

Sheppey Pulse Network

Summary — 01/09/2025 – 24/04/2026

Period: 01/09/2025 – 24/04/2026

Generated: 11/08/2026

	Amount
Opening balance	£891.13
Total income	£1,698.00
Total expenses	£1,599.79
Net movement	£98.21
Closing balance	£989.34

Grant income (in period)	£0.00
Grant-funded expenses (in period)	£0.00
Restricted income	£0.00
Restricted spend	£152.96
Unrestricted income	£1,698.00
Unrestricted spend	£1,446.83

Income by type	Amount
Donation	£1,698.00

Expenses by category	Amount
Community Support	£875.30
Office Admin	£396.89
Events	£327.60

Grant	Awarded	Spent (all-time)	Remaining
Access To Create Workshop (Police Property Act Fund)	£2,000.00	£0.00	£2,000.00
Children's treat bags (The Tunstall Jubilee Foundation)	£200.00	£200.00	£0.00

Sheppey Pulse Network Charity

Annual Report & Annual General Meeting 2026

Reporting Period

September 2025 – July 2026

Registered Charity Number: 1214873

"Supporting Communities. Inspiring Change. Building Stronger Futures."



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Chair's Report

It is my pleasure to present the first Annual Report of Sheppey Pulse Network Charity, covering the period from September 2025 to July 2026.

This year has been one of significant growth, learning and achievement. What began with a vision to create a stronger, more connected community has developed into a charity delivering practical support, building meaningful partnerships and responding to the changing needs of residents across the Isle of Sheppey, Swale and beyond

Throughout the year we have expanded our services through the launch of our Community Foodbank, the development of new community initiatives and the continued delivery of practical support for individuals and families. We have also strengthened our governance, developed new partnerships and secured funding that will help ensure the long-term sustainability of our work.

None of these achievements would have been possible without the commitment of our trustees, volunteers, sponsors, grant funders and community partners. Their generosity, professionalism and shared belief in our mission have enabled us to support hundreds of local residents while continuing to grow as a charity.

I would like to extend my sincere thanks to every individual, organisation and business that has supported Sheppey Pulse Network Charity throughout the year. Whether through volunteering, financial support, donated services, practical assistance or partnership working, every contribution has helped us make a positive difference within our community.

As we look ahead, we remain committed to expanding our services, strengthening our partnerships and continuing to provide inclusive, accessible and compassionate support for those who need it most.

On behalf of the Board of Trustees, thank you for your continued confidence in Sheppey Pulse Network Charity. We look forward to building on this year's achievements and continuing to serve our community in the years ahead.

Niquie Trower
Founder & Chair of Trustees
Sheppey Pulse Network Charity

Year in Review

September 2025 – July 2026

September 2025

Registered Charity

Sheppey Pulse Network officially became a registered Charitable Incorporated Organisation (CIO), marking the beginning of a new chapter in delivering community-led support across the Isle of Sheppey.

October – December 2025

Supporting Local Families

Christmas Food Hamper Programme launched.
40 people supported through emergency Christmas food hampers.
80 three-course Christmas meals donated by The Blak Bear.
Christmas fundraising events delivered.
Toys, stockings and seasonal donations distributed to local families.

January – February 2026

Developing Community Services

Housewarming Welcome Starter Pack referrals continued.
New sponsorship opportunities secured.
Planning commenced for future community initiatives and the Community Foodbank.

March 2026

Creative Wellbeing Workshops

Monthly Creative Wellbeing Workshops launched.
Four pilot workshops delivered.
15 women supported through creative wellbeing activities.

April 2026

ILLUMINATE Community Wellbeing Event

Successfully delivered the ILLUMINATE Community Mental Health & Wellbeing Event.
Brought together 12 partner organisations to promote health, wellbeing and community support.

5 May 2026

Community Foodbank Officially Launched

Emergency food support service opened.
Professional and self-referral pathways introduced.

First food parcels distributed to residents experiencing financial hardship.

June 2026

Foodbank Expansion

Home delivery service launched in partnership with Little Spanish Deliveries.

Foodbank expanded to:

Warden Bay Pub

Friendship House, Minster

Leysdown Family Hub

Dedicated food storage facility developed with improved food safety systems.

July 2026

Growing Stronger

40 people supported through the Community Foodbank.

New sponsorships and partnerships secured.

Funding awarded through the Police Property Act Fund to expand Creative Wellbeing Workshops on the Isle of Sheppey.

Preparations completed for the Warden Bay Bloom & Bug Community Day and the charity's first Annual General Meeting.

Looking Ahead – 2026/2027

Our focus for the coming year is to:

Expand Community Foodbank services.

Launch the Creative Wellbeing Workshops on the Isle of Sheppey.

Introduce the Life Admin & Digital Support Initiative.

Deliver the Little Hands, Big Roots environmental programme.

Strengthen community partnerships and sponsorships.

Secure additional funding to support the long-term sustainability of the charity.

Community Impact at a Glance

Reporting Period: September 2025 – July 2026

During this reporting period, Sheppey Pulse Network Charity continued to expand its services and strengthen partnerships to meet the needs of our local community. Through the dedication of our trustees, volunteers, sponsors and community partners, we have delivered practical support, developed new initiatives and invested in sustainable community services.

Direct Community Support

260 individuals supported

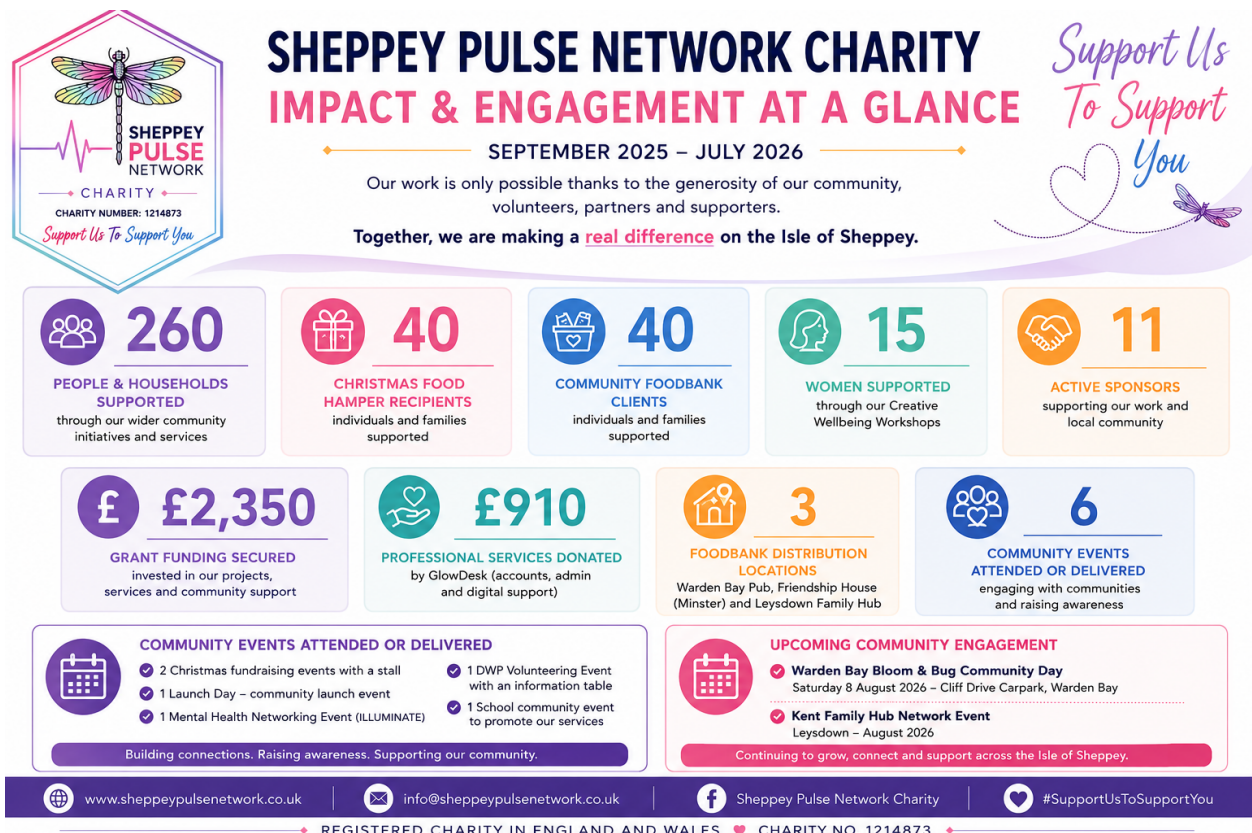
202 individuals supported through community initiatives.

40 people received support through our Christmas Food Hamper Programme.

15 women supported through four Creative Wellbeing Workshop sessions.

2 households supported through the Neighbourhood Clearance Support Scheme.

1 resident supported through the Green Thumb Initiative.



Community Foodbank

Community Foodbank launched in May 2026.

40 people supported.

25 emergency food parcels distributed.

3 community foodbank distribution locations established.

Home delivery service introduced for vulnerable residents.

Professional and self-referral pathways established.

Community Investment

£2,350 grant funding secured.

£910 of professional business support services donated by GlowDesk.

Reduced monthly charity accounts service provided by GlowDesk.

11 active sponsors and community partners supporting the charity.

Looking Forward

As Sheppey Pulse Network Charity continues to grow, we remain committed to expanding our services, strengthening partnerships and delivering practical support that improves the lives of individuals and families across the Isle of Sheppey.

Our Services

Throughout the reporting period, Sheppey Pulse Network Charity continued to develop and expand a range of practical, community-led services designed to reduce hardship, improve wellbeing and strengthen community resilience across the Isle of Sheppey.

Housewarming Welcome Starter Packs

Our Housewarming Welcome Starter Pack initiative provides practical support to individuals and families moving into new accommodation following significant life changes.

Working with referral partners, each pack contains essential household items to help residents establish a safe, comfortable home while promoting dignity, independence and wellbeing.

12 housewarming Welcome Starter Packs have been distributed to Swale Borough Council to date.

Community Foodbank

Launched in May 2026, the Sheppey Pulse Network Community Foodbank provides emergency food support for individuals and families experiencing financial hardship.

The service operates from three community locations:

Warden Bay Pub (fortnightly)

Friendship House, Minster (monthly)

Leysdown Family Hub (monthly)

To improve accessibility, a home delivery service has been introduced through our partnership with Little Spanish Deliveries, ensuring vulnerable residents can access support when they are unable to travel.

The foodbank continues to operate through both professional referrals and self-referrals, ensuring support is available quickly, confidentially and with dignity.

Creative Wellbeing Workshops

Launched in March 2026, our Creative Wellbeing Workshops provide a safe, supportive and inclusive environment for women who have experienced domestic abuse, sexual violence or other traumatic life experiences.

The workshops use creative activities to promote confidence, wellbeing, peer support and social connection.

Following the successful delivery of four pilot workshops, Sheppey Pulse Network Charity secured £2,000 from the Police Property Act Fund to bring the programme to the Isle of Sheppey, with sessions due to commence at Friendship House, Minster, in September 2026.

Community Initiatives

During the 2025–2026 reporting period, Sheppey Pulse Network Charity continued to develop new initiatives that address local need, improve wellbeing and strengthen community resilience through partnership working and community sponsorship.

The Aura Guide – Volume Two

Following the positive response to the first edition, development is underway on The Aura Guide – Volume Two.

The guide will continue to provide practical information, self-help resources, wellbeing advice and signposting to local and national support services, helping residents access information when they need it most.

Green Thumb Initiative

Sponsor: The Lawn Ranger

The Green Thumb Initiative provides one hour of free garden maintenance each month for vulnerable residents.

The initiative aims to improve outdoor spaces, encourage independence and enhance wellbeing while helping residents who may be unable to maintain their gardens due to age, disability or ill health.

Life Admin & Digital Support

Sponsor: GlowDesk

Launching following the completion of safeguarding and DBS requirements, this initiative will provide one-to-one appointments to help residents access essential services and reduce digital exclusion.

Support will include:

- Personal Independence Payment (PIP) applications
- Universal Credit support
- Energy and household support applications
- Employment and CV guidance
- Digital skills and online services
- General administration support

GlowDesk has also donated £910 in professional business support services and continues to provide the charity with a reduced monthly fee for accountancy services, strengthening the charity's long-term sustainability.

Little Hands, Big Roots

Sponsor: Blossom Hill Floral Design

Little Hands, Big Roots is an environmental education initiative encouraging children and young people to develop an appreciation for nature through practical growing activities.

Participating schools and nurseries will receive sunflower seeds to grow within their own settings before taking part in a community celebration recognising their achievements.

The initiative promotes:

- Environmental awareness
- Outdoor learning
- Confidence and responsibility
- Creativity
- Community engagement

Neighbourhood Clearance Support Scheme

Sponsor: UK Rubbish Ltd

This initiative provides one free household waste uplift each month for eligible residents across the Isle of Sheppey and the wider Swale area.

The scheme supports residents who are unable to dispose of up to 10 black bags or the equivalent of household waste while helping improve neighbourhood appearance and reduce fly-tipping.

ActivAll Community Wellbeing Partnership

Sponsor: ActivAll

Sheppey Pulse Network Charity is proud to work alongside ActivAll as a community facilitator, helping to connect local schools, community groups and organisations with inclusive physical activity and wellbeing opportunities.

This partnership supports our commitment to improving health, wellbeing and community participation by encouraging greater access to inclusive activities for people of all ages and abilities.

Community Foodbank Annual Report

The Sheppey Pulse Network Community Foodbank officially launched on **5 May 2026** in response to increasing demand for accessible emergency food support across the Isle of Sheppey.

Since its launch, the foodbank has continued to expand, providing practical assistance to individuals and families experiencing financial hardship while ensuring every person is treated with dignity, respect and compassion.

Foodbank Impact

During the reporting period:

Foodbank officially launched on 5 May 2026.

40 people supported.

25 emergency food parcels distributed.

3 community foodbank distribution locations established.

Home delivery service introduced for vulnerable residents through our partnership with Little Spanish Deliveries.

Self-referral and professional referral pathways established.

Emergency food support provided to individuals, families and partner organisations, including Riverside, Sittingbourne.

Foodbank Locations

To improve accessibility across the island, foodbank services are currently available from:

Warden Bay Pub – Fortnightly distribution.

Friendship House, Minster – Monthly distribution.

Leysdown Family Hub – Monthly distribution.

These community locations ensure residents can access support closer to where they live.

Food Safety & Storage

Throughout the year, significant investment has been made to develop a safe, organised and sustainable food storage facility.

Improvements include:

EA Food Business registration

Dedicated foodbank storage facility established.

Raised storage platform installed.

Additional shelving fitted to maximise storage capacity.

Food stored in sealed containers to protect stock quality.

Storage arrangements improved in line with Environmental Health good practice.

To maintain high standards, the foodbank operates a comprehensive monitoring system including:

- Storage inspections.
- Temperature monitoring.
- Stock rotation.
- Pest control monitoring.
- Cleaning and sanitisation schedules.

The storage facility is routinely sanitised using food-safe products to help ensure all donated food is stored safely and responsibly.

Looking Ahead

Over the coming year, Sheppey Pulse Network Charity aims to continue expanding the Community Foodbank by increasing food donations, strengthening referral partnerships, recruiting additional volunteers and improving access to emergency food support for residents across the Isle of Sheppey.

Our long-term ambition is to develop a sustainable, community-led food support service that not only provides emergency assistance but also helps reduce food insecurity through partnership working, education and early intervention.

Community Foodbank Milestones (May–July 2026)

- 40 people supported
- 25 emergency food parcels distributed
- 3 community distribution locations established
- Home delivery service launched
- Professional food safety systems implemented
- Referral network established

Sponsors & Community Partnerships

Sheppey Pulse Network Charity is incredibly grateful to the businesses, organisations and individuals who have supported our work throughout the 2025–2026 reporting period.

Their financial contributions, donated goods, professional services and practical support have enabled us to expand our services, strengthen community initiatives and respond to local need.

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CHARITY

Supporting us Supports the Community to make a difference ♥

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THANK YOU TO ALL OUR AMAZING SPONSORS!

*Your support helps us make a real difference in our community.
Together, we make a difference* ♥

Our Sponsors

GlowDesk

GlowDesk has donated £910 in professional business support services and continues to provide the charity with a reduced monthly fee for accountancy services. This ongoing support has strengthened our financial management and helped build a sustainable foundation for future growth.

ActivAll

ActivAll is a valued community partner, with Sheppey Pulse Network Charity currently acting as a facilitator to connect local schools, community groups and organisations with inclusive physical activity and wellbeing opportunities.

UK Rubbish Ltd

Sponsor of the Neighbourhood Clearance Support Scheme, providing one free household waste uplift each month for eligible residents and helping to improve neighbourhoods while reducing fly-tipping.

The Lawn Ranger

Sponsor of the Green Thumb Initiative, providing free monthly garden maintenance for vulnerable residents to improve wellbeing, independence and community pride.

Little Spanish Deliveries

Supports the Community Foodbank through regular food donations and provides a free home delivery service for residents who are unable to collect emergency food parcels.

Tidy Tots Pram Care

Provides regular foodbank donations and supports the local community through a charity discount scheme.

Copper Forge Plumbing & Maintenance

Constructed the raised foodbank storage platform and donated two A1 community display boards to support community engagement and events.

JBF Digital Ltd

Donated printing for charity leaflets and promotional materials and made a financial donation of £500, helping us promote our services and reach more residents.

Phoenix Prestige Cars

Donated £150 and provides four complimentary return taxi journeys to support the charity's work and improve accessibility for residents.

Blossom Hill Floral Design

Founding sponsor of the Little Hands, Big Roots Initiative, providing seeds to encourage environmental education and community participation among local children and young people. Also providing sunflower seeds for our upcoming event in August for 80 children.

The Blak Bear

Donated 80 three-course Christmas meals for adults and children, helping ensure local families could enjoy a warm meal during the festive period.

Working Together

Every partnership represents more than a donation. Together, our sponsors, volunteers and community partners enable Sheppey Pulse Network Charity to deliver practical support, develop new initiatives and build stronger, more connected communities across the Isle of Sheppey.

We extend our sincere thanks to every sponsor and partner for their continued generosity, trust and commitment to our charitable work.

Funding & Financial Overview

Sheppey Pulse Network Charity continues to develop a sustainable funding model through grant funding, sponsorship, financial donations and in-kind support from local businesses and community partners.

Every contribution received is reinvested directly into delivering charitable activities, expanding community services and supporting residents across the Isle of Sheppey.

Grant Funding Secured

During the 2025–2026 reporting period, the charity successfully secured the following grant funding:

Police Property Act Fund (PPAF) £2,000

The Tunstall Trust

£200

Warden Bay Parish Council

£150

Total Grant Funding Secured: £2,350

Financial & In-Kind Support

In addition to grant funding, the charity received valuable financial and practical support from local businesses and community sponsors, including:

£910 of professional business support services donated by GlowDesk.

Reduced monthly accountancy fees provided by GlowDesk.

£500 financial donation from JBF Digital Ltd.

£150 financial donation from Phoenix Prestige Cars.

Printing of charity leaflets and promotional materials.

Foodbank stock and essential supplies.

Home delivery support for vulnerable foodbank clients.

Construction of a dedicated foodbank storage platform.

Community display boards for public events.

Complimentary transport support for residents.

Gardening, waste clearance and environmental initiative sponsorship.

Raffle prizes and community event support.

Responsible Stewardship

The Board of Trustees remains committed to ensuring all income and resources are managed responsibly and transparently.

Funding and donations have enabled the charity to:

- Expand community services.
- Develop the Community Foodbank.
- Invest in food safety and storage infrastructure.
- Deliver community events and wellbeing initiatives.
- Strengthen partnerships with local organisations.
- Build a sustainable foundation for future growth.

As a registered charity, Sheppey Pulse Network Charity is committed to ensuring that every donation, grant and sponsorship directly benefits the communities we serve and supports our charitable objectives.

Governance & Trustee Report

Sheppey Pulse Network Charity is a Charitable Incorporated Organisation (CIO) registered with the Charity Commission for England and Wales.

The Board of Trustees is responsible for the overall governance of the charity, ensuring that all activities are carried out in accordance with our charitable objectives, governing document and legal responsibilities.

Throughout the reporting period, the Trustees have continued to strengthen the organisation by developing policies, improving operational procedures and ensuring that the charity operates with transparency, accountability and integrity.

Board of Trustees

During the reporting period, the Board of Trustees consisted of:

- Niquie Trower – Founder & Chair of Trustees, Secretary
- Tracy Edwards – Vice Chair & Treasurer
- Keira Trower – Trustee, Marketing & Communications Lead
- Christine Palmer – Trustee, Children & Families Lead

Sam Trower – Trustee, Digital & Technology Lead
Richard Palmer – Trustee
Isabella Kemp – Trustee

Governance

During the year the charity has continued to strengthen its governance framework by:

Reviewing and implementing key organisational policies and procedures.
Strengthening safeguarding practices and DBS processes.
Developing financial management and reporting procedures.
Expanding partnerships with community organisations and local businesses.
Improving volunteer management and operational planning.
Ensuring compliance with Charity Commission guidance and good governance principles.

Our Commitment

The Trustees remain committed to ensuring that Sheppey Pulse Network Charity is managed responsibly, ethically and transparently.

Every decision made by the Board is guided by our charitable purpose and our commitment to improving the lives of individuals and families across the Isle of Sheppey.

As the charity continues to grow, we will remain focused on good governance, responsible financial management and delivering high-quality services that meet the changing needs of our community.

Looking Ahead

As Sheppey Pulse Network Charity continues to grow, we remain committed to delivering practical support, developing sustainable community services and responding to the changing needs of local residents.

Our priorities for the 2026–2027 reporting year include:

Community Foodbank

Expand foodbank provision across the Isle of Sheppey.
Increase food donations through new partnerships.
Strengthen referral pathways with local organisations and statutory services.
Continue developing our home delivery service for vulnerable residents.

Community Wellbeing

Launch Creative Wellbeing Workshops at Friendship House, Minster, following funding secured through the Police Property Act Fund.

Continue developing The Aura Guide – Volume Two.

Expand opportunities that promote mental health, wellbeing and social inclusion.

Community Initiatives

Deliver the Little Hands, Big Roots environmental education programme with local schools and nurseries.

Continue the Green Thumb Initiative and Neighbourhood Clearance Support Scheme.

Launch the Life Admin & Digital Support Initiative in partnership with GlowDesk.

Continue working with ActivAll to connect local organisations with inclusive physical activity opportunities.

Organisational Development

Increase volunteer recruitment and training.

Strengthen sponsorship and community partnerships.

Secure additional grant funding to expand services.

Continue to develop strong governance, safeguarding and financial management.

Raise awareness of the charity and increase community engagement.

By working collaboratively with residents, volunteers, businesses and partner organisations, we will continue to build a stronger, more resilient and better-connected community across the Isle of Sheppey, Swale & Kent.

Acknowledgements

The Trustees of Sheppey Pulse Network Charity would like to express their sincere thanks to everyone who has supported the charity throughout the 2025–2026 reporting period.

To our volunteers, thank you for your time, commitment and compassion. Your dedication has enabled us to reach more people and deliver meaningful support within our community.

To our sponsors and grant funders, thank you for your generosity and belief in our vision. Your financial contributions, donated goods, professional services and practical support have played a vital role in helping the charity grow and develop.

To our community partners, thank you for working alongside us to improve the lives of local residents. Through collaboration, we have strengthened services, developed new initiatives and created opportunities that would not have been possible alone.

Finally, we would like to thank the residents of the Isle of Sheppey for their continued encouragement, trust and support. Every conversation, donation, referral, volunteer hour and act of kindness has contributed to the success of our charity.

Together, we have achieved a great deal during our first reporting year as a registered charity. We look forward to continuing this journey with our community, building on these foundations and creating lasting, positive change for the people we serve.

Sheppey Pulse Network Charity

Supporting Communities. Inspiring Change. Building Stronger Futures.