

Annual Report for Charity Commission 2024

-25

Trustees Annual Report

Peninsula Community Pod

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.)

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 choose 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 signpost them to additional services and on occasion initiate well being procedures and checks through family GPs and local care services. We also send out voluntary surveys on food preferences, to reduce food waste.

In 2024 we moved to fortnightly deliveries. This allowed us to support families with reduced volunteer hours.

In 2023 -24 we moved to an average 30 households with one day a fortnight packing and distribution. This average represents **270** weekly meals for adults and children, or **12,000** 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 2023 – 2024 was £377 reflecting greatly increased food prices and reduced food donations.

In 2024 – 2025 we supported an average of 25 households. This reduction against the previous year reflected the ability of several families to move on and off the support we provided.

This represented an average of 250 meals per week for adults and children, or 7000 meals per year. The weekly cost was £270 reflecting the reduced number of households supported compared to the previous year, and smaller households with fewer children in St Davids. In 2024 – 25 St Davids moved to using supermarket deliveries direct to the households. This was because premises were no longer available for storage and delivery fulfillment. Morrison's supermarket was used for all orders, once a fortnight to up to 10 households. This had the additional benefit of allowing a wider choice for individuals for cold and frozen foods, but was slightly higher cost per person. Some emergency one-off support packages were provided for households with temporary problems, such as seasonal work issues. The local tourist economy was particularly depressed in 2024 and early 2025.

Fishguard continued twice monthly deliveries from the container premises, for 15 households.

Fund raising was especially difficult in the current economic conditions, but Pembrokeshire CC made 2 grants available for a total of £4,600 which allowed Fishguard to continue in operation.

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 £1530 for future rental of premises, although we hope to be sponsored for some of these costs.

In the year April 2023 – March 2024 we started with £23,559 carried forward. We have spent £19,609 on direct food purchases, £0 on IT and admin materials and £0 on occasional volunteer expenses.

We spent £1659 on rent of a storage container. Specific grants were obtained for all IT equipment expenditure.

In the year April 2024 – March 25 we started with £13,366.20 carried forward. We have spent £12,527 on direct food support, £1560 for rental of premises, £0 on admin and IT and £0 on volunteer expenses.

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 Eco Dewi, 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 2024 to April 2025, and so have no longer sought an Independent Examiner to assess the financial statement

Financial Statement for the Year ending 16th April 2025

Due to reduced income and monies held in the bank account we changed to simple self reporting of accounts.

Notes

ATTACH Accounting summary

		money out
£2,024.00	27/03/24 opening balance	
	28/03/24 mrs Theresa Stone	
	04/04/24 Total Produce	£282.71
	23/04/24 Morrisons	£163.54
	25/04/24 Dwrbach Trading C16	£130.00
	29/04/24 Mrs T Stone	
	07/05/24 Total Produce	£314.03
	21/05/24 L Matthews (morrison's)	£17.67
	24/05/24 Dwrbach trading C16	£130.00
	28/05/24 Mrs Theresa Stone	
	06/06/24 Morrisons	£88.28
	07/06/24 Total Produce	£316.18
	10/06/24 Morrisons	£88.28
	10/06/24 Total Produce	£316.18
	12/06/24 Morrisons	
	12/06/24 Total Produce	
	Morrisons	£76.25
	25/06/24 Dwrbach trading C16	£130.00
	28/06/24 Mrs T Stone	
	01/07/24 Dr Rachel Hurdley	£12.00
	02/07/24 Total Produce	£341.41
	03/07/24 Morrisons	£94.15
	12/07/24 Gary Diamond Morrisons payments	£2,372.87
	25/07/24 Dwrbach Trading C16	£130.00
	29/07/24 Morrisons	£99.80
	Mrs T Stone	
	02/08/24 Total Produce	£315.68
	07/08/24 policy B	£128.80
	16/08/24 policy B	
	27/08/24 Dwrbach Trading C16	£130.00
	28/08/24 Mrs T Stone	
	09/09/24 Total Produce	£508.21
	10/09/24 Morrisons (L Matthews)	£34.24
	20/09/24 Morrisons	£143.75
	25/09/24 Dwrbach Trading C16	£130.00
	30/09/24 Mrs T Stone	
	03/10/24 Total Produce	£361.63
	22/10/24 Morrisons	£92.90

25/10/25 Dwrbach Trading C16	£130.00
28/10/24 Mrs T Stone	
04/11/24 Morrisons	£44.10
08/11/24 Total Produce	£198.93
11/11/24 Rachel Hurdley website fees	£136.79
11/11/24 Gary Dimond Morrisons payments	£2,397.73
20/11/24 ECODEWI donation	
25/11/24 Dwrbach Trading C16	£130.00
28/11/24 Mrs T Stone	
02/12/24 morrisons	£104.50
06/12/24 Total Produce	£349.97
16/12/24 Tyddin Dolwerdd Cy	£474.00
27/12/24 Dwrbach Trading C16	£130.00
30/12/24 Mrs T Stone	
02/01/25 L Matthews (Morrisons)	£30.58
09/01/25 Garry Diamond Morrisons payments	£794.24
13/01/25 Morrisons	£115.71
13/01/25 Mcrostie K Prime	
27/01/25 Dwrbach Trading C16	£130.00
27/01/25 Tyddin Dolwerdd Cy - accounts	£510.00
10/02/25 total produce	£501.31
17/02/25 Morrisons	£157.88
20/02/25 Pembs CC A030785	
24/02/25 Pembs CC A030785	
25/02/25 total produce	£155.96
25/02/25 DWRBACH TRADING C16	£130.00
05/03/25 total produce	£327.93
20/03/25 Morrisons	£29.02
25/03/25 DWRBACH TRADING C16	£130.00
26/03/25 L Matthews - mince pies	£29.70
	£14,086.91
opening balance	£13,366.20
income	6055.66
total	19421.86
outgoings	14010.66
Balance	£5,034.27

money in

balance
£13,366.20

£60.00

£12,849.95

£60.00

£60.00

£88.28
£316.18

£11,897.54

£60.00

£9,007.11

£60.00

£11.20

£8,404.03
£60.00

£7,647.83
£60.00

£7,123.30
£60.00

£380.00

£4,655.75
£60.00

£3,657.28
£60.00

£100.00

£2,236.07

£3,000.00
£1,560.00

£5,650.96

£5,034.27
£6,055.66