EST 2019

Meows

KITTEN & CAT RESCUE

REGISTERED CHARITY NUMBER: 1211439

ANNUAL REPORT 2025

Our Values

Meows Kitten and Cat Rescue is based in South Essex and rescues cats and kittens throughout South Essex, Barking and Dagenham and Redbridge. Meows is run by a committed group of volunteers. Our vision is to rescue stray and abandoned cats and that every cat is treated with compassion and knows care and love.

Our Mission

- Matching the cats and kittens with good homes
- Through neutering we will eliminate unwanted strays
- To rescue injured cats and rehabilitate them back to full health
- To educate the wider population about cat welfare

Our Story

In 2019 our founder formed Meows Kitten and Cat Rescue. She quickly found other cat lovers in Ilford and Dagenham and started rescuing stray cats as there were large numbers of cats requiring rescue in these areas. As the rescue has developed we have expanded to cover Southeast Essex and work in harmony with other cat rescues. Meows is a no-kill volunteer-only charity. Meows Kitten and Cat Rescue became a registered Charity in December 2024 and run by the Board of Trustees and sub-committees.

Our Ethos:

- We rescue strays, abandoned cats and re-home cats that are surrendered by their owners for a number of different reasons.
- All our cats are vet checked, neutered, vaccinated, and microchipped and will have an up-to-date flea and worm treatment before homing.

- We speak to all potential adopters on the phone before any cats are offered.
- We home check before any cats are homed.
- We offer a scanning service and will assist members of the public when strays appear in their garden.
- To educate and raise awareness about cat welfare and the importance of neutering and to assist with neutering wherever possible for strays and feral cats.

A Day in the Life of a Cat Rescue

We get phone calls, text messages and emails every single day of the week from members of the public, veterinary practices from other cat charities, local authorities and sometimes the emergency services. We have seen an increase in the number of cats left behind when people move. We have also noticed that members of the public are quite happy to feed cats in their gardens, but when the cat becomes pregnant or injured, we are called and asked if we can help.

We are seeing an increased number of colonies and will rescue multiple cats from houses where eviction or some other event such as a flood has taken place. We are occasionally supported by the national charities when a large scale neutering programme is required. But the care of the cats and the driving of the cats to and from the vets falls on our volunteers. We do not expect this to change in 2026; we believe that this will become frequent.

Pet owners are feeling the impact of an increased cost of living. We are often asked to take cats because the owner can simply not afford the vet bills anymore. Pregnant mothers with newborn kittens are found abandoned and we are aware that old and sick cats are dumped some distance from their homes or left at veterinary practices. Microchipping has assisted us to reunite cats with owners, but we still experience unregistered microchips or incorrect details on microchips.

Corporate Sponsors – Grants

We have been fortunate to have secured a corporate sponsor who matches donations or money raised outside of homing donations. There is a fundraising and grants subcommittee; the team run fundraising events and secured a grant in 2025. A cat food company donated 7,500 packets of food and a home furnishings retailer supported the charity with a Christmas campaign; the customers were extremely generous.

Donations

Cat lovers frequently donate food, litter, and money to support the ongoing care and treatment of foster cats and kittens. Every donated penny is used to get our rescue cats ready for their forever homes. For each cat rescued, we cover vet expenses such as spaying or neutering, vaccinations, microchipping, flea and worm treatments. We provide food and litter for fosterers and contribute to driver's petrol expenses. We also care for, rehabilitate, and rehome cats with health conditions or injuries, many of whom require ongoing veterinary treatment.

Our Rescue Numbers 2025

- Cats Rescued 445
- Cats Adopted 480

Volunteers and Fosterers

Meows can help cats and kittens in need because of the dedication of our excellent unpaid volunteers and fosterers. Many of our volunteers work but they give up their personal time and resources to the charity, covering every aspect of the charity's work. The Trustees, Sub-Committee Members and Volunteers work on Accounts, Administration, Grants, Public Relations, Social Media.

To-Come-In Team

Takes calls and answers emails from people who want to give up their cats or those rescuers who find abandoned cats on the street or in gardens. The team will direct members of the public to other rescues when we are full or give advice if a cat has developed behavioral issues.

Support Teams

The support teams provide constant and regular support to fosterers. They organise vet appointments, provide advice, drop off flea and worm treatments and organise holiday cover. The fosterers have reported how supported they feel by their support group.

Fosterers

The Meows team of fosterers are extremely dedicated and look after their cats 24 hours a day, 7 days a week. They also buy special food, treats and toys and play with the cats to keep them occupied. Fosterers will bring timid cats round and will ensure the adopter is the right person for the cat or kittens. They will do vet runs and stay in contact with adopters after the cat/s have been re-homed.

Homing Team

The homing team gathers all the relevant information about a cat and advertises the cat when fosterers inform them their foster cat is ready for adoption. The cat is advertised via several mediums. The homing team assess each application and speak to potential adopters. There are strict requirements for adopters. Once the homing team believe that they have a good match they pass on the details to the fosterer, who will arrange for the potential adopter to visit the cat/s and or kittens. If children are in the new home they are asked to come to meet the cats as well.

Driving Teams Dagenham & Southend

Driver volunteers take cats to fosterers and move them back and forth to the vet. Delivery Drivers collect cats from rescuers and take them to their foster home. Sometimes delivery drivers take the fosterer and their cats to their forever homes and help them settle in. Both teams pick up food, litter and other goods that are donated to the charity.

Endorsements

Kathy (Fosterer and Feral Support) he

Kathy has fostered for Meows and other cat rescue charities and loves being part of the Meows team. She has fostered over 200 cats and kittens for Meows and said that she always feels supported by the Meows family. She thinks the homing team do an outstanding job finding excellent adopters for the cats and enjoys a long relationship with the people who adopt her foster cats and kittens. In addition to fostering, Kathy supports the fosterer at our small holding facility, sometimes driving her cats to the vets or meeting and greeting potential adopters there.

Ros (drivers, homing and fundraising team)

Ros became aware of Meows as her mother wanted to adopt a cat. She saw that we needed drivers and volunteered to drive for the charity. She then volunteered to come to fundraising events and helped with the tombola. At one event Ros's husband kindly sat in a chair to 'anchor' the gazebo! Ros has said 'I like volunteering for Meows as they are a nice group of people. Some have become friends and I enjoy volunteering with them. The rescue goes above and beyond to help cats. I like meeting new people and going to new places. It is good to know that I am playing a part in getting cats into good forever homes.'

Anne (New Fosterer)

Anne is a first time Meows fosterer, and she has enjoyed every minute. She has felt supported by the team but found saying goodbye to the kittens quite emotional. Anne was very pleased with the families the homing team found to adopt the kittens and has been delighted to stay in touch with them.

Cat Rescue Stories

Reggie

Reggie was owned by an elderly lady who sadly died. Reggie was locked out of the flat and was living under the stairwell near an Indian restaurant. The owner of the Indian restaurant was very distressed to see her living under the stairwell and used to give her food. He contacted another rescue who are based in Lincoln. Jill knew the chairperson and contacted her. We immediately arranged for Reggie to be brought into rescue to a fosterer called Lizzie. Reggie has fallen on his paws and is now living his best life with a friend in Colchester.

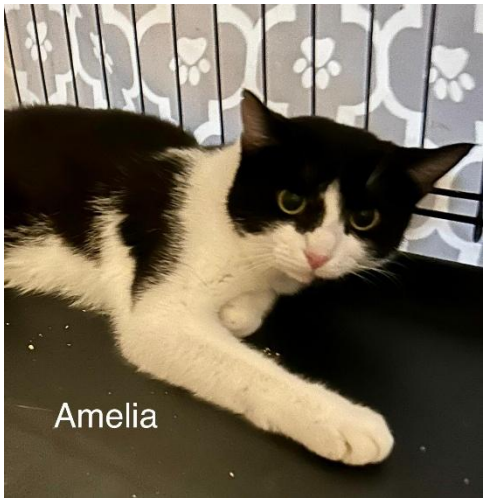
Sarabi

Sarabi was found by someone who took her in but failed to get her spayed. She got pregnant and then they asked us to step in. Surabhi gave birth to seven babies sadly all passed away with some being stillborn. Surabhi took it all in her stride and bounced back quickly. She found a lovely family who visited and adopted her. She will soon be getting a baby sister as they visited again and have reserved a kitten as a friend for her. This story highlights the sad side of our rescue work. Our message to everyone is 'Please get your cats and kittens neutered'


Sarabi

Amelia

Amelia was a stray who had 4 beautiful babies in a churchyard in Dagenham When the babies were seen and a call received Robin immediately took a trap to the location and demonstrated how to use it. The church warden trapped and brought Amelia and her babies into rescue at Julie's when they were about a week old Amelia was a great mum but very scared of people and despite Julie and Pam trying for 3 months there was no change at all so a fantastic home was found for Amelia and another feral cat we had, Mary, at a great location on a fruit farm in Tiptree. Karen and Diane took Amelia and Mary there and set everything up. Another two cats followed a little while after (Hermoine and Coco) and Jane and Diane are taking another cat, April, there to join the other four girls soon. We get regular updates from Dave the owner(who discovered that he loves cats!) which we love to see. Teamwork at its finest!





Archie

Archie came into foster care in 2025 at the bequest of Brentwood Council needing to clear a property of in excess of 14 cats in Ingatestone after the owners were arrested. Vanessa & Diane collaborated with two other rescues to assist and brought out Archie, Ruthie and 5 kittens. Archie was un-neutered (daddy cat), riddled in fleas, underweight, suffering from cat flu, had a broken tooth with gum abscess affecting his nasal cavities and suffering from eosinophilic granulomas through allergy related dermatitis. Taken first to Pam's for neuter and isolation, he soon moved to Jane's where he has never left. Now a favourite of Uncle Dan's at Essex Vets Archie is now a heathy weight, loves a cuddle and playing ball. He eats for England sometimes at the detriment of his 'flying snot' and has monthly injections to keep his allergies at bay as a 'Meows' long term foster.





Financial Review

Sum of Balance	Incoming £	Outgoing £	Grand Total £
Starting Balance	1,465.29		1,465.29
Adoption Fee/Deposit	69,723.52	(855.00)	68,868.52
Bianca Meds		(171.98)	(171.98)
CAF Donation	20,549.50		20,549.50
Charities Trust Donation	2,944.40		2,944.40
Donation/Fundraising	9,700.59	(1,987.82)	7,712.77
Equipment		(1,568.10)	(1,568.10)
Event/Fundraising	351.63	(801.38)	(449.75)
Flea & Worm	333.20	(2,735.26)	(2,402.06)
Food	(285.97)	(7,268.53)	(7,554.50)
Gifts/Networking	26.00	(220.95)	(194.95)
Grant	7,022.00		7,022.00
ICO: Data Protection		(40.00)	(40.00)
Insurance		(130.00)	(130.00)
License		(40.00)	(40.00)
Contingency Fund	10.00	(5,260.00)	(5,250.00)
Microchips		(2,155.60)	(2,155.60)
Petrol		(3,734.54)	(3,734.54)
Postage Costs		(35.05)	(35.05)
Regular Monthly Donation	3,010.00		3,010.00
Vet Bills	1,493.03	(81,625.70)	(80,132.67)
Volunteer Expenses	330.00	(400.00)	(70.00)
Grand Total	**116,673.19**	**(109,029.91)**	**7,643.28**

Contact Details

- Email: meowsrescue@gmail.com
- Website: https://www.meowskittenandcatrescue.org.uk
- Facebook: https://www.facebook.com/MeowsKittenCatRescue

Trustees:

Karen Redhead Julie McGregor

Diane Evans Jane Willer

Robin Prentice Sharron Taylor