



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



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General Information

Charity Information

Full Charity Name

The McCarthy-Dixon Foundation

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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

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“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



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“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

Working With
**GENERAL
PRACTICE
ALLIANCE**

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.



Weekly Social Clubs

Annual Review | Our Services



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

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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

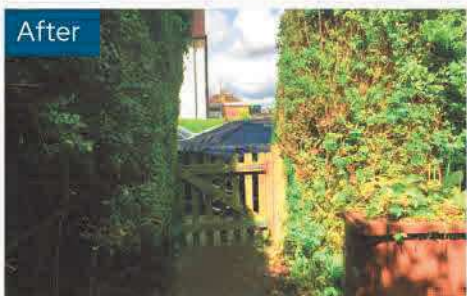


Tish Cumiskey
One of our main
Doorstep Buddy
Volunteers

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.

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"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:

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“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

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“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

Annual Review | Our Services

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.



**The King's Award
for Voluntary Service**
The MBE for volunteer groups.



**the
McCARTHY-DIXON**
Foundation

Registered Charity Number: 1190255

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

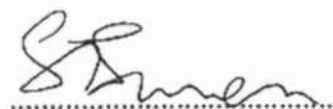
No employees had employee benefits in excess of £60,000. There is currently a pension scheme in place for Charity employees. None of the trustees received any fees for their services as Trustees.

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

Financial Review

	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
Income				
Grants:				
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	
Other:				
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
Total Income in period	£ 139,367.39	£ 91,739.04	£ 231,106.43	£ 104,509.25
Expenditure				
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
		£ -	£ -	
Total Expenditure in period	£ 111,152.24	£ 64,555.13	£ 175,707.37	£ 122,300.03
Surplus/Deficit as at 31.03.24	£ 28,215.15	£ 27,183.91	£ 55,399.06	-£17,790.78

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
Financed by:		
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 31st 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: 