engagement:

TMDF understands that meaningful community engagement is not a one-off activity, but an ongoing commitment. As our services continue to evolve, we maintain close involvement with the people who use them, and the partners who support them. This ensures our approach remains consistently responsive to real and changing needs. By regularly gathering feedback and reviewing our impact, we are able to refine and strengthen our work on a continual basis.

### Lived Experience at Every Level:

Beyond service delivery, TMDF is also proud to embed lived experience throughout all levels of our organisation and management. From volunteers and staff, to our Board of Trustees, we are privileged to work alongside individuals who bring first-hand experience of social disadvantage and the very issues we address. Our diverse and committed team come from a broad variety of backgrounds, from teachers and community advocates, to those with lived experience of homelessness, disability, growing up in the care system, and even serving in the armed forces. These varying perspectives bring invaluable insight, empathy, and strength to our decision-making and overall strategic direction as a charity.



# Financial Review

## Income Summary

During the financial year from 1 April 2024 to 31 March 2025, The McCarthy-Dixon Foundation was privileged to receive significant financial support from diverse sources, including one-off donations and ongoing contributions from local businesses and individuals, and grants from both local and national bodies.

The McCarthy-Dixon Foundation secured several major grants throughout the year. A significant source of funding was awarded by the National Lottery Community Fund, specifically from its Reaching Communities and Awards for All Programmes. We also received valuable support from West Northamptonshire Council through their Discretionary Community Fund, the Warm Welcoming Spaces fund, and the Household Support Fund (Tranche 6). Further grants were provided by the Northamptonshire Community Foundation, including the Compton Fund and the Queens Institute Fund. Additionally, The Foundation received funds from The Grocers Charity and The Clothworkers Foundation.

The Foundation benefited from other vital contributions, including support from local councillors, businesses, community groups, and individual donors. We are especially grateful for the continued monthly contributions from OCM Wealth Management, who remain a steady partner in supporting our mission. Further income was generated through our community awareness and fundraising stalls and The Foundation's weekly social clubs.

Our charity's work is only made possible by the generous contributions of our supporters. We extend our heartfelt appreciation to everyone who has enabled us to sustain and expand these vital services, allowing us to enhance the lives of those in need across so many communities in Northamptonshire.

## Staff & Trustees

No employees had employee benefits in excess of £60,000. There is currently a pension scheme in place for Charity employees. None of the trustees received any fees for their services as Trustees.

## Approval of Accounts

The accounts were approved on behalf of the Trustees by the Chair on:



**Stephen Summers**  
Chairperson

**Date:**  
07/01/2026



# Independent Examiner's Report

I report on the accounts of The McCarthy-Dixon Foundation for the year ended 31st March 2025 set out on the following pages.

## Respective responsibilities of trustees and examiners:

- The Foundation Committee are responsible for the preparation of the accounts.
- The Foundation Committee consider that an audit is not required for this year and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts:
- To follow the procedures required by the constitution and
- To state whether particular matters have come to my attention

## Basis of independent examiners statement

My examination was carried out in accordance with the requirements of the constitution. An examination includes a review of the accounting records kept by the group and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.


## Independent examiners statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:

- Proper accounting records are kept in accordance with the constitution; and
- Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the constitution; have not been met or

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



**Karen M Matthews**  
Chartered Accountant

**Date:**  
03/12/2025



# STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31<sup>ST</sup> MARCH 2025

		Restricted		Unrestricted		Total		Year to 31.03.24
<b>Income From</b>								
Donations & Grants	2	£ 312,549	£	18,000	£	330,549	£	195,930
Other Activities	3		£	161,474	£	161,474	£	35,176
<b>Total Income</b>		<u>£ 312,549</u>	<u>£</u>	<u>179,474</u>	<u>£</u>	<u>492,023</u>		<u>231,106</u>
<b>Expenditure on</b>								
Charitable Activities	4	£ 202,100	£	89,311	£	291,411	£	100,308
Raising Funds	5		£	31,925	£	31,925	£	10,539
Overheads	6	£ 67,864	£	33,467	£	101,331	£	54,423
Other Expenditure	7	£ 7,245	£	23,289	£	30,534	£	10,436
<b>Total Expenditure</b>		<u>£ 277,209</u>	<u>£</u>	<u>177,992</u>	<u>£</u>	<u>455,201</u>	<u>£</u>	<u>175,706</u>
<b>Surplus/ Deficit</b>		£ 35,340	£	1,481	£	36,821	£	55,400

## BALANCE SHEET AS AT 31<sup>ST</sup> MARCH 2025

		Year to 31.03.2024	
Fixed Assets (after dep'n)	£ 23,867.00	£	5,800.00
Current Assets - Cash at bank/JustGiving	£ 83,211.00	£	64,456.00
Current Liabilities - HMRC	-£ 269.00	-£	268.00
	<u>£ 106,809.00</u>	<u>£</u>	<u>69,988.00</u>
Financed by:			
Opening balance	£ 69,988.78	£	14,589.00
Surplus/Deficit for year	£ 36,820.22	£	55,399.00
	<u>£ 106,809.00</u>	<u>£</u>	<u>69,988.00</u>
* of which amount is restricted	£ 32,502.38	£	34,359.00

## FIXED ASSET REGISTER FOR THE YEAR TO 31<sup>ST</sup> MARCH 2025

Fixed Asset Register	Fixtures & Fittings	Vehicle	Computers	Total
Cost				
As at 01.04.2024	£ 4,800		£ 1,000	£ 5,800
Additions		£ 20,000		£ 20,000
As at 31.03.2025	£ 4,800	£ 20,000	£ 1,000	£ 25,800
Depreciation				
As at 01.04.2024	£ 1,592	£ -	£ 341	£ 1,933
Depreciation charged in the year				£ -
As at 31.03.2025	£ 1,592	£ -	£ 341	£ 1,933
Balance Carried forward				
As at 31.03.2025	£ 3,208	£ 20,000	£ 659	£ 23,867

# NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST MARCH 2025

## 1. Basis Of Preparation

### 1.1 Basis of Accounting

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued 1st October 2019, the Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland (FRS102) and with the Charities Act 2011. The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements are prepared on a going concern basis under the historical cost convention modified to include certain items at fair value. The financial statements are presented in sterling which is the functional currency of the charity and rounded to the nearest £.

### 1.2 Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

## 2 Donations & Grants

	Restricted	Unrestricted	Total
Grants	£ 309,789		£ 309,789
Donations	£ 2,760	£ 18,000	£ 20,760
	£ 312,549	£ 18,000	£ 330,549

## 3 Income from other activities

	Restricted	Unrestricted	Total
Sponsorship/stalls		£ 155,153	£ 155,153
Social Club		£ 6,321	£ 6,321
	£ -	£ 161,474	£ 161,474



**4 Expenditure on Charitable Activities**

	Restricted	Unrestricted	Total
Community Support/Food Bank	£ 202,100	£ 89,311	£ 291,411
	£ 202,100	£ 89,311	£ 291,411

**5 Expenditure on raising funds**

	Restricted	Unrestricted	Total
Pre pay of sponsored events		£ 31,925	£ 31,925
	£ -	£ 31,925	£ 31,925

**6 Expenditure on Overheads**

	Restricted	Unrestricted	Total
Salaries/Labour	£ 65,369	£ 10,249	£ 75,618
Office/admin/general/warehouse	£ 2,496	£ 23,218	£ 25,714
	£ 67,865	£ 33,467	£ 101,332

**7 Other expenditure**

	Restricted	Unrestricted	Total
Social Clubs	£ 7,245	£ 6,052	£ 13,297
Vehicle Expenses		£ 5,064	£ 5,064
General expenses		£ 11,744	£ 11,744
Bank Charges		£ 429	£ 429
	£ 7,245	£ 23,289	£ 30,534

**8 Capital Expenditure**

	Restricted	Unrestricted	Total
Purchase of Vehicle	£ 15,000	£ 5,000	£ 20,000
	£ 15,000	£ 5,000	£ 20,000

## 9 Employees

The average number of employees during the year was 5 (incl Self Employed)

Employed	1
Sub Contractor	4
Total	5

### Employment Costs

	Restricted	Unrestricted	Total
Wages & Salaries	£ 63,965	£ 10,249	£ 74,214
NI/Pension	£ 1,404		£ 1,404
	£ 65,369	£ 10,249	£ 75,618

There were no employees whose annual remuneration exceeded £60,000

## 10 Grants Received

	Restricted	Unrestricted	Total
WNC HSF6 Household Support Fund	£ 200,000		£ 200,000
WNC - Discretionary Community Funding	£ 10,500		£ 10,500
WNC - Warm Welcoming Spaces	£ 1,497		£ 1,497
Reaching Communities (Salaries)	£ 59,797		£ 59,797
Reaching Communities (other)	£ 10,032		£ 10,032
NCF - The Compton Award	£ 3,023		£ 3,023
NCF - Queens Institute Fund - Driver	£ 5,000		£ 5,000
Grocers Charity - Salary	£ 4,940		£ 4,940
ClothworkerS Foundation - Minibus	£ 15,000		£ 15,000
	£ 309,789	£ -	£ 309,789

**THE MCCARTHY-DIXON FOUNDATION**

England & Wales - Charity number 1190255

---

# Accounts

---



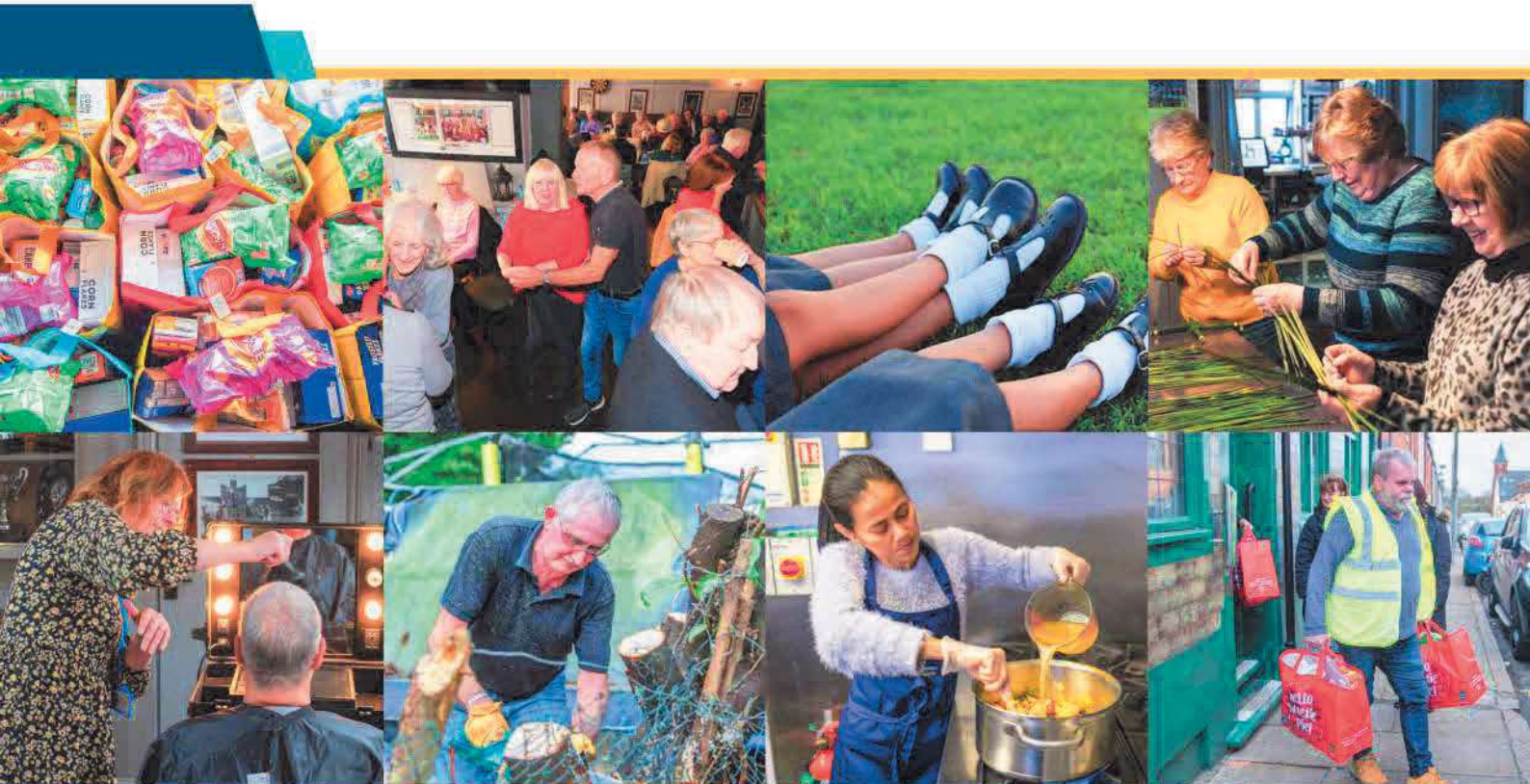
*The*  
McCARTHY-DIXON  
*Foundation*

A CHARITY FOR THE WHOLE COMMUNITY

# Annual Review & Accounts 2024

For the Financial Year:  
1st April 2023 to 31st March 2024

The McCarthy-Dixon Foundation - Registered Charity Number: 1190255



# Contents

## General Information..... 1

Charity Information, Governance, Trustees and Management

## About Our Organisation..... 2

Background, Aims, Objectives and Who We Support

## Annual Review: Our Services..... 3 - 17

- Food Bank..... 4
- Schools Partnership Program..... 5 - 7
- Weekly Social Clubs..... 8 - 9
- Doorstep Buddies..... 10
- Gardening Service..... 11
- Home Improvements..... 12
- 1-1 Guidance, Advice and Support..... 13
- Cookery Classes..... 14
- Digital Inclusion..... 15
- Community Outreach..... 16
- Our Volunteers..... 17

## Financial Review..... 18 - 20

Review, Accounts and Independent Examiner's Report

# General Information

## Charity Information

### Full Charity Name

The McCarthy-Dixon Foundation

### Address

67 Grove Road,  
Northampton.  
NN1 3LJ

### Contact Information

Website: [mccarthydixon.org.uk](http://mccarthydixon.org.uk)

Email: [hello@mccarthydixon.org.uk](mailto:hello@mccarthydixon.org.uk)

Phone: 01604 211551

### Bank

Lloyds Bank  
2 George Row,  
Northampton.  
NN1 1DJ

## Governance

The McCarthy-Dixon Foundation is a registered charity, governed by a constitution, operating as a CIO. The charity was registered on 6th July 2020, under Charity Number 1190255, and prepared its first set of accounts to 31st March 2021 on 26th January 2022. The charity started operating with effect from 30th March 2020.

## Trustees

Steve Summers (Chair)

Marie Lally (Secretary)

Jackie O'Connell (Treasurer)

Mabule Sekanaisha Caswel Tema

Pam Law

Vince Doherty

Mick Donnelly

Graham Trotter

# About our Organisation

## Background

The McCarthy-Dixon Foundation was established in March of 2020, in direct response to the first COVID-19 lockdown. Due to the pandemic, many households across the Northamptonshire community were facing unprecedented challenges, financial hardship and crisis. Our organisation initially began work as an emergency food bank, providing essential supplies to households in need. While running this service, our organisation became acutely aware that there were innumerable further challenges afflicting local people, significantly impacting their emotional and physical wellbeing. Since then, the charity has continued to grow, adapting to meet the evolving needs of our community.

## Our Aims, Objectives and Who we Support

**Poverty and Material Disadvantage:** We strive to combat poverty and disadvantage through our food bank and direct provision of essential items and material goods, as well as long term interventions and sustainable solutions through our wider services. We support people experiencing unexpected crises, and prolonged poverty or difficulty. Factors impacting these groups include but are not limited to: sudden job termination, temporary lack of access or total loss of state financial support (universal credit or benefits), sudden additional financial burdens, long-term difficulty due to: ill-health, disability, mental health issues, childcaring burdens or the Cost-of-Living Crisis. This is not comprehensive, and we aim to aid any in household need.

**Social Isolation and Emotional Wellbeing:** We strive to support people experiencing social isolation and mental health issues. This ranges from individuals suffering bereavement or poor access to social spaces and networks, to people experiencing long-term mental health conditions, particularly anxiety and depression. We offer welcoming spaces for these people to build social support networks and friendships, as well as more direct 1-1 support for those unable to leave their homes.

**Community Welfare and Outreach:** We strive to deliver a comprehensive system of community welfare services, that meet the diverse needs of people across Northamptonshire and enhance their daily lives. We aim to improve living spaces, increase access to social gatherings and local spaces, build and develop skills, and support local people through challenging circumstances and disadvantage. Our broad range of integrated community welfare services strive towards a comprehensive and multifaceted approach, addressing various aspects of daily life, and enriching our community.

WE   
COMM  
UNITY

# Annual Review: Our Services

## Big Hearts, Big Impact

We rely on the big hearts and amazing community spirit of Northampton volunteers, fundraisers and donors. From the bottom of our hearts, thank you for your support. Find out how you can get involved with our amazing charity and let's put care into action.

## Overview

We run a broad range of services, supporting Northamptonshire people on a daily basis and meeting their needs across varying aspects of their lives. A detailed report on each service is provided further in this report. However to summarise, between the 1st of April 2023, and the 31st of March 2024 we ran the following:

- Food Bank
- Schools Partnership Program
  - Breakfast Boxes
  - Tech4Kids
  - School Shoes
  - Seasonal Provision
  - Household Essential Vouchers
- Weekly Social Clubs
  - The Monday Club
  - Cheers for Tuesdays
  - Stay Well Wednesdays
- Doorstep Buddies Service
- Gardening Service
- Home Improvements
- 1-1 Guidance, Advice and Support
- Cookery Classes
- Digital Inclusion Services
- Wider Community Outreach



## What We Do

We provide regular and emergency food parcels for households facing sudden financial hardship or crisis. Our Food Parcels contain a variety of food items weighing between 13–15 kilos total for an average family of four. This includes foods such as pasta, rice, sauces, tinned goods, cereal and other long-life goods and snacks. We also provide personal hygiene items such as toothbrushes, toothpaste, shower gel, shampoo and conditioner and baby wipes in our food parcels. These packs are then distributed to our network of local organisations, and given to households identified as in critical need of this support. Our food parcels look like an ordinary bag of food shopping and can be given to households at a time most suitable to them. We aim to provide a discreet service, that alleviates any possible anxiety or shame people may feel is associated with receiving food bank support.

## Who We Work With



We work in collaboration with a broad network of local organisations, services and groups, to distribute our food supplies to people most in need. These organisations are the experts of their clients, and directly identify households that will benefit from our support. During this financial period, we worked alongside the above organisations to combat hunger across Northamptonshire.

## Activity This Year

Throughout this period, we continued to see an immense rise in the demand for this service, with the Cost-Of-Living Crisis being a major contributing factor to this increase.



# Schools Partnership Program

## What We Do

Our Schools Partnership Program seeks to build a supportive, collaborative relationship with Northamptonshire schools, offering essential resources to help students and families facing financial hardship. By working closely with schools, we aim to address both immediate and ongoing needs of their families. Through our services, we hope to alleviate daily challenges for families, ensuring that every child has access to food, technology, basic necessities, and a positive learning experience.

### Food Parcels

We provide regular and emergency parcels for families facing sudden financial hardship or crisis. These parcels are a vital part of many families' daily lives, and ensure every child and their family is able to eat a filling, healthy meal. Our Food Parcels contain a variety of food items weighing in at between 13-15 kilos total. This includes foods such as pasta, rice, sauces, tinned goods, cereal and other snacks.



We provide food parcels on a regular basis to ensure children who receive free school meals are able to continue to eat over the school holidays. We also provide emergency parcels for families suddenly facing financial hardship and crisis. We aim to provide a discreet service, that alleviates possible anxiety or shame families may feel is associated with receiving food bank support. Our food parcels look like an ordinary bag of food shopping and can be given to families at a time and place they are most comfortable with.



### Breakfast Boxes

We strongly believe that every child deserves the best possible start in life and the support to fulfil their potential. Eating a healthy breakfast before the start of a school day is linked to increased energy throughout the morning, improved concentration and better test scores, a healthier body weight and higher intake of essential vitamins, minerals and nutrients.

The Breakfast Box Project provides schools with monthly supplies of nutritious breakfast items such as dried fruit, snack bars, fruit juices. These items are small enough to be kept in the classroom and discreetly given out by the teachers to those children who missed breakfast at home.



### Tech 4 Kids

Many children may be required to learn from home, due to physical or mental health issues, behavioural concerns or exclusions. There are also many children unable to access online homeworking activities on a regular basis, due to limited technology at home. We distribute laptops, tablets and other tech items to children and families who are unable to access home learning technology.



# Schools Partnership Program

## School Shoes: Stepping Out of Poverty

Often, in times of hardship, families cannot afford even the most basic essentials. This means when the new school year rolls around, the pressure to purchase new uniforms for children can be immense for these families. Our organisation believes every child deserves the dignity and comfort of learning in suitable footwear, in order to fulfil their full educational potential. We distribute vouchers through our school partners, for families in need to purchase comfortable, high quality and school appropriate school shoes for their children. Our voucher system ensures families have both the dignity and choice of purchasing shoes most suited to their child's preferences and needs.



## Additional Seasonal Provision

During festive periods, such as Christmas and Easter, we distribute additional goods to families in difficulty. We provide donations of children's toys, games, Christmas Turkeys, Easter Eggs, festive sweets and chocolates. At Christmas, we also provide vouchers for toy stores, which parents can use to purchase specific items on their child's Christmas Wishlist. These items can make an enormous difference for families facing poverty. Being unable to properly enjoy and engage in cultural events like Christmas or Easter can be detrimental to people's mental wellbeing, creating immense isolation, shame and sadness. For many families facing poverty, during Christmas particularly, it can mean taking out exploitative high-interest holiday loans just to ensure their children can still enjoy the 'Magic' of Father Christmas. This project ensures every family we support can still enjoy the festive seasons, while avoiding further financial difficulty.



## Household Essentials Vouchers

We provide vouchers for supermarkets and other retailers, for families in need to purchase wider home essentials. There are often times when families may experience unexpected or sudden crisis, such as being placed into emergency accommodation with little to no belongings. In other cases, an essential home appliance like an oven may break down, but families may not be financially able to replace it. These vouchers are available for families to access a broad range of essentials, including home appliances, furniture, bedding, clothing, personal hygiene items and food. These allow families, no matter the specific circumstance, to access the exact resources they need, preventing further challenges.

## Support Through our Schools Liaison Officer

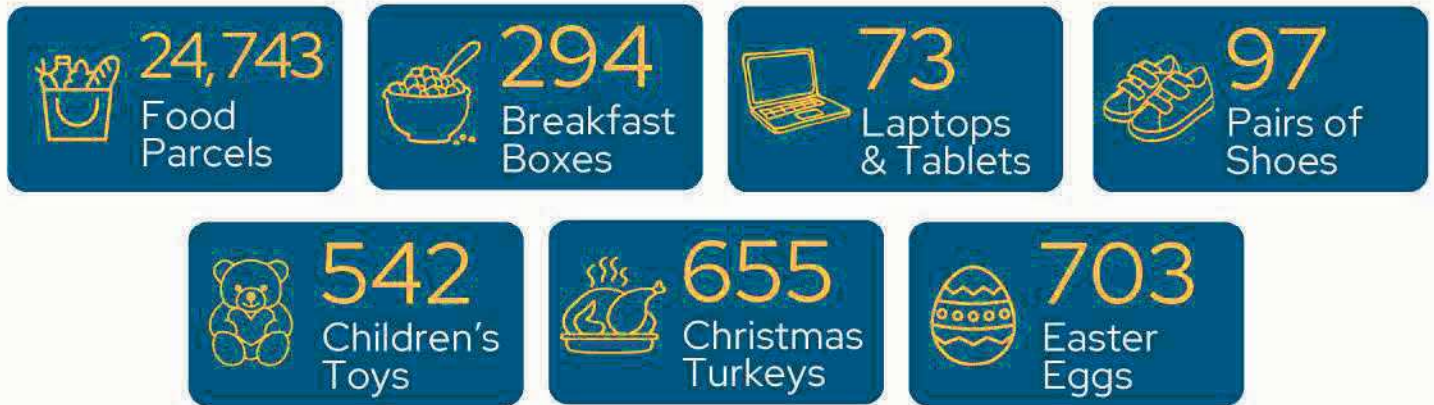
This program is overseen by a dedicated member of our team, who works directly with our school partners to ensure the most effective provision of service. Our Schools Liaison Officer also provides educational sessions to our school partners, to educate children on issues our charity tackles. They also work with staff and students, supporting fundraising activities and empowering them to make positive change in their communities.



# Schools Partnership Program

## Impact

In the last financial year, we have significantly expanded our schools network. As of the 31st of March 2024, we supported 87 Northamptonshire Primary, Secondary and Alternate Provision Schools. Through these schools, we were able to distribute:



## What Our School Partners Say

“

“In times of great need, TMDF have provided help and assistance to our most vulnerable families. This help is provided without judgement. Help can be in the form of food, clothing or just practical advice. The entire team at TMDF work in unison to make a difference and our school's gratitude is huge.”

**Graham Trotter**  
Stimpson Avenue Academy  
Deputy Headteacher



“

“We would like to extend our heartfelt thanks to all those involved with the McCarthy Dixon Foundation, for their continued help in providing food parcels for families in need at our school. Their kindness and support have made a significant difference on the lives of our children and their families for a number of years. Without their support we would not be in a position to reach as many families in need as we have.”

**Karen Cumberpatch**  
All Saints CEVA Primary School  
Deputy Head & Inclusion Leader



“

“For our families who receive the parcels, this takes away some of the anxiety of how they might cope over the holidays. It also shows compassion from the community, which they are truly grateful for.”

**Natalie James**  
Whitehills Primary School  
Headteacher & Designated Safeguarding Lead



# Weekly Social Clubs

## What We Do

We run three weekly social clubs, which aim to reduce social isolation and enhance wellbeing across Northamptonshire by providing safe, welcoming spaces for connection and support. Our clubs offer an inclusive environment where members can form friendships, share experiences, and access services that support both their mental and physical health. Many of our members face challenges such as social isolation and loneliness, physical or mental health conditions, disabilities, or financial hardship - our clubs provide an opportunity for valuable social interaction, wellbeing activities, and practical support.



A Club for  
The Whole  
Community

Our Monday Club runs every Monday from 12:00 to 4:00 PM at The Swan and Helmet Pub in Northampton, offering a safe, friendly, and inclusive environment for people of all ages and backgrounds to connect and build friendships. Our members enjoy unlimited hot drinks, a full lunch, dessert, live entertainment and music, a bingo, a raffle and fun seasonal activities. The Monday Club is an accessible, light-hearted space for local people to socialise and build networks of friendship. For our members, it provides a vital opportunity to combat social isolation and stay connected with others, ensuring they remain an active part of their community.



A Club  
Open to All  
Local Men



Cheers for Tuesdays is our men's social club, developed in partnership with Northamptonshire Social Subscribers, who identified the need for a dedicated social space for men in the area. Meeting every Tuesday from 2:00 to 4:00 PM at The Swan and Helmet, this club is a welcoming opportunity for local men to build friendships and enjoy activities like cards, darts, and pool, in a relaxed and supportive setting. The club aims to create a positive environment for men to connect, share experiences, and form supportive networks that are crucial for mental and emotional wellbeing. Many of our members in this club do face additional challenges, such as long-term physical or mental health conditions, physical or learning disabilities and financial disadvantage. As these men are often more vulnerable, Cheers for Tuesdays is particularly vital to support their wellbeing and continued engagement with their community and support networks.





Open to All,  
With a Focus  
on Wellbeing

Stay Well Wednesdays is our wellbeing-focused club, held every Wednesday from 10:00 AM to 1:00 PM. The club runs accessible keep-fit sessions, including chair versions of every activity, with the goal of helping members get moving in a lighthearted, pressure-free environment. These sessions are particularly beneficial for our older clients. For a £5 entry fee, members also enjoy a hot lunch, unlimited hot drinks, and nourishing activities. We offer fun wellbeing games and activities designed to encourage a positive attitude toward both emotional and physical wellbeing, with a welcoming space for open conversations about mental health. Additionally, for an extra £6, clients can access affordable professional haircuts and toenail care services, ensuring dignity and access to essential self-care.



## Impact and Client Testimonials

In the last financial year, our three social clubs have welcomed **267** individuals through our doors. Of these, **252** were regular attendees, who joined us at least once a month.

“

“Like many of us older ones, many live on our own, and come and make friends here and have a chat and music and sometimes try and dance, and it makes a good day of it. When you get older, there’s not so many activities we can go to, so I love the clubs every week.”

-Mary B, The Monday Club



“

“The Tuesday group has opened up a new world for me and new friends. I do get a lot out of it. You know, you just go along and you can chat. Just to be able to come out, and socialise with a bunch of guys, it’s just really, really good.”

-Colin G, Cheers for Tuesdays



“

“Without coming to this Tuesday group, I’d be isolating myself at home doing nothing at all. So it’s been an absolute God send, it’s helped my mental health absolutely no end.”

-Colin H, Cheers for Tuesdays



“

“I look forward to these days all week. Before, I felt very isolated. Sadly I lost my wife some years ago and I haven’t many friends in town after I retired either, so it can be so lonely. The clubs have given me something to look forward to again, they get you moving and seeing people, it’s great.”

- John D, Stay Well Wednesdays

# Doorstep Buddies Service

## What We Do

Our Doorstep Buddies program provides regular home visits to socially isolated individuals. Whether a client is home bound due to physical health issues such as injury or chronic illness, or mental health struggles such as depression or agoraphobia, or just going through a challenging time with following bereavement, our doorstep buddies are essential. Our volunteers provide a listening ear and companionship, and can support clients with everyday tasks when necessary. Visits can take place inside client's homes, on their doorstep, or out in public - we aim to work around their needs and provide a service curated to them.



This service functions as a vital gateway back into the community that our clients may otherwise not access. They are often at extreme risk of total social isolation, often having limited or no family, or friendship networks, and may go a whole week without seeing another person otherwise. Our Doorstep Buddies offer essential support for our clients' emotional wellbeing, and ensure no member of the community is left to struggle alone.

## Impact and Client Testimonials

“

I had a fall several weeks ago and badly injured my leg and I have been stuck at home since recovering while it heals. It's so frustrating to be inside all day on your own. When Tish comes, it's good to see a different face and just talk with someone about how I'm getting on.

- Kathleen, Northampton Town Centre

“

Because of my health conditions I am not able to leave the house to come to [The Monday Club] anymore, which I was very down about at first. With the visits, I can still get the interaction and conversation, and it's always such a friendly and open chat. I feel if I was ever worried about anything I could tell [Tish] and she'd comfort me or let me know who to talk to.

- Andrew, Kingsley



**Tish Cumiskey**  
One of our main  
Doorstep Buddy  
Volunteers

## What We Do

We offer free home and garden renovations to those who will benefit most from them, and may not be able to do so themselves. Whether there are financial barriers, or health issues that may prevent someone from renovating, we will support them in whatever way we can. No matter their circumstance, everyone deserves a comfortable, safe and accessible home and living space.

## Before and After



## Impact and Client Testimonials

In the last financial year, we supported **87** households with our gardening service.

“

“I came to you because I'm suffer with a long term condition called fibromyalgia. I cannot do the heavy work needed to get my garden clear or looking tidy and I struggle to upkeep the front garden on my own due to any strenuous work I do, I will be in pain for days after. Your volunteer came and was so kind and easy to talk to. He cut down my tree blocking my garden on his first visit to assess the garden. I was so impressed! He has since helped me sort my front garden and cleared all the tree debris. I can't thank your charity and your volunteer enough for all you've done for me.”

—Harriet, from Kingsthorpe

“

“The service was excellent, thank you. It has made my garden a nice, safe private place for my family and we are finally able to use it after so many years with no outside space for the children to play especially. I don't have a job at the minute as my time is needed for childcare as a single mum so we wouldn't afford a service like this usually. It means the world to the kids to play outside for the summer holidays again.”

—Cheryl, from Wellingborough

## What We Do

Our Home Renovation Service is available to Northamptonshire residents who have experienced significant life challenges, such as bereavement or ill-health. We also support families who have fled domestic violence and are transitioning from temporary or emergency accommodation into permanent homes. These people often have little or no furniture, bedding, or personal items. We provide cosmetic improvements like fresh paint, new curtains or simple decorations, as well as furniture and bedding. We mainly provide this service for living rooms and bedrooms of our clients. This service is designed to ensure those facing significant challenges in life have a comfortable, functional space which supports them as they move forward.



## Impact for Our Clients

In the last financial year, we provided home improvements for **149** clients.

This ranged from small improvements like providing new bedding or soft furnishings, to larger, complex work like providing furniture for a whole room, or replacing carpets.

## Case Study: Julie's Bedroom and Living Area

Julie lost her late husband in 2022. While dealing with the immense emotional toll and grief, she was also trying to keep on top of her home, which was already in need of some repair before her husband's passing. Julie's income only covered very basic living costs, so on top of significant mental health challenges, there was no opportunity for her to improve her living space. This was having severe affects on her mental health; she told us: "I felt really trapped, cooped up in so much mess everyday. It was so uncomfortable. I couldn't sleep properly on my bed frame, it was so broken, and the chairs in my living room were so tattered. The whole thing just made me miserable but I couldn't do anything."

To support her, our organisation redecorated Julie's main bedroom and living area. We provided new furniture in her bedroom, replacing her old bed frame and chest of drawers which were beyond repair. We painted her bedroom and living space, and provided new carpet in her downstairs. We also provided her with new curtains and bedding. After receiving this service, Julie said: "It's made such a difference, honestly it's been a life changer. I was so bogged down. I feel like I can be happy at home now."

# 1-1 Guidance, Advice and Support

## What We Do

We provide 1-1 sessions with our clients, to support them in accessing essential services and support they need. During these sessions, we listen to clients' concerns and assess any additional support they may need, offering a trusted space where they feel understood and valued. Often, they are not aware of the services available to them, or have struggled to access them on their own. We refer clients to external services, such as GPs, mental health organisations, or Citizen's Advice, to ensure they receive comprehensive care beyond our immediate support.

We also help many clients navigate applications for essential services like benefits, council tax exemptions, and disability aids.

These individuals often face low confidence and/or limited digital skills, which can become a major barrier for them accessing the resources they need. We work closely with clients to identify the support they need, assisting them with completing applications, gathering necessary information, and making referrals to relevant services.



## Impact for Our Clients

In the last financial year, we provided 1-1 Support Sessions for **88** clients.

We supported Graham with a blue badge application. He had applied unsuccessfully twice, as he struggles using the computer and with writing. With our aid, his application was successful and he is now able to use accessible parking, giving him far more comfort and freedom every day:

“

“Thank you so much for the help. I have tried twice in five years and never been successful which was very frustrating for me because my Osteoarthritis means I can't walk long distances from my car to places. I rely on my car to get me where I need to go for shopping, appointments and socialising and such. Having been turned down I would not have considered going for it again so I'm very grateful for all your help.”

- Graham, Northampton Town Centre

We supported Christine with applications to receive Personal Independence Payment (PIP) and Employment and Support Allowance (ESA). Christine suffered from a stroke in January 2023, that left her with severe complications and a permanent physical disability. She had to take an indefinite leave from work. However, she was unfamiliar with the Universal Credit system and was really struggling to put in the applications on her own:

“

“I had no idea where to start. When I had my stroke, work did recommend I look into benefits of course, but I'd never done that before, and no one I know closely had either. On top of everything going on with my health, it was such a nightmare trying to figure out all the online forms. [TMDF] were so helpful, they took me through it all, explained it, helped me write up the applications, and now I have what I need.”

- Christine, Spinney Hill

## What We Do

Our cookery classes provide a welcoming and inclusive environment for people of all backgrounds (and cooking abilities) to develop an understanding of essential cooking skills, empowering them to lead more independent, fulfilling and sustainable lives.

Our classes are open to the whole community, but we prioritise those with little or no cooking ability, who might lack confidence in the kitchen. Many of these individuals have learning disabilities, or have faced ongoing mental health challenges. Often, they come to us through referrals from local social care and welfare organisations, and other times they are clients under our own services.



Through these free weekly sessions, we focus on building foundational cooking knowledge that participants can expand over time. Starting with basic skills, we introduce essential techniques like knife skills and food hygiene and safety practices. We also cover practical topics like cooking on a budget, sustainability, and making healthy and nutritious choices within financial constraints. Our sessions highlight simple, adaptable techniques that can elevate any meal, aiming to develop transferable skills that can be applied beyond our lessons. We aim to support our clients to build long-term resilience, helping them in leading healthier, more sustainable and independent lives. They also provide people with immense confidence, giving them the tools to manage their own wellbeing and enjoy the process of cooking.

## Impact for Our Clients

“Before I came here, I just had frozen food or takeaways a lot of the time. I only really knew how to turn the oven or microwave on or off, and put stuff in it. I’d never really had a chance to learn and it’s quite a lot to figure out on your own. I didn’t know where to start. These lessons were really helpful. It was easy, and fun and made me realise how easy it is. You just have to get the hang of things”

- Paul

“Growing up I didn’t learn stuff like that, and then I felt a bit embarrassed as an adult, admitting you can’t cook properly for yourself. But everyone is on the same level here, you’re all at the same starting point. We just have a good laugh and work things out together, it’s a bit like being at school again. But I didn’t feel embarrassed saying I didn’t understand, because I knew lots of people felt the same.”

- Wendy

“My diet before was pretty unhealthy, lots of snacks or ready meals from the shops. Even just to peel veg, I’d never used a peeler before the classes. Now I know the basics and I have lots of ideas. I cook for myself most nights and it’s good to feel like I can properly do it, eating healthily. I always thought eating proper dinners like that was more expensive, but actually it was the ready meals!”

- Christopher

## What We Do

Our Digital Inclusion Sessions are designed to empower people, many of whom are older adults with limited digital literacy, to confidently and safely navigate technology and the internet. Our priority is to build people's confidence, supporting them to feel more comfortable using technology, and better equipped to handle everyday tasks online without risk.



Held alongside our social clubs, these sessions provide hands-on guidance to build essential digital skills, from setting up and managing social media profiles or sending emails, to online shopping. Participants learn to use platforms like Livvi and NHS Online Services, which offer more convenient and practical ways to access their healthcare services. We also cover online banking, internet security and common scams that people should always look out for. A lack of digital skills can leave many people vulnerable to scams, data breaches, or unintentionally compromising their security. These sessions focus on building both practical skills, and awareness on safe online practices. The classes also open up new ways for our clients to connect with friends and family and experience the benefits of social media, which many of them are unaware of prior to the sessions. This has immense benefits in reducing social isolation, something which many of these clients face.

## Impact for Our Clients

“Before the sessions, I had no idea I could do all that stuff online. I used to depend on my daughter to book my appointments and remind me about prescriptions, which made me feel a bit of a burden. But now, I can log into the NHS app, book my own appointments, and check when my prescriptions are ready. It's nice to finally have some control over something so important in my life, and it's taken a huge weight off my shoulders.”  
-Bernadette L.

“I always heard about Facebook and WhatsApp from my children, but I never wanted to use them myself. I was intimidated, to be honest. Now, after a lessons from [the volunteers], I'm a whizz messaging my family and sharing pictures and seeing what they're up to, even though some of us are miles apart. I've reconnected with a few old friends and even joined a group for people from [home town]. Using these apps really helped lift me out of a bit loneliness I was feeling.”  
-Tom H.

“A few years ago, something came into my emails. It said it was from my bank and I thought it was fine, but I ended up losing a lot of money. Luckily the bank helped me, but I felt embarrassed and vowed to just never touch my email again. Then [TMDF's Team] told me these sessions were on, so I gave it a try and it was great. They teach you what to look out for and now I feel a lot more confident that it won't happen again. I've started using the email again and chat with my family now.”  
-Mary D.

# Wider Community Outreach

## Trips and Days Out

Alongside our three weekly Social Clubs, we provide several affordable, accessible trips each year, for people to enjoy local and national attractions. These trips are open to our social clubs members, but also the wider community. Whether it's a nearby retail outlet like Market Harborough or Rushden Lakes, or a tourist attraction such as national trust sites or museums – many in our community cannot access transport to visit places like this. These trips offer an affordable and specialised opportunity for many people to enjoy their local and wider area, despite challenges they may be facing financially, mentally or physically.



## Community Allotment

Our Community Allotment is an ongoing project which we began developing this year. The long-term goal of this space is to provide a welcoming, accessible area for our clients to engage with their environment, and learn about growing their own produce. We hope to run weekly visits to the allotment for our clients, and will eventually use the produce grown to support our cookery classes.





## About our Volunteers

The work of The McCarthy-Dixon Foundation is only possible thanks to the dedication and hard work of our incredible volunteers. From corporate volunteer groups to our local, regular, and core volunteer team, each individual plays a vital role in delivering our mission and making a meaningful difference within the Northamptonshire community. Volunteers are the backbone of our charity, contributing their time, skills, and compassion across all our services.

Our volunteers engage in a wide range of activities, from stocking shelves and packing food parcels to maintaining community gardens, helping others build essential life skills, and supporting our social clubs. We strive to offer volunteer roles that align with each person's skills and experience, creating diverse opportunities for meaningful involvement in our work.

Throughout the year, The McCarthy-Dixon Foundation provides essential training to equip and support our volunteers, giving everyone the chance to grow and develop, regardless of their role. Training has included Safeguarding, Food Hygiene, Manual Handling, and Mental Health First Aid, among others. This training not only strengthens our team but also empowers our volunteers with valuable skills and knowledge they can apply throughout their lives. We are committed to nurturing the potential of each volunteer, ensuring that everyone can contribute in ways that are both fulfilling and aligned with their personal goals. We also encourage many of our clients to take on volunteer roles, as this can have profoundly positive impacts for building their confidence and ties to the local community.

Thanks to the outstanding dedication of our volunteers, The McCarthy-Dixon Foundation was honoured to receive the King's Award for Voluntary Service this year. This prestigious award recognises the extraordinary impact our volunteers have made within the community and highlights their invaluable contributions in supporting those in need.

Our heartfelt thanks go to each and every volunteer who supports our charity. Their compassion, commitment, and generosity are at the heart of our charity's success. Without them, the essential work we do across Northamptonshire would not be possible.



## Income Summary

During the financial year from 1 April 2023 to 31 March 2024, The McCarthy-Dixon Foundation was privileged to receive significant financial support from diverse sources, including one-off donations and ongoing contributions from local businesses and individuals, and grants from both local and national bodies.

The McCarthy-Dixon Foundation secured several major grants throughout the year. A significant source of funding was awarded by The National Lottery Community Foundation, specifically from its "Reaching Communities" and "All Awards for England" programs. We also received valuable support from West Northamptonshire Council through their Discretionary Community Fund and the Warm Welcoming Spaces fund. Further grants were provided by the Northamptonshire Community Foundation, including the Constance Travis Grant and additional support for our Household Support Fund (Tranche 4) Project. Additionally, the Post Code Lottery People's Trust contributed an unrestricted grant through the Millionaire Street Funding Program, and North Northamptonshire Council provided essential funding from their Household Support Fund.

The Foundation benefited from other vital contributions, including support from the Food Aid Alliance for West Northamptonshire, local councillors, businesses, community groups, and individual donors. We are especially grateful for the continued monthly contributions from OCM Wealth Management, which has been a steady partner in supporting our mission. Further income was generated through our community awareness and fundraising stalls, as well as our social clubs.

Our charity's work is only made possible by the generous contributions of our supporters. We extend our heartfelt appreciation to everyone who has enabled us to sustain and expand these vital services, allowing us to enhance the lives of those in need, across the Northamptonshire community.

## Staff & Trustees

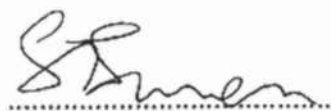
No employees had employee benefits in excess of £60,000. There is currently a pension scheme in place for Charity employees. None of the trustees received any fees for their services as Trustees.

## Approval of Accounts

The accounts were approved on behalf of the Trustees by the Chair of Trustees on:

Date: 14/11/2024

Signed:



Name: Stephen Summers

# The McCarthy-Dixon Foundation

## Accounts as at 31.03.2024

	Restricted Funds As at 31.03.24	Unrestricted Funds As at 31.03.2024	Total Funds As at 31.03.24	Year to 31.03.2023 As at 31.03.2023
<b>Income</b>				
<b>Grants:</b>				
Reaching Communities	£ 59,814.26		£ 59,814.26	
Reaching Communities	£ 7,980.74		£ 7,980.74	
Awards for All England	£ 19,750.00		£ 19,750.00	£ 9,980.00
WNC - Discretionary Community Funding	£ 11,250.00		£ 11,250.00	
WNC - Warm Welcoming Spaces	£ 1,499.39		£ 1,499.39	£ 11,060.63
NCF - Support Service to continue the delivery of HSF4		£ 4,285.72	£ 4,285.72	
NCF - Constance Travis	£ 3,000.00		£ 3,000.00	£ 21,967.03
Millionaire Street Funding Programme		£ 25,000.00	£ 25,000.00	
NNC - Household Support Fund	£ 20,000.00	£ -	£ 20,000.00	
<b>Other:</b>				
FAAWN	£ 13,073.00	£ -	£ 13,073.00	£ 6,389.62
Donations	£ 500.00	£ 17,777.11	£ 18,277.11	£ 11,463.36
Sponsorship		£ 23,750.91	£ 23,750.91	£ 23,458.61
Income from stalls		£ 1,233.00	£ 1,233.00	
OCM		£ 12,000.00	£ 12,000.00	£ 12,000.00
Charities Trust	£ 2,500.00	£ 146.30	£ 2,646.30	
Social Clubs		£ 7,546.00	£ 7,546.00	£ 8,190.00
<b>Total Income in period</b>	<b>£ 139,367.39</b>	<b>£ 91,739.04</b>	<b>£ 231,106.43</b>	<b>£ 104,509.25</b>
<b>Expenditure</b>				
Salaries/Labour	£ 45,373.50		£ 45,373.50	£ 18,431.60
Office/admin/general	£ 3,764.00	£ 5,285.72	£ 9,049.72	£ 9,147.13
Social Clubs	£ 6,331.74	£ 2,184.00	£ 8,515.74	£ 9,654.31
Sponsored events		£ 10,539.00	£ 10,539.00	£ 6,595.68
Community Support		£ 3,598.00	£ 3,598.00	£ 2,958.88
Food bank	£ 55,683.00	£ 41,027.37	£ 96,710.37	£ 67,043.00
Vehicle Expenses		£ 708.00	£ 708.00	£ 1,904.56
General expenses		£ 986.00	£ 986.00	£ 6,225.85
Bank Charges		£ 227.04	£ 227.04	£ 339.02
			£ -	
<b>Total Expenditure in period</b>	<b>£ 111,152.24</b>	<b>£ 64,555.13</b>	<b>£ 175,707.37</b>	<b>£ 122,300.03</b>
<b>Surplus/Deficit as at 31.03.24</b>	<b>£ 28,215.15</b>	<b>£ 27,183.91</b>	<b>£ 55,399.06</b>	<b>-£17,790.78</b>

### Balance Sheet as at 31.03.2024

Fixed Assets( after dep'n)	£ 5,800.50	£ 7,734.00
Current Assets - Cash at bank*	£ 64,456.28	£ 6,855.72
Current Liabilities - HMRC	-£ 268.00	
	£ 69,988.78	£ 14,589.72
<b>Financed by:</b>		
Opening balance	£ 14,589.72	£ 32,480.50
Surplus/Deficit for year	£ 55,399.06	-£ 17,890.78
	£ 69,988.78	£ 14,589.72
* of which amount is restricted	£ 34,359.15	

# Independent Examiner's Report

I report on the accounts of The McCarthy-Dixon Foundation for the year ending 31<sup>st</sup> March 2024, as set out on page 5.

Respective responsibilities of Trustees and Examiners:

The Foundation Committee are responsible for the preparation of the accounts.

The Foundation Committee consider that an audit is not required for this year and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts
- Follow the procedures required by the constitution
- State whether particular matters have come to my attention

## Basis of Independent Examiners statement

My examination was carried out in accordance with the requirements of the constitution. An examination includes a review of the accounting records kept by the group and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Committee concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently, no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

## Independent Examiner's statement

In the course of my examination, no matter has come to my attention which gives me reasonable cause to believe that, in any material respect:

- a. Proper accounting records are not kept in accordance with the constitution, and
- b. The Financial Statements prepared do not agree with the accounting records
- c. The Financial Statements do not comply with the accounting requirements of the constitution,

In completing my examination, I have come across no matters that cause concern and 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.



Karen N Matthews  
Chartered Accountant

Date: 

**THE MCCARTHY-DIXON FOUNDATION**

England & Wales - Charity number 1190255

---

# Accounts

---



*The*  
**McCARTHY-DIXON**  
*Foundation*

# **THE McCARTHY-DIXON FOUNDATION**

**FINANCIAL STATEMENTS  
FOR THE PERIOD ENDING  
31.03.2023**

## **Contents**

<b>General information</b>	<b>page 1</b>
<b>Summary of the charity's work</b>	<b>page 2</b>
<b>Independent Examiner's report</b>	<b>page 4</b>
<b>Income &amp; Expenditure report</b>	<b>page 5</b>

**The McCarthy-Dixon Foundation**  
**For the year ended 31<sup>st</sup> March 2023**

**General Information**

**Committee**

Teresa McCarthy-Dixon	Co-Chairperson
Stephen Summers	Co-Chairperson
Jackie O'Connell	Treasurer
Marie Lally	Secretary
Michael Donnelly	
Pamela Law	
Mabule Sekanaisha Caswel Tema	
Vincent Doherty	
Graham Trotter	

**Address:**

67 Grove Road  
Northampton  
NN1 3LJ

Registered Charity Number:  
1190255

## Summary of The McCarthy-Dixon Foundation's Year:

Since 2020, we have been providing a broad range of supportive services to our community. Throughout the financial year, we have continued to offer these to our clients, as well as developing some new services.

### **Our Schools Support:**

We support all of our 70+ schools across the county with regular and emergency food parcels. These parcels are a vital part of many families' daily lives and ensure every child and their family is able to eat a filling, healthy meal. Our Food Parcels contain a variety of food items weighing in at between 13-15kilos total. This includes foods such as pasta, rice, sauces, tinned goods, cereal and other snacks. We also provide our Breakfast Box Project to our schools. This provides schools with monthly supplies of nutritious breakfast items such as dried fruit, snack bars, fruit juices. These items are small enough to be kept in the classroom and discreetly given out by the teachers to those children who missed breakfast at home. We also support our schools with the Tech4Kids scheme, which combats digital exclusion and supports children with technology, to allow them to fulfil their educational potential.

### **Food Support:**

As well as supporting 74 schools with food parcels, we also support many other vital groups in Northamptonshire. This includes Northamptonshire community mental health teams such as (PCART) Planned Care and Recovery Treatment Service, (UCAT) Urgent Care and Assessment Team and (N/STEP) Community Mental Health Adult - Early Intervention N'Step, the Northamptonshire Domestic Abuse Service, Northamptonshire Social Services, HM Prisons and Probations service and the Northamptonshire Children's Trust.

### **Our Social Clubs:**

Our charity runs several weekly social clubs, which support local vulnerable individuals who experience social isolation, as well as mental and physical health issues.

The Monday Club is a social club run every Monday from 12-4pm from The Swan and Helmet Pub, in Northampton. It offers a safe and welcoming space, for individuals from all backgrounds and all ages to connect, make friends and enjoy themselves. For £4 entry, Monday Club members can access unlimited hot drinks, snacks, as well as a lunch, fun activities and games as well as live entertainment.

In partnership with Northamptonshire's social subscribers, we have also established 'Cheers for Fridays', our men's club. Every Friday, from 2-4pm at The Swan and Helmet Pub, we come together to have a great time playing games, having a drink, and connecting. Our men's club is constantly growing with new members, and we love to welcome new faces each session. We are also currently in the process of establishing a new weekly club on a Wednesday called 'Stay Well Wednesdays' which will focus on wellbeing and self-care. This will feature sessions for nail care, fitness classes and relaxing activities such as crafts.

#### Renovations:

We offer free home and garden renovations to those who will benefit most from them, and may not be able to do so themselves. Whether there are financial barriers, or health issues that may prevent someone from renovating, we will support them in whatever way we can. We renovate bedrooms and living rooms, offering fresh paint, new carpets, and soft furnishings for people who have experienced a bereavement or ill-health. We also renovate and maintain people's front and back gardens who may struggle to do so themselves.

#### Doorstep Buddies:

Our Doorstep Buddies programme seeks to help those feeling lonely or isolated by organising visits from one of our fantastic volunteers. Whether it's for a general chit-chat, a listening ear or assistance with simple tasks, doorstep buddies are there to offer friendship and guidance to those who need it most.

#### Learning Opportunities:

We also provide a variety of educational classes. These include cookery classes; a welcoming environment for people of all backgrounds to develop their knowledge, gaining both basic skills and an understanding of more complex dishes. These weekly sessions help individuals to lead independent, and self-fulfilled lives. We also offer IT classes which run monthly. The classes cover social media, safe banking practices, sending emails, shopping online, ordering prescriptions and the use of Livvi, to access a GP online, this will incorporate basic computer skills to make the internet a safe and user-friendly place.

#### Affordable Haircuts:

Our affordable haircuts allow everyone to have access to important self-care, from our professionally trained and experienced hairdresser and stylist.

#### Maintaining these services:

Throughout the year, it is vital that we raise funds to support the work we do. One of our main focuses is fundraising, which we achieve through a broad variety of events, challenges and regular sharing of our fundraising pages. We also continue to apply for grants from a variety of organisations, which support larger projects and significant one-off purchases.

## INDEPENDENT EXAMINERS REPORT

I report on the accounts of The McCarthy-Dixon Foundation for the year ended 31<sup>st</sup> March 2023 set out on page 5.

### Respective responsibilities of trustees and examiners:

The Foundation Committee are responsible for the preparation of the accounts.

The Foundation Committee consider that an audit is not required for this year and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts:
- To follow the procedures required by the constitution and
- To state whether particular matters have come to my attention


### Basis of independent examiners statement

My examination was carried out in accordance with the requirements of the constitution. An examination includes a review of the accounting records kept by the group and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### Independent examiners statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
  - Proper accounting records are kept in accordance with the constitution; and
  - Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the constitution; have not been met or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Karen M Matthews

Chartered Accountant

Date : 2/6/2023

**The McCarthy-Dixon Foundation**

**Income & Expenditure**

**01.04.22 – 31.03.23**

Income	£	£
Northampton Community Foundation	21,967.03	
West Northamptonshire Council	11,060.63	
Lottery	9,980.00	
Sponsorship/Fundraising	35,458.61	
Food Aid Alliance	6,389.62	
Social Club	8,190.00	
Other donations	11,463.36	104,509.25
Expenditure		
Salaries	18,431.60	
Office	3,483.63	
Sponsored events	6,595.68	
Community Support	2,958.88	
Food bank	67,043.00	
Social Clubs	9,654.31	
Vehicle Expense	1,904.56	
Advertising/printing	5,663.50	
Safeguarding	30.00	
Bank Charges	339.02	
Depreciation	3,906.00	
General expenses	2,389.85	122,400.03
Surplus/(Deficit)		( 17,890.78)

**Balance sheet as at 31.03.2023**

Fixed Assets	7,734.00
Current Assets	00.00
Debtors/Prepay	00.00
Cash at bank	6,375.72
To bank	480.00
Current liabilities	00.00
Creditors & Accruals	00.00
	<u>14,589.72</u>
Financed by:	
Opening balance	32,480.50
Surplus/(deficit) for the year	<u>(17,890.78)</u>
	14,589.72

**THE MCCARTHY-DIXON FOUNDATION**

England & Wales - Charity number 1190255

---

# Accounts

---

# The McCarthy-Dixon Foundation

## FINANCIAL STATEMENTS FOR THE PERIOD ENDING 31<sup>st</sup> MARCH 2022

### Contents

General information	page 1
Overview of the charity's work	page 2
Independent Examiner's report	page 4
P&L and Balance Sheet	page 5

**The McCarthy-Dixon Foundation**

**For the year ended 31<sup>st</sup> March 2022**

**General Information**

**Committee**

**Teresa McCarthy-Dixon**  
**Steve Summers**  
**Jackie O'Connell**  
**Marie Lally**  
**Michael Donnelly**  
**Pamela Law**  
**Mabule Sekanaisha Caswel Tema**  
**Vincent Doherty**

**Co-Chairman**  
**Co-Chairman**  
**Treasurer**  
**Secretary**

**Address**

**67 Grove Road**  
**Northampton**  
**NN1 3LJ**

## **Summary of The McCarthy-Dixon Foundation's Year:**

Since 2020, we have been providing a broad range of supportive services to our community. Throughout the financial year, we have continued to offer these to our clients, as well as developing some new services.

### **Our Schools Support:**

We support all of our 60+ schools across the county with regular and emergency food parcels. These parcels are a vital part of many families' daily lives, and ensure every child and their family is able to eat a filling, healthy meal. Our Food Parcels contain a variety of food items weighing in at between 13-15 kilos total. This includes foods such as pasta, rice, sauces, tinned goods, cereal and other snacks.

We also provide our Breakfast Box Project to our schools. This provides schools with monthly supplies of nutritious breakfast items such as dried fruit, snack bars, fruit juices. These items are small enough to be kept in the classroom and discreetly given out by the teachers to those children who missed breakfast at home. We also support our schools with the Tech4Kids scheme, which combats digital exclusion and supports children with technology, to allow them to fulfil their educational potential.

### **The Monday Club:**

The Monday Club is a social club run every Monday from 12-4pm from The Swan and Helmet Pub, in Northampton. It offers a safe and welcoming space, for individuals from all backgrounds and all ages to connect, make friends and enjoy themselves. For £4 entry, Monday Club members can access unlimited hot drinks, snacks, as well as a lunch and live entertainment.

### **Food Support:**

As well as supporting over 60 schools with food parcels, we also support many other vital groups in Northamptonshire. This includes Northamptonshire mental health services including PCART, UCAT and N/STEP, the Northamptonshire Domestic Abuse Service, Northamptonshire Social Services, HM Prisons and Probations service and the Northamptonshire Children's Trust.

We also provide a food larder, which offers an affordable option for Northamptonshire people to access a variety of food and home goods. These are sold at a significantly discounted price. We offer any 8 items for only £5 – this enables those struggling to still have access to important supplies.

### **Renovations:**

We offer free home and garden renovations to those who will benefit most from them, and may not be able to do so themselves. Whether there are financial barriers, or health issues that may prevent someone from renovating, we will support them in whatever way we can. We renovate all sorts of spaces in and outside of the home, including bedrooms, living rooms, as well as gardens and front gardens.

### **Doorstep Buddies:**

Our Doorstep Buddies programme seeks to help those feeling lonely or isolated by organising visits from one of our fantastic volunteers. Whether it's for a general chit-chat, a listening ear or assistance with simple tasks, doorstep buddies are there to offer friendship and guidance to those who need it most.

### **Learning Opportunities:**

We also provide a variety of educational classes. These include cookery classes, a welcoming environment for people of all backgrounds to develop their knowledge, gaining both basic skills and an understanding of more complex dishes. These weekly sessions help individuals to lead independent, and self-fulfilled lives. We also offer IT classes which run monthly. The classes cover social media, safe banking practices, sending emails, shopping online, ordering prescriptions and the use of Livvi, to access a GP online, this will incorporate basic computer skills to make the internet a safe and user-friendly place.

### **Affordable Haircuts:**

Our affordable haircuts allow everyone to have access to important self-care, from our professionally trained and experienced hairdresser and stylist.

**Our New Service: Cheers for Fridays**

As well as all of our existing services, this year we also established our new men's club, in partnership with Northamptonshire's social subscribers. Every Friday, from 2-4pm at The Swan and Helmet Pub, we come together to have a great time playing games, having a drink and connecting. Our men's club is constantly growing with new members, and we love to welcome new faces each session.

## INDEPENDENT EXAMINERS REPORT

I report on the accounts of The McCarthy-Dixon Foundation for the year ended 31<sup>st</sup> March 2022 set out on page 4.

### Respective responsibilities of trustees and examiners:

The Foundation Committee are responsible for the preparation of the accounts.

The Foundation Committee consider that an audit is not required for this year and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts:
- To follow the procedures required by the constitution and
- To state whether particular matters have come to my attention

### Basis of independent examiners statement

My examination was carried out in accordance with the requirements of the constitution. An examination includes a review of the accounting records kept by the group and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

### Independent examiners statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
  - Proper accounting records are kept in accordance with the constitution; and
  - Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the constitution; have not been met or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Karen M Smith

Chartered Accountant

Date: 06/11/2022.

The McCarthy-Dixon Foundation  
Financial Statement as at 31.03.2022

**Profit & Loss as at 31.03.2022**

Income		£	28,223.45	
	Grants			
	Donations/sponsorship	£	12,142.72	
	West Northamptonshire Council	£	15,811.00	
	Waitrose	£	500.00	
	Northamptonshire Community Foundation	£	30,006.17	
	Lottery	£	10,312.00	
	Gain from donated assets	£	11,640.00	£ 108,635.34
Expenses	Office	£	4,577.98	
	Advertising	£	757.94	
	Staff	£	16,145.57	
	SP Events	£	3,175.00	
	Food Support	£	44,561.06	
	DIY SOS	£	936.96	
	Monday Club	£	6,645.61	
	General	£	1,559.09	
	Vehicle	£	2,115.68	
	Charges	£	308.77	£ 80,783.66
Surplus/(deficit)				<u>£ 27,851.68</u>

**Balance Sheet as at 31.03.2022**

Fixed Assets		£	11,640.00	
Current Assets	Debtors	£	-	
	Cash at bank	£	20,840.50	
	To Bank			
Current Liabilities	Creditors & Accruals	£	-	
Net Assets				<u>£ 32,480.50</u>
Financed by :	Opening balance	£	4,628.82	
	Net surplus for year to 31.03.2022	£	<u>27,851.68</u>	
	Closing balance as at 31.03.2022			<u>£ 32,480.50</u>

**THE MCCARTHY-DIXON FOUNDATION**

England & Wales - Charity number 1190255

---

# Accounts

---

# The McCarthy-Dixon Foundation

**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED**  
**31<sup>st</sup> MARCH 2021**

Contents

	Pages
General information	1
Independent Examiners report	2
P&L & Balance sheet	3

**THE McCARTHY-DIXON FOUNDATION**  
**FOR THE YEAR ENDED 31<sup>st</sup> MARCH 2021**

**GENERAL INFORMATION**

**Committee**

Teresa McCarthy-Dixon	Co-Chairman
Steve Summers	Co-Chairman
Jackie O'Connell	Treasurer
Marie Lally	Secretary
Michael Donnelly	
Pamela law	
Mabule Sekanaisha Caswel Tema	
Vincent Doherty	

**Address**

67 Grove Road  
Northampton  
NN1 3LJ

## INDEPENDENT EXAMINERS REPORT

I report on the accounts of The McCarthy-Dixon Foundation for the year ended 31<sup>st</sup> March 2021 set out on page 3 .

### **Respective responsibilities of trustees and examiners:**

The Foundation Committee are responsible for the preparation of the accounts.

The Foundation Committee consider that an audit is not required for this year and that an independent examination is needed.

It is my responsibility to:

- Examine the accounts:
- To follow the procedures required by the constitution and
- To state whether particular matters have come to my attention

### **Basis of independent examiners statement**

My examination was carried out in accordance with the requirements of the constitution. An examination includes a review of the accounting records kept by the group and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the management committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a “true and fair view” and the report is limited to those matters set out in the statement below.

### **Independent examiners statement**

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
  - Proper accounting records are kept in accordance with the constitution; and
  - Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the constitution; have not been met or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*K Smith*

Karen M Smith

Chartered Accountant

Date : 16.01.22

The McCarthy-Dixon Foundation  
Financial Statement as at  
31.03.2021

Profit & Loss as at 31.03.21

Income

Northamptonshire Community Foundation	£ 46,788.10	
Northampton Lottery	£ 12,730.00	
Grants - other	£ 4,500.00	
Donations	£ 22,688.83	
Services/sales	£ 1,915.00	£ 88,621.93

Expenses

Office/PPS	£ 2,589.05	
Sub Contractors	£ 3,250.00	
Giving to Schools - tech	£ 19,800.00	
Defibrulator	£ 2,000.00	
Food bank	£ 42,290.94	
Community Home & Garden Christmas	£ 10,943.92	
Dinner	£ 3,119.20	£ 83,993.11

Profit

£ 4,628.82

Balance sheet as at 31.03.2021

Current Asssets

Debtors	£ -
Cash at bank	£ 3,548.82
cheques to bank	£ 1,080.00
Current liabilities	£ -

£ 4,628.82

Financed by

Balance as at 31.03.2020	£ -
Profit	£ 4,628.82

Closing balance as at 31.03.21 £ 4,628.82