

Registered Charity Number: 1194126

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for
Peninsula Community Pod

Pritchard & Co
Accountants & Tax Advisors
16 Main street
Fishguard
Pembrokeshire
SA65 9HJ

Peninsula Community Pod

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for the year ended 31 March 2023**

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The committee of management presents its report with the financial statements for the charity for the year ended 31st March 2023.

Reference and Administrative Information

Chairperson	Dr Louise Tarbuck
Trustees	Lesley Matthews Rachel Hurdley Dr Louise Tarbuck
Registered Office	23 New Street St David's Haverfordwest Pembrokeshire SA62 6SW
Registered Company Number	CE026198 (England & Wales)
Registered Charity Number	1194126
Accountants	Pritchard & Co., 16 Main Street, Fishguard, Pembrokeshire, SA65 9HJ.
Bankers	The Co-operative Bank

Mission Statement

We believe that access to food is a basic right. We believe that our community can help fill the immediate needs of rural and remote households to reduce food poverty, and the Peninsula Community Pod aims to match the resources donated with those in need in the community.

Aims and purpose

The Peninsula Community Pod has grown out of two organisations, St Davids and Solva Food Pod and Fishguard and Goodwick Food Support, and became a charity in April 2021. It is run and managed entirely by unpaid volunteers. Our aim is to reduce the impact of food poverty while maintaining the well being and dignity of those supported, by providing regular food support to individual households for as long as required.

We cover an area of approximately 300 sq miles including many areas without access to shops or transport, and many parts can be described as food deserts. Our area is not covered by other food banks and charities as it is too remote and thinly populated, and we aim to meet the needs of those excluded from other schemes by geography, and by lack of transport.

Objectives and Activities

We began work in 2019 in St Davids and Solva, and in 2020 in Fishguard and Goodwick to help with food poverty and accessibility at the start of the pandemic. Our objectives are to help :-

- prevent long term malnutrition in the elderly and their carers,
- those with health problems, including mental health,
- the vulnerable, frail, and those with children and lack food accessibility
- those in short term crisis (eg Domestic violence, bereavement, illness, family income crisis.)

Objectives and Activities (continued)

We cover a mainly rural and remote area of coastal Pembrokeshire. We take referrals from health workers, doctors, police, health visitors, other charities, and self referrals. We also provide emergency food and household goods when needed, as well as signposting to other services that are needed, such as CAB, PAVs, and our weekly deliveries provide a regular contact and well being check on the most vulnerable households.

We aim to be able to provide emergency support when requested on the same day. We provide longer term support through the weekly or fortnightly deliveries to homes.

We aim to help people by delivering a weekly box of fresh fruit, vegetables, eggs, cheese, bread, cereals and tinned food to their home, until they no longer need support.

As during covid, during any future emergency we would aim to help those without internet access or carers, people who had no recourse to benefits for a minimum of six weeks, shielding, and in quarantine. We also aim to support retired people on fixed **and** low incomes, people with disabilities and people with children who are on UC, including homeless households, and carers.

We aim to provide a basic "basket" of goods that should boost the nutritional value of meals across the week, but is not intended to be a full weeks worth of food, other than for children. Adults are encouraged to chose and purchase some of their own food, knowing they have the basic box every week as long as needed. We also provide personal care and other household products on request. We also refer people to a charity that provides small animal, cat and dog food and also delivers it.

As part of our commitment to dignity and caring, we provide an additional Christmas hamper to enable every household to have food associated with the holiday, including a full Christmas dinner and pudding, treats, and a Boxing Day tea which we aim to have local groups and businesses provide support and sponsorship.

Achievements and Performance

We know from letters and messages received that the benefits are profound. People in receipt of the food parcel no longer fear malnutrition, are able to eat healthily, are able to pay other bills such as heating and electricity, their quality of life has improved. They are no longer terrified and are so pleased that somebody cares about their welfare. The regular deliveries are a much appreciated contact for many of our isolated households, and we have been able to build trust. This can help us understand their wider needs and help sign post them to additional services and on occasion initiate wellbeing procedures and checks through family GPs and local care services. We also send out voluntary surveys on food preferences, to reduce food waste.

In 2022 -23 we moved to an average 40 households a week, with one day a week packing and distribution. This 40 average represents **300** weekly meals for adults and children, or **14,000** meals per year. We are planning detailed reviews of our whole operation and the basic operating model to ensure we can meet our objectives with our current finances. The weekly cost in 2021 – 2022 was £254, or £241, per year, including the Christmas special parcels, and directly donated food worth £3160.

We will continue to work with other community projects and with local groups and charities and businesses who collect food and money donations on our behalf.

Financial Review

The purchases for supermarket groceries have continued to be made in the name of Trustees and Managers, and costs reimbursed on production of all invoices.

Our income is sourced mainly from private donations from individuals and local businesses, with additional support from Community and County Council Grants and other centralised money administered through grants from a country centralised organisation PAVS. All grants are fully audited by the PAVs organisation by submission of receipts and a full report for each grant including financial analysis.

In the past year our money has been spent on purchasing food for distribution to those in need, with a small amount from specific grants for essential IT, printing materials and small payments for petrol to volunteer drivers, who cover an average 150 miles weekly and who mainly do so at their own expense. The majority of food purchased has been from a local produce wholesaler and local supermarkets. We have set aside a sum of £1200 for future rental of premises, although we hope to be sponsored for some of these costs.

In the year April 2022 – March 2023 we started with £21,611 brought forward. We have spent £12,975 on direct food purchases, £41 on IT and admin materials and £106 on occasional volunteer expenses. Direct payments for food purchases were established in Autumn 2021 when the online banking was activated.

We spent £379 on rent of a storage container. Specific grants were obtained for all IT equipment expenditure.

Reserves Policy

It is intended to hold at least 3 months reserves for future funding at all times with up to 6 months if possible, needed to cope with the unpredictable potential for additional calls for our services, and high dependence on relatively few large private donors. All funds will be held as unrestricted funds ie available for trustees to spend.

Volunteers and Supporters

Our volunteers are our greatest asset, and would like to thank them unreservedly. These include Mr Trevor Jones, Mr Gary Dimond, Mr Mark Matthews, Richard Thorpe, and Phil and Gwyneth.

We are indebted to our local charities including Solva Care, the St Davids Befrienders, Rural Affairs, the St Davids Penknife Club, The Fishguard Lions and many others who have helped and supported us. We're also indebted to Fishguard and Goodwick Town Council and Pembrokeshire County Council who have helped us with grants.

We would thank every person who has donated in a personal capacity to the Peninsula Community Food Pod and hope that they will continue to support us for the future.

Structure, Governance and Management

The PCP is run by the three named Trustees:-

Dr Rachel Hurdley, Chair

Mrs Lesley Matthews, Treasurer
Dr Louise Tarbuck, Secretary

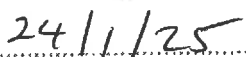
We hold a minimum of four trustee meetings a year, and monthly or *ad hoc* if there are matters arising to manage. Volunteers are encouraged to attend the meetings. All budgets and expenditure is agreed at these meetings, as well as any fund raising activities. Most general meetings are held using Zoom to extend attendance.

We hold an Annual General Meeting in September.

Administrative Information

The contact Address
Bronllys,
23, New Street
St Davids,
Haverfordwest, Pembrokeshire
SA62 6SW

The Charity Trustees do not consider an audit is needed for the financial year April 2022 to April 2023, and so have sought an Independent Examiner to assess the financial statement.


..... : Chairperson

..... dated

I report on the accounts of the Trust for the year ended 31st March 2023, which are set out on pages 8 to 13.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 43(2) of the Charities Act 1993 (the 1993 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 43 of the 1993 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 43(7)(b) of the 1993 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

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

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

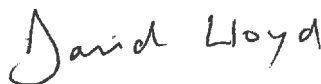
(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 41 of the 1993 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 1993 Act

have not been met; or

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

David Lloyd B.Sc, FFA



**Pritchard & Co.
Accountants & Tax Advisors
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SA65 9HJ**

27th Jan 2025.....dated

	Notes	Unrestricted funds £	Restricted funds £	31 Mar 2023 Total funds £	31 Mar 2022 Total funds £
INCOME & ENDOWMENTS FROM					
Donations and legacies	2	15,948	0	15,948	40,998
Other trading activities	2	0	0	0	0
		<u>15,948</u>	<u>0</u>	<u>15,948</u>	<u>40,998</u>
EXPENDITURE ON					
Charitable activities	3	13,661	0	13,661	18,722
Management		1,044	0	1,044	0
		<u>14,705</u>	<u>0</u>	<u>14,705</u>	<u>18,722</u>
NET INCOME/EXPENDITURE)		1,243	0	1,243	22,276
RECONCILIATION OF FUNDS					
Total funds brought forward		22,276	0	22,276	0
TOTAL FUNDS CARRIED FORWARD		<u>23,519</u>	<u>0</u>	<u>23,519</u>	<u>22,276</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities

Peninsula Community Pod
Statement of Assets and Liabilities
as at 31st March 2023

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Notes	Unrestricted funds £	31 Mar 2023 Restricted funds £	Total Funds £	31 Mar 2022 Total Funds £
FIXED ASSETS				
Equipment	714		714	665
	<u>714</u>	<u>0</u>	<u>714</u>	<u>665</u>
CURRENT ASSETS				
Debtors	250	0	250	0
Prepayment	0	0	0	0
Bank account and cash in hand	23,599	0	23,599	21,611
	<u>23,849</u>	<u>0</u>	<u>23,849</u>	<u>21,611</u>
TOTAL ASSETS	<u>24,563</u>	<u>0</u>	<u>24,563</u>	<u>22,276</u>
CREDITORS				
Amounts falling due within one year	1,044	0	1,044	0
	<u>23,519</u>	<u>0</u>	<u>23,519</u>	<u>22,276</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>23,519</u>	<u>0</u>	<u>23,519</u>	<u>22,276</u>
NET ASSETS/(LIABILITIES)	<u>23,519</u>	<u>0</u>	<u>23,519</u>	<u>22,276</u>
FUNDS				
Unrestricted funds			23,519	22,276
Restricted funds			0	0
Total funds			<u>23,519</u>	<u>22,276</u>

For the period ended 31st March 2023 the company was entitled to exemption under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the micro-entity provisions and have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board and signed on their behalf by

L A Tarbuck - Trustee

R G Matthews - Trustee

24/11/25 dated

1. Accounting Policies

Basis of Accounting

The accounts have been prepared under the historical cost convention and in accordance with applicable UK Accounting Standards. In preparing the accounts the charity follows best practice as set out in the Statement of Recommended Practice "Accounting and Reporting by Charities" (SORP FRSSE) effective 1 January 2015.

Income

Income is recognised in the period in which the charity is entitled to receipt and the amount can be measured with reasonable certainty.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to that category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for a particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2. Donations and Legacies

	31 March 2023 £	31 March 2022 £
Donations	10,948	27,804
Grants	5,000	13,194
	<u>15,948</u>	<u>40,998</u>

2. Donations and legacies (continued)

Grant income during the period was as follows :

	31 March 2023 £	31 March 2022 £
L A Tarbuck	0	5,150
Befrienders	0	3,227
Penknife Club	0	15,076
Daniel Jones	516	909
F Barker Solva	25	0
Eco Dewi	187	201
Pastemak Anthony	50	
J C Higgins	0	50
MI & VL Plant	70	100
Other donations	10,100	0
Arnold Clarke	0	2,500
Turner James	0	21
SCAAF Micro Grant	0	500
Pembrokeshire County Council Grant	5,000	12,694
Cash Donations	0	570
	<u>15,948</u>	<u>40,998</u>

3. Charitable activities

	Direct Costs £	Support Costs (see note 4) £	Totals £
Charitable activities	13,241	1,464	14,705
Management Costs	<u>0</u>	<u>0</u>	<u>0</u>
	<u>13,241</u>	<u>1,464</u>	<u>14,705</u>

4. Support Costs

Accountancy £	Insurance £	Rent, Rates Light & Heat £	Governance costs £	Totals £
1,044	129	250	41	1,464

5. Trustees' remuneration and benefits

There were no trustees' remuneration or other benefits for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023.

6. Staff Costs

The average number of monthly employees during the year was as follows :-

31 March 2023	31 March 2022
<u>0</u>	<u>0</u>

7. Debtors

	31 March 2023	31 March 2022
	£	£
Trade debtors	0	0
Prepayments	250	0
	<u>250</u>	<u>0</u>

8. Creditors: amounts falling due after more than one year

	31 March 2023	31 March 2022
	£	£
Trade Creditors	0	0
Social Security ad other taxes	0	0
Accruals and deferred income	1,044	0
	<u>1,044</u>	<u>0</u>

9. Movement in funds

	At 1 April 2022 £	Net movement in funds £	At 31 Mar 2023 £
Unrestricted funds			
Unrestricted funds grants/non grants	22,276	1,243	23,519
Restricted funds			
Restricted funds	0	0	0
	<u>22,276</u>	<u>1,243</u>	<u>23,519</u>

Net movement in funds, included in the above are as follows:

	Incoming Resources £	Resources Expended £	Movement in funds £
Unrestricted funds			
Unrestricted funds	15,948	(14,705)	1,243
Restricted funds			
Restricted funds	0	0	0
	<u>15,948</u>	<u>(14,705)</u>	<u>1,243</u>

10. Related party disclosures

There were no related party transactions for the year ended 31st March 2023

	31 March 2023 £	31 March 2022 £
Income and endowments		
Donations and legacies		
Donations	5,000	27,804
Grants	10,948	13,194
	<u>15,948</u>	<u>40,998</u>
Expenditure on:		
Charitable activities		
Projects expenditure - Fresh Produce & Groceries	12,975	17,920
Cleaning	160	0
Travel & subsistence	106	26
	<u>13,241</u>	<u>17,946</u>
Support costs		
Management		
Rent and rates and light and heat	250	647
Stationery & office supplies	41	0
Accountancy fees	1,044	0
Insurances	129	129
	<u>1,464</u>	<u>776</u>
Total resources expended	14,705	18,722
Net income	<u>1,243</u>	<u>22,276</u>