

COLCHESTER CATALYST CHARITY

England & Wales · Charity number 228352

Details

Other names	COLCHESTER NURSING HOME LIMITED, COLCHESTER OAKS HOSPITAL LIMITED, THE COLCHESTER & DISTRICT NURSING HOME ASSOCIATION (GUARANTEE) LIMITED
Status	Registered
Legal form	Charitable company
Company number	00634588
Registered	1963-09-27
Register	View on the Charity Commission register

Contact

Address	14 Dedham Vale Business Manningtree Road Dedham Colchester CO7 6BL
Phone	01206323420
Email	INFO@COLCHESTERCATALYST.CO.UK
Website	www.colchestercatalyst.co.uk

Activities

Objects: THE EXCLUSIVELY CHARITABLE OBJECT FOR WHICH THE ASSOCIATION IS ESTABLISHED IS THE RELIEF AT OR IN THE NEIGHBOURHOOD OF COLCHESTER IN THE COUNTY OF ESSEX OF THE SICK OR SUFFERING

Activities: Grant making for the relief of the sick or suffering of North East Essex

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Other Finance
- **What:** The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, Other Charities Or Voluntary Bodies

Geography

- **Area of benefit:** COLCHESTER AND DISTRICT
- Essex

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£353,366	£553,194	-	-
2024-12-31	£349,571	£457,743	-	-
2023-12-31	£394,269	£452,130	-	-
2022-12-31	£373,553	£626,563	-	-
2021-12-31	£360,756	£503,355	-	-
2020-12-31	£324,267	£464,294	-	-

Trustees

Name	Role	Appointed
CHRISTINE HAYWARD	Chair	
Dr Kilian Justus Hochstein-Mintzel		2025-09-29
Dr NAOMI JOAN BUSFIELD		2012-05-01
Dr Sean Patrick Jerome MacDonnell		2021-10-02
Elizabeth Thrower		2014-09-02
Iain Turner		2020-12-08
Joanna Elizabeth Davis		2025-03-15
MARK FERENS PERTWEE		
PETER WILFRID EDGAR FITT FCA		

COLCHESTER CATALYST CHARITY

England & Wales - Charity number 228352

Accounts

Charity Registration No. 228352

Company Registration No. 00634588 (England and Wales)

**COLCHESTER CATALYST CHARITY
LIMITED BY GUARANTEE**

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

COLCHESTER CATALYST CHARITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Hayward MBA NPQH Dr N J Busfield MA, PhD J Davis (Appointed 27 January 2025) P W E Fitt FCA Dr S MacDonnell MBBS FRCA FFICM M F Pertwee BA (Hons) E Thrower DipCOT, MHCP I S Turner MA MBA Dr K J Hochstein-Mintzel MRCP (Appointed 29 September 2025)
Secretary	P W E Fitt FCA
Charity number	228352
Company number	00634588
Registered office	14 Dedham Vale Business Centre Manningtree Road Dedham Essex CO7 6BL
Auditor	Streets Audit LLP c/o The Old Exchange 64 West Stockwell Street Colchester Essex CO1 1HE
Bankers	National Westminster Bank plc Colchester
Solicitors	Birkett Long Colchester

COLCHESTER CATALYST CHARITY

CONTENTS

	Page
Chairman's report	1
Administrator's report	2 - 6
Main grants and donations over £4,000	7
Development Manager's report	8 - 12
Trustees report	13 - 15
Statement of Trustees responsibilities	16
Independent auditor's report	17 - 20
Statement of financial activities	21
Balance sheet	22
Statement of cash flows	23
Notes to the financial statements	24 - 31

COLCHESTER CATALYST CHARITY

CHAIRMAN'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025

The 2025 Colchester Catalyst Charity Annual Report is full of inspiration, hope and health based projects which have made such a difference to the lives of individuals. Behind these projects are the committed and motivated people in the charitable sector who have had the vision and ability to make things happen. Part of this effectiveness has been successful applications to Catalyst for grant funding, which is where the advice and support given by Rodney Appleyard, Stephanie Grant and Wendy Larkin has been invaluable.

For over thirty years, Catalyst has been a constant in providing this support. We have been blessed with loyal and amazing staff, starting with Pat Gosling, then Bart Walsh and now our current team, who, although three in number, work only slightly above one full time equivalent member of staff. Their contribution to Catalyst's continuing work cannot be underestimated and they are thanked very much for that.

I want to emphasise this concept of constancy, especially in the current health landscape, where we are at the beginning of huge organisational and political changes and where the implications for the charitable sector are not fully known. We would encourage charities to continue to talk with us about thoughts for the future. We cannot help with funding gaps or running costs but we can help with small or bigger grants for ideas which are developmental and will make a difference. Rodney Appleyard can also discuss access to other funding streams and he continues to have excellent relationships with major funders covering the CO postcode area. We have had an excellent year financially and Peter Fitt will outline the reasons for this but it means that we remain here to help within the tenets of our Object and Strategy.

Our individual based schemes continue. We have had a drop in applications to our Special Individual Needs Committee, where individuals can apply for items of equipment which can't be funded on the NHS. This coming year we will aim to increase those applications. Thank you to the Committee who oversee this. Counselling applications have remained steady and we now have a grant ceiling which helps the counselling organisations plan their applications to us. The Respite Scheme is well used and thank you to all the charities which manage their grants so well.

This year, we were very sorry indeed to say goodbye to Dr Max Hickman as one of our Directors. Dr Hickman had been on the Board for twenty years. His wise and considered contributions will be missed. He also overlooked Counselling applications and his knowledge of the health landscape in NE Essex was excellent. Luckily for us, Dr Hickman is still involved in the latter and so will be able to give advice as needed. In his place, the Board was very pleased to welcome Dr. Kilian Hochstein-Mintzel. Dr Hochstein-Mintzel brings immense experience of general practice and has a key interest in mental health, as well as other areas.

With Keith Songhurst's resignation in 2024, at the beginning of 2025, the Board welcomed Joanna Davis as his replacement. Ms Davis had recently left her post as CEO of Headway Essex and brings a fantastic knowledge of the charitable sector, including funding and relationships between the charity and statutory sectors. This year she has also been involved in developing our equality, diversity and inclusion monitoring and training.

Both our new appointments are already proving great assets to Catalyst's work.

Thank you to all Catalyst's Directors. Everyone is clear thinking, empathetic, knowledgeable and committed to delivering Colchester Catalyst Charity's Object. I am so pleased that these qualities have remained a constant throughout the lifetime of the Charity and that, whoever has been involved, carries them forward.

Thank you, too, to everyone who has worked with us over the last year, both organisations and individuals. Your goodwill and flexibility is very much appreciated and we look forward to working with you in 2026.

Christine Hayward
Chairman
2 March 2026

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025

This is my sixteenth Administrator's report for Catalyst and we continue to work closely with a small dedicated team comprising Rodney Appleyard, our Development Manager, Wendy Larkin, Assistant to the Administrator and myself.

In 2025 our total grants expenditure increased by almost £100,000, while at the same time in its 35th year, the Catalyst Charity continued to grow and to carry on making a positive and ongoing contribution to the improvement of health care within the CO postcode area. I think that this is an amazing achievement.

It is very encouraging to note that there has been an 8% increase in the value of our total net assets from last year which makes for a strong position to start 2026.

It is over 30 years since Catalyst became a grant making charity and since that time £11 million has been given in grants.

In April we had a very successful AGM at Wivenhoe House with very interesting presentations from Christie Heath, Claire Bridges and Jessica Cornell from the Ark Centre. Catalyst funded the regeneration of the existing office buildings into a purpose-built baby preschool room with bathroom and play therapy room. The Ark Family resource centre is positioned in one of the highest areas of deprivation in Essex and the families that access their services are the 'hard to reach' ones with complex backgrounds that include additional needs, domestic abuse and mental health issues. We also heard from Les Nichol of the Essex Support Team about his work with the Ark Centre.

We were pleased to welcome Joanna Davis (Wright) to the Board in 2025. Joanna has over 35 years of experience within the charity sector. We also welcomed Dr. Kilian Hochstein-Mintzel to the Board of Directors in December 2025.

During 2025, the Catalyst Board considered 47 General Applications (46 last year) from various organisations in our area of operation, of which 25 (53%) (24 - 48% last year) were successful. During this period £258,262 was spent on general grants, (£169,850 last year).

In 2025 our priorities were to focus on health inequalities, particularly in consideration to Walton, Frailty, Hubs/Waiting List Support, Suicide Prevention and an openness to applications for charities working with children. Catalyst seeks projects which have a strong health focus with a proven sustainable future and to work with groups to encourage and enable them to seek match funding from other organisations, thus unlocking further funding.

I would now like to tell you about some of the grants that we have made this year to give you a flavour of the wide range of organisations and projects that we supported in 2025.

We were pleased to make our largest grant of 2025 to Kingsland Church. Kingsland help with health and wellbeing and provide a valuable space for groups that service all members of the community. Our grant of £40,000 enabled them to convert their ground floor, extend the community centre and fund a meeting room and two smaller therapy rooms. These extra rooms will be used as spaces for community groups and charities to hire thus increasing the services they are able to offer. The meeting and therapy rooms will be used for health and wellbeing groups, like Disability 4 sport, health support groups, Royal National Institute for Deaf People, addiction support, Home Start, counselling, mentoring and support.

Our grant of £35,000 to CVST in respect of a Health Empowerment & Learning Project is still waiting to be finalised.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

We were pleased to release our second-year grant of £25,030 to Age Well East who aim to alleviate poverty and reduce loneliness for those in Colchester and outlying villages.

This represents a second year of funding. In 2024 we made Age Well East a grant of £24,496. Our grant supported a free-to access dementia advice service which is unique to Northeast Essex. The impact of our grant has been significant with 59 people receiving assistance and feeling more informed and supported following a diagnosis.

Second year funding will ensure that Age Well East continue to meet clients pre-diagnosis or shortly afterwards and will allow them to keep engaging with their clients all the way through their dementia journey. They will have activities and strategies to maintain independence and connection to the community.

In 2025 we continued to support projects that address health inequalities. St Helena is an organisation that is well known to us. It provides specialist palliative and end of life support to all those in Northeast Essex and helps people to face incurable illness and bereavement by supporting them and their families, friends and carers.

Our grant of £23,900 will help St Helena to establish a new Compassionate Community Connector (CCC) initiative in Northeast Essex that will seek to transform end-of-life care and bereavement support by empowering local communities to become more compassionate and resilient. The CCC aims to enhance the well-being of individuals facing serious illness, ageing, loss and caregiving to ensure that no one in Northeast Essex faces these challenges alone.

The programme is designed to cultivate a network of trained volunteers who will serve as essential points of contact within the community working collaboratively with existing community assets and services.

Beacon House has adopted an holistic approach to the problem of homelessness and has an over-riding goal to transform lives rather than simply to serve the need. They provide a non-judgmental environment where people can have a meal, take a shower, access medical care, discuss their needs with an Occupational Therapist, or Housing Officer and get help to obtain benefits. They have about 8,000 guests each year.

Our grant of £17,208 will be used to fund a new project entitled 'Restore and Thrive'. This is a very different approach to occupational therapy at Beacon House and is based on both external research and their own results/outcomes. Everyone would have a specific health plan that would be based on initial assessments of their needs and assets/abilities and undertaken by both the nursing team and the occupational therapy team.

The Health and Wellbeing Care Hub is a new facility launched at the University of Essex. They have recently completed a two-month trial of an innovative rehab tool called Mindmotiongo from a company called MindMaze. This equipment is clinically evidenced to aid stroke survivors in the recovery of motor arm function and is not restricted to those who have suffered strokes. Our grant of £13,160 will enable HWCH to extend the use of the equipment in the Hub and to teach the future generation workforce of the importance of tech enabled care and to support the ongoing clinical research on its clinical effectiveness.

Our grant of £11,480 to Colchester Life was used to fund a Mobile Medical Clinic that operates through a mobile van that visits various locations, providing essential services such as PSA tests for men and cancer screening particularly focusing on disadvantaged BAME and Caribbean communities in the Colchester and Clacton areas. It is hoped that this initiative will help health inequalities in underprivileged areas which was one of our priorities for 2025.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Another of our priorities for 2025 was to focus on children and young people and so we were pleased to make a grant of £10,000 to Teen Talk Harwich. They support young people aged 11-25 in Tendring. Our grant of £10,000 would enable Teen Talk to develop a Mentor Programme and will ensure that their vital support for young people continues. The Mentor Programme will address mental health and anxiety, low self-esteem and confidence, family breakdown and relationships, school exclusion and neurodiversity.

Suicide Prevention was also on our list of strategic priorities and Harwich has been identified as an area of need due to its higher-than-average deprivation scores and recent suicide statistics around suicides which are higher than average. With this in mind our grant of £8,000 to Healthwatch Essex was used to co-fund (with Tendring District Council, through the Integrated Care Board), the establishment of a Fella's Forum in Harwich. The forum is a safe space for men to talk, socialise and support each other by taking part in shared activities. The main drivers will be mental health, tackling loneliness, isolation and physical health concerns.

The Colchester Anti Loo Roll Brigade (ALRB) supports vulnerable members of the community affected by poverty, ill health, and abuse. Our grant of £8,000 will be used to cover the costs of a counselling scheme. The scheme is a multi-targeted approach working with children who are affected by exploitation, county lines, abuse and neglect and at risk of expulsion from mainstream education or in pupil referral units. The ALRB provide mentoring to children with mentors with lived experiences and relatable stories which is providing to be highly effective. Most of the children involved have been subjected to traumatic experiences including abuse, exploitation, bereavement, racism, neglect and many other contributing factors that may affect their mental health.

Our grant of £7,348 to Flexfit CIC will provide benefit to people to support their physical and mental health and wellbeing. The group tackle the inequalities in the most excluded and disadvantaged communities in order to improve beneficiaries' lifestyles. Activities on offer include yoga, adapted yoga, boxing multi sports and body conditioning. Most sessions are without charge to individuals from deprived communities or those who have lost employment due to long-term health conditions.

We made a grant of £7,000 to fund sensory playground equipment for children with special Needs including profound and multiple learning disability pupils at Lexden Springs School.

Ferriers Barn provides day opportunities for adults with disabilities and offers workshops and craft sessions. We were pleased that our grant of £7,000 will provide therapeutic support so that Ferriers Barn can continue to provide a very high level of service and ensure that health and safety is maintained.

The beneficial impact of nature on mental health and well being is well documented and several of our grants in 2025 focussed on the benefit of spending time outside. One such is Freedom Boat Adventures. Our grant of £6,250 will enable them to provide respite boat trips for those with learning difficulties.

iCARP CIC aims to enhance mental wellbeing and personal recovery by reconnecting individuals with nature through evidence-based, outdoor therapeutic programmes. Its objectives are to provide accessible, compassionate support to people affected by trauma or mental health challenges, to deliver nature-focused interventions such as therapeutic angling and countryside engagement, and to strengthen community inclusion through shared experiences and peer support. Our grant of £6,000 will allow them to set up nature-based therapeutic programme for adults with autism spectrum disorder (ASD) across the Colchester and Tendring districts.

We supported Edensor with a grant of £5,024 towards the cost of specialist chairs that will make a significant difference to end-of-life care for their residents in Clacton.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

We like to get involved with a wide range of projects across the community of North East Essex, (CO postcode). We funded £5,000 to Colchester United Community Foundation, to enable them to expand their Senior U's programme at Colchester United. This is a health and wellbeing club for people over 60 from disadvantaged communities in Colchester.

Grant a Smile were established in 2017 to relieve suffering and improve health and well-being among families living in unsafe or neglected home environments. Its core aim is to restore safety, dignity, and stability in homes where poor conditions are directly impacting physical and mental health. They provide trauma-informed deep cleaning, decluttering, and aftercare for young carers, vulnerable adults, and families in crisis, often where statutory services have reached their limits or no appropriate provision exists. Our grant of £5,000 will be used to deliver a defined health and well-being project supporting high-need households across North East Essex who are living in unsafe or unhealthy home environments caused by hoarding, chronic clutter, and poor mental health.

These conditions pose significant risks to physical and emotional well-being—leading to respiratory illness, infections, falls, and chronic stress. While many of these households are known to local authorities or NHS services, there is no statutory provision for the trauma-informed home restoration and emotional support required to prevent further deterioration in health.

We supported Connect Without Limits with a grant of £5,000. This organisation is a service led by Autistic young people, for Autistic young people, with their voices continuing to shape its collaborative service, always adapting and moving with them.

One of the organisation's goals is to decrease isolation and marginalisation, spreading awareness and education of Autism i.e. myth busting, helping Autistic young people embrace it rather than feel constantly burdened and burnt out by it. Our grant will be used to fund a pilot scheme offering one-to-one counselling support and one-to-one peer support. This project is about treating every single young person as unique individuals and offering person-centred support.

We supported Bright Lives with a grant of £4,200 for a beach wheelchair. Other grants included a grant of £4,000 to Bridgeway Mission for music therapy for young children, £3,000 to Stepping Stones for equipment, £2,000 to Ending Life's Taboo for training for counselling around bereavement and grief, £2,000 to Breast Friends in respect of support for women with breast cancer and a First Aid Training Package of £1,000 for Market Field School.

As you can see during 2025, we have again supported a diverse and innovative range of projects addressing both physical and mental needs, including counselling/support and equipment, right across the age spectrum. All our grants are monitored regularly, and we ask for feedback, reports and photos where appropriate.

We continue to support counselling services, and this accounted for £23,370 of expenditure during 2025.

Special Individual Needs (SIN) grants continue to be an important part of our work. There were 108 (151 last year) applications of which 86 (123 last year) were successful. This year we spent £53,171 on SIN (£64,122 last year) Once again the vast majority of grants provided mobility equipment for those who could not obtain it from the statutory providers.

Sean MacDonnell chairs the SIN Committee, who meet every 4 to 6 weeks via Teams, and is made up of health professionals.

We regularly receive letters and cards of thanks from individuals and their carers who are so grateful for the help provided. Some of these can be found on our Facebook page or website.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

The Catalyst respite scheme continues to represent a significant part our budget and in 2025 £135,500 (last year £120,714) was spent on arranging short term respite care. This scheme allows full-time carers to have a break from their caring duties. We work in partnership with over a dozen care organisations, listed on the inside front cover of this report. Our partners are trained as assessors, and each organisation has an agreed annual budget. We monitor the activity and keep in touch throughout the year.

We were very sorry that the Halstead Day Centre closed in September 2025. Dorothy Lodge started the centre nearly 47 years ago and during that time it has provided respite for hundreds of carers.

In communicating Catalyst's activities, our website www.colchestercatalyst.co.uk provides a wealth of information about our services and grants in addition to having links to partner sites providing advice, support and services to help improve healthcare within the CO postcode area. Application forms for General and Special Individual Needs grants are available to complete or download from the site, as well as copies of past Annual Reports together with a regularly updated news section. Our website has undergone a facelift. We can also now be found on Facebook which is updated on a regular basis.

Finally, I would like to take this opportunity to thank all my colleagues, Catalyst's Chairman Christine Hayward, Peter Fitt, Company Secretary, Mark Pertwee, Vice Chairman, the Board, Development Manager Rodney Appleyard, assistant Wendy Larkin and our partner charities and organisations for all their help, support and encouragement during the past year. We all feel very happy and privileged to be working for the Catalyst Charity, by bringing help to those people who fall outside the statutory remit.

Stephanie Grant
Administrator
2 March 2026

COLCHESTER CATALYST CHARITY

MAIN GRANTS AND DONATIONS OVER £4,000

FOR THE YEAR ENDED 31 DECEMBER 2025

Organisation	Project	£
Kingsland Church	Community Hub	40,000
CVST	Health Project	35,000
Age Well East	Dementia Service Year 2	25,030
St Helena Hospice	Compassionate Community Care Prog	23,900
Beacon House	Health Focused OT Support	17,208
Health Wellbeing & Care Hub	New Facility	13,160
Colchester Life	Cancer Project	11,480
Teen Talk Harwich	Mentoring Programme	10,000
Healthwatch Essex	Suicide Prevention Project	8,000
Colchester Anti Loo Roll Brigade	Counselling Scheme for Young People	8,000
Flexfit CIC	Exercise/ Activity Support	7,348
Lexden Springs School	Sensory item for Playground	7,000
Ferriers Barn	Therapeutic Support	7,000
Freedom Boat Adventures	Respite Boat Trips for those with LD	6,250
iCarp	Well being Prog for adults with Autism	6,000
Edensor	Specialist Chairs	5,024
Colchester United Comm Found	Seniors U's Programme	5,000
Grant A Smile	Trauma Support for Hoarders	5,000
Connect Without Limits	Pilot Scheme for Autism people in Harwich	5,000
Bright Lives	Beach Wheelchair	4,200

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025

2025 was another successful year for Catalyst, with us supporting a wide range of projects that have helped to improve the health of many people in North East Essex.

However, this year was also a difficult one for the local health sector as a whole, due to local government and NHS bodies facing significant challenges and organisational restructures.

During this period, we have been understanding of the repercussions on local projects and have listened carefully to how community leaders plan to navigate their way around these changes.

Having developed strong relationships with several other funders and commissioners, this has enabled us to provide advice on applying for alternative sources of funding, which, in combination with Catalyst funding, can assist in keeping projects going longer-term. We are grateful for these relationships that have developed over the last few years, especially with the National Lottery Community Fund and Essex Community Foundation.

Despite these challenges holding some projects back, we have still been able to fund original new ideas that have a strong chance of sustainable success.

One example of a project like this is the Kingsland Centre expansion. We awarded this organisation a grant of £40,000 to build a new therapy room in their new health hub based in Stanway.

This funding has gone towards covering part of the overall costs of the project, which will transform an old ALDI supermarket into a new health centre, underneath Kingsland's main health hub. In total, the project will cost almost £2 million.

In the upstairs section of Kingsland's building, the staff already support a large number of people each week, helping them cope with their health problems. This work includes taking care of lonely people who are frail or disabled, as well as young people with learning disabilities.

The renovation of the downstairs section of the building will provide the Kingsland Centre with a new space to help people who have been on hospital waiting lists for a long time. It will also assist people who are in need of many different health therapies.

One of the reasons why we awarded a grant to this project is not only because of its strong merits with delivering highly impactful new health services, but also because of its opportunities to link up with joint funding from other organisations.

The Kingsland Centre has been highly successful with sourcing other means of funding to develop this project, which Catalyst's grant has helped to unlock. We believe it represents a particularly good example of how a project can still succeed, despite the current uncertainty experienced in the funding sector. Therefore, it stands tall as an inspiration to other groups with big ambitions.

We have also supported a number of other projects that are aligned closely with our strategy.

This strategy focused on addressing the following areas:

- Health inequalities, especially in consideration to Walton;
- People suffering from frailties;
- The development of local hubs/addressing the challenges of people on waiting lists;
- Suicide prevention;
- Supporting charities working with children.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

One of the projects that is comprehensively addressing health inequalities is the new counselling project run by the Anti-Loo Roll Brigade and YES, which is based in local schools. This project involves supporting young people who have experienced traumas and abuse in severely deprived areas of Colchester.

We also supported Bright Lives with its new centre in Walton, which involves helping people with learning disabilities in this area, as well as older people who are isolated and do not have much access to health services near them.

Additionally, we were pleased to support Age Well East's dementia project for a second year in North East Essex, which also involves helping families in deprived areas to cope with their loved ones who face challenges due to dementia.

Another project that addresses waiting lists and makes more use of local hubs is the Community Connector Programme run by St Helena Hospice. This project involves bringing together several local charities and health providers to deliver health services for people in remote regions.

We also supported Healthwatch Essex to provide support for men at risk of suicide in Harwich. Plus, we awarded a grant to Teen Talk, so it can increase its support for young people at risk of suicide and those facing severe mental health challenges in Harwich.

In line with our strategy around helping children, we were pleased to award grants to a few other interesting projects, including those run by Connection With Limits, Stepping Stones, the Bridgeway Mission and Market Field School.

Many of these projects are helping to tackle problems that align with the priorities of other commissioners and funders. So, although the sector is experiencing a difficult time, there are still many funders that are keen to keep these projects going.

Our strong team of staff and Trustees are looking forward to welcoming more of your new imaginative projects in the future, plus strengthening the co-funding relationships with our partners, so we can play our role in helping to improve the lives of many more people in 2026.

Hospice's new project reaches out to people on waiting lists in remote regions

We awarded St Helena Hospice a grant of £23,900 to support a new project that will bring new services to community hubs in remote regions all over Colchester and Tendring, for the purpose of helping frail people with serious illnesses, who are also facing loss and isolation.

Working with several other local community groups, this programme involves training a team of Community Connector volunteers who will provide and signpost vital healthcare support for people on waiting lists affected by ageing, caregiving or bereavement.

Through this initiative, St Helena aims to build stronger, more compassionate communities, where people feel more confident about coping with their illnesses and less likely to face these experiences alone.

"We know that many people in our communities feel isolated or unsure of where to turn for support when they or someone they love is seriously ill or grieving," said Lianne Keen, the Trusts and Commissioning Manager for St Helena Hospice.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

“Thanks to Colchester Catalyst Charity, we’re able to train and support volunteers to start those compassionate conversations in everyday places – helping people find comfort, information and connections close to home. These people will also receive mentoring support from the connectors.”

The Community Connectors will:

- Encourage open, supportive conversations about death, dying, and loss.
- Signpost people to relevant community and health services.
- Foster new connections to help reduce loneliness and isolation.
- Raise awareness of Hospice care and local well-being initiatives.

This grassroots approach reflects a growing movement known as Compassionate Communities, which recognises that end-of-life care and bereavement support are not just medical matters, but community responsibilities. This provision is in addition to the support that will be provided to help people on waiting lists to get well again.

The first wave of volunteer recruitment and training is already underway, with the project expected to reach hundreds of local residents over 2026. The impact will be measured through increased community awareness, greater confidence around end-of-life planning and reduced social isolation.

This initial programme aims to establish the foundations for a sustainable, volunteer-led model of community support, building on the hospice’s vision that no one should face illness, dying, death or loss alone.

The Healthwatch Essex Fella’s Forum supports men at risk of suicide in Harwich

The Healthwatch Essex Fella’s Forum first launched in Colchester towards the end of 2021, creating a welcoming space for men to talk openly and support each other on a monthly basis.

What began as informal meet-ups, where men could chat about topics related to their health and well-being; men’s health screenings; and fatherhood - has now grown into a vibrant community that encourages connection and openness.

The project recently expanded into Harwich, thanks to an £8,000 grant we awarded the project in collaboration with Tendring District Council. It was formed due to recent research into local community needs, delivered by Healthwatch Essex, CVST, and Community360. This research discovered that Harwich was in need of further suicide prevention work regarding men.

Scott Tatum, the Engagement Manager for Healthwatch Essex, who runs the project said:

“The main aims of the Harwich Fella’s Forum is to provide a safe and welcoming relaxed environment, to implement light physical activities that can enhance the men’s physical and mental well-being. They create a community, help to reduce social isolation, and a key aim is to link men with other groups and services that can improve their lives through early interventions and preventative measures.”

He added that the Healthwatch Essex Fella’s Forums differ from other suicide prevention initiatives due to the creation of a trusted community of men who support each other and share journeys that inspire each other to seek further help. The men have also helped to shape services and feedback on proposed new services.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

“Long-term, it will enable the Harwich community to feel confident all is being done to provide suicide prevention for men and allow them to gain awareness of further well-being support available,” added Scott. “The Harwich community have a clear pathway now to signpost the men of Harwich to a forum that will reduce social isolation.

“We are extremely grateful to Colchester Catalyst for the funding to enable us to deliver this Healthwatch Essex Harwich Fella’s Forum. It has been heartwarming to see the positive impact the sessions have had already on the men’s physical and mental well-being and also witness them creating their own community.

“Thank you so much again for allowing us the opportunity to get the men of Harwich talking more about their health and improving it.”

Beacon House provides occupational therapy for homeless people to get their health back on track

We awarded Beacon House a grant of £17,208, to provide occupational therapy support for homeless people in Colchester who are recovering from challenging health conditions.

One of the people they helped is a 65-year-old man, who had been evicted recently, with Colchester Borough Homes placing him in emergency accommodation.

At the time, he was struggling with chronic non-healing bi-lateral leg ulcers, depression and anxiety. He also had poor mobility and was at risk of falling.

The OT intervention, provided by Beacon House, involved referring him to bereavement counselling, Cognitive Behavioural Therapy and experienced healthcare professionals. Additionally, he attended the charity’s Restore and Thrive and Skills4Life sessions.

As a result of this work, he eventually started to feel much better, plus engaged with a new routine and structure to his life. This involved attending community groups, to address his feeling of loneliness, and primary care appointments. Beacon House also found him suitable accommodation.

Via the outcome measures used by Beacon House, the team discovered that his generalised anxiety and depression scale was reduced from being a score of 15 at the start of the project, to 12.

His loneliness score was initially seven, but eventually reduced to four, following the interventions. He also told staff he now feels much more positive and motivated about his future plans for the year ahead.

Kingsland Centre to set-up a new therapy hub in Stanway

We awarded the Kingsland Centre with a grant of £40,000, to develop a new therapy hub as part of ambitious plans to expand its current building and services.

This new hub will be used to help people on waiting lists, as well as children who are need in therapeutic support.

Self-care groups will be set-up in this space, plus GPs and healthcare professionals will visit the area to provide direct support for people with serious illnesses.

Neil Loxley, the leader of the project, said that Catalyst’s funding has played a significant role in helping the organisation to unlock more funding from elsewhere to bring this project to life.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

In total, the organisation is raising over £1.7 million to transform an old supermarket that used to exist below the Kingsland Centre into a space dedicated to providing new health services for people within the local community.

"We are excited to have started the refit of the previous Aldi store. We are still open upstairs of course for all sorts of community and charitable activities, plus look forward to expanding our facilities to the street level.

"We expect to open around the middle of the 2026. People of all ages and backgrounds come to our busy community centre to receive support from a number of different health-related activities. At present around 160 groups meet each week and we are confident that we will be able to expand this to around 200 with the new facilities.

"We are so grateful to Colchester Catalyst who were the first to offer a grant and this has encouraged others to help with the funding. Colchester Catalyst were good enough to fund rooms in the central part of the new development, which will be used for small groups and one to one sessions meeting mental health and physical well-being needs.

"At the time of writing we have sufficient funds for phase 1, which will open a dozen rooms for community use, including Catalyst's new therapy hub. The much smaller phase 2 will start after this."

Rodney Appleyard
Development Manager
2 March 2026

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees present their report and accounts for the year ended 31 December 2025.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016)".

Objectives and activities

The objective of the charity is the relief of the sick and suffering in the Neighbourhood of Colchester. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when planning its future activities and setting the grant making policy for the year.

Details of the charities activities and achievements during the year are set out in the chairman's Report, administrator's report and the development manager's report.

Grant making policy

The Charity's detailed grant making criteria are set out on the Charity's website, www.colchestercatalyst.co.uk. All applications for grants are considered by the Trustees and where successful are formally approved. An annual grants budget is set by the Trustees.

Financial review

The results are shown in the financial statements of which the following is a summary:-

	31/12/2025	31/12/2024
	£	£
Charitable Expenditure	553,194	457,743
Surplus / (Deficit) before Gains or Losses on Investments	(199,828)	(108,172)
Realised Gains / (Losses) on Sales of Investments	21,925	(55,335)
Unrealised Gains / (Losses) on valuation of Investments	1,324,773	799,785
Total Net Assets at 31st December	13,903,552	12,756,682

Future financial performance will be affected by the investment income and growth achieved in future years.

The current reserves policy is to endeavour to maintain a Capital Reserve of at least £12,000,000 as at 31 December 2023 in real terms. Therefore the target Capital Reserve as at the reporting date is £12,700,000. This level of reserves has been met throughout the reporting period.

Investment policy

The investment policy is determined by the Trustees, with the benefit of external advice, after considering income requirements, risk profile and stock market prospects in the short and medium term.

Risk statement

The Trustees confirm that the major risks to which the charity is exposed, as identified by the Trustees, have been reviewed and systems established to mitigate these risks.

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Plans for future periods

The Trustees plan for the foreseeable future to continue making grants with a view to making a positive contribution to improving care of the sick or suffering in the CO postcode area.

Structure, governance and management

The charity is a company limited by guarantee (number 00634588), governed by a Memorandum and Articles of Association and is a Registered Charity (number 228352).

At 31st December 2025 there were forty two members.

Colchester Catalyst Charity became a grant making charity in 1990 following the sale of the Colchester Oaks Hospital, in Oaks Drive, to Community Hospitals PLC. The sale was conditional on Community Hospitals PLC building a new hospital, to an agreed high specification, by 1994 - this was done and the new Oaks Hospital off Mile End Road was opened in January 1994.

With the agreement of the Charity Commissioners the directors decided to devote the income, from the invested funds resulting from the sale 'for the relief of the sick or suffering of North Essex'.

The Charity is administered by a Board of Trustees.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Hayward MBA NPQH

Dr N J Busfield MA, PhD

J Davis

(Appointed 27 January 2025)

P W E Fitt FCA

Dr M P Hickman MB B.Chir DCH

(Resigned 9 June 2025)

Dr S MacDonnell MBBS FRCA FFICM

M F Pertwee BA (Hons)

E Thrower DipCOT, MHCPC

I S Turner MA MBA

Dr K J Hochstein-Mintzel MRCP

(Appointed 29 September 2025)

Nominations for the appointment of new Trustees are made based upon the established knowledge and experience of the candidate and on the likely contribution that the candidate may make to the work of the charity. All Trustee appointments are subject to election at an AGM and all Trustees are subject to re-election at an AGM every three years.

Trustees are provided with appropriate information and guidance on induction; no other formal training is provided to trustees.

Administrator and assistant:

S Grant & W Larkin

Development Manager:

R Appleyard

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.

P W E Fitt FCA

2 March 2026

COLCHESTER CATALYST CHARITY

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2025

The trustees, who are also the directors of Colchester Catalyst Charity for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF COLCHESTER CATALYST CHARITY

Opinion

We have audited the financial statements of Colchester Catalyst Charity (the 'charity') for the year ended 31 December 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and the provisions available for small entities, in the circumstances set out in note 19 to the financial statements, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF COLCHESTER CATALYST CHARITY

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of Trustees responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF COLCHESTER CATALYST CHARITY

We made enquiries of the trustees, including:

- How they have identified, evaluated and complied with laws and regulations and whether they were aware of any instances of non-compliance;
- Their process for detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
- Which internal controls have been established to mitigate risks related to fraud or non-compliance with laws and regulations.

We obtained an understanding of the legal and regulatory frameworks that are applicable to the Charity. These include, but are not limited to, compliance with the Companies Act 2006, UK GAAP, Charities SORP and tax legislation.

In addition, the Charity is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: employment law and data protection.

The Senior Statutory Auditor has assessed and concluded that the engagement team collectively had the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations. During our audit:

- We reviewed the financial statement disclosures and tested to supporting documentation to assess compliance with relevant laws and regulations discussed above;
- We made enquiries of the trustees;
- We read minutes of meetings of those charged with governance.

We considered opportunities for fraudulent manipulation of the financial statements (including revenue recognition and the risk of override of controls), and determined that the principal risks were related to management override of the Charity's grant awarding process. Due to the Charity's extensive controls in place and regular oversight from the Board, the risk of fraud in this area is low.

The specific procedures we performed to address this area was as follows:

- We reviewed the integrity of the controls in place and discussed with management where any amendments had been made to ensure processes are up to date;
- Performed walkthrough tests on a sample of grants awarded covering General, SIN, Respite and Counselling grants;
- Ensured that all grants sampled had been approved by the board by reviewing meeting minutes of the Trustees and the SIN board committee;
- Through review of the meeting minutes we concluded that adequate controls are in place for the identification of potential conflicts of interests such that grants are not awarded to those with a financial interest in the Charity.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF COLCHESTER CATALYST CHARITY

Our audit procedures were designed to respond to risks of material misstatement in the financial statements, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery, misrepresentations or through collusion. There are inherent limitations in the audit procedures performed and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we are to become aware of it.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Michael Greene BSc FCCA (Senior Statutory Auditor)

For and on behalf of Streets Audit LLP, Statutory Auditor

Chartered Accountants

c/o The Old Exchange

64 West Stockwell Street

Colchester

Essex

CO1 1HE

Date:

COLCHESTER CATALYST CHARITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Income from:			
Donations and legacies	2	300	310
Investments	3	353,066	349,261
Total income		<u>353,366</u>	<u>349,571</u>
Expenditure on:			
Charitable activities	4	553,194	457,743
Total expenditure		<u>553,194</u>	<u>457,743</u>
Net gains/(losses) on investments	8	<u>1,346,698</u>	<u>744,450</u>
Net income and movement in funds		1,146,870	636,278
Reconciliation of funds:			
Fund balances at 1 January 2025		<u>12,756,682</u>	<u>12,120,404</u>
Fund balances at 31 December 2025		<u>13,903,552</u>	<u>12,756,682</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

COLCHESTER CATALYST CHARITY

BALANCE SHEET

AS AT 31 DECEMBER 2025

		2025		2024	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	12		166,697		166,697
Investments	13		13,517,243		12,420,545
			<u>13,683,940</u>		<u>12,587,242</u>
Current assets					
Debtors	14	534		538	
Cash at bank and in hand		425,524		204,187	
		<u>426,058</u>		<u>204,725</u>	
Creditors: amounts falling due within one year	15	(206,446)		(35,285)	
Net current assets			<u>219,612</u>		<u>169,440</u>
Total assets less current liabilities			<u>13,903,552</u>		<u>12,756,682</u>
The funds of the charity					
Unrestricted funds	20		13,903,552		12,756,682
			<u>13,903,552</u>		<u>12,756,682</u>

The financial statements were approved by the trustees on 2 March 2026

C Hayward MBA NPQH

P W E Fitt FCA

Company registration number 00634588 (England and Wales)

COLCHESTER CATALYST CHARITY

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2025

	Notes	2025 £	£	2024 £	£
Cash flows from operating activities					
Cash absorbed by operations	18		(381,729)		(465,544)
Investing activities					
Purchase of investments		(300,000)		(1,750,000)	
Proceeds on disposal of investments		550,000		1,735,510	
Investment income received		353,066		349,261	
		<hr/>		<hr/>	
Net cash generated from investing activities			603,066		334,771
Net cash used in financing activities			-		-
			<hr/>		<hr/>
Net increase/(decrease) in cash and cash equivalents			221,337		(130,773)
Cash and cash equivalents at beginning of year			204,187		334,960
			<hr/>		<hr/>
Cash and cash equivalents at end of year			425,524		204,187
			<hr/> <hr/>		<hr/> <hr/>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies

Charity information

Colchester Catalyst Charity is a private company limited by guarantee incorporated in England and Wales. The registered office is 14 Dedham Vale Business Centre, Manningtree Road, Dedham, Essex, CO7 6BL.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.3 Incoming resources

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Other income including income tax recoverable is accounted for on an accruals basis as far as it is prudent to do so.

1.4 Resources expended

Grants and donations payable are recognised as expenditure when the grant is approved.

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	0% depreciation
-----------------------------	-----------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

1 Accounting policies (Continued)

1.6 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at quoted sale value at the close of business on the balance sheet date. Changes in market value are recognised in net income/(expenditure) for the year and carried to the capital fund. Transaction costs are expensed as incurred.

Quoted investments are included at quoted saleable value as at the close of business on the balance sheet date, any surplus or deficit arising on such valuation is carried to capital fund.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Basic financial assets

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost.

Financial assets comprise cash at bank and in hand, together with other debtors. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital.

Financial liabilities held at amortised cost comprise all creditors except social security and other taxes, deferred income and provisions.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.11 Grants and donations payable

Grants and donations payable are recognised as expenditure when the grant is approved.

1.12 Gifts in kind

The Charity receives the benefit of work carried out by volunteers. No value is placed on this in the financial statements.

2 Income from donations and legacies

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Donations and gifts	300	310
	====	====

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

3 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Other income	353,066	349,261

4 Expenditure on charitable activities

	2025 £	2024 £
Direct costs		
Staff costs	60,939	63,248
Office expenses	10,334	11,526
	<u>71,273</u>	<u>74,774</u>
Grant funding of activities (see note 10)	470,303	372,174
Share of support and governance costs (see note 11)		
Governance	11,618	10,795
	<u>553,194</u>	<u>457,743</u>
Analysis by fund		
Unrestricted funds	<u>553,194</u>	<u>457,743</u>

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration, benefits or payments for expenses from the charity during the year.

6 Employees

The average monthly number of employees during the year was:

2025 Number	2024 Number
3	3

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

6	Employees	(Continued)	
	Employment costs	2025	2024
		£	£
	Wages and salaries	59,150	61,415
	Other pension costs	1,789	1,833
		<u>60,939</u>	<u>63,248</u>

There were no employees whose annual remuneration was more than £60,000.

7	Retirement benefit schemes	2025	2024
	Defined contribution schemes	£	£
	Charge to profit or loss in respect of defined contribution schemes	1,789	1,833
		<u>1,789</u>	<u>1,833</u>

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

8	Gains and losses on investments	Unrestricted funds 2025	Unrestricted funds 2024
	Gains/(losses) arising on:	£	£
	Revaluation of investments	1,324,773	799,785
	Sale of investments	21,925	(55,335)
		<u>1,346,698</u>	<u>744,450</u>

9 Taxation

The company is a charity and is not liable to corporation tax on income. It is entitled to receive certain types of investment income without deduction of Income Tax at source.

Expenditure includes where appropriate irrecoverable Value Added Tax.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

10 Grants payable

	2025	2024
	£	£
Grants to institutions:		
Charities etc	258,262	169,850
Special Individual Needs	53,171	64,122
Respite Care	135,500	120,714
Counselling	23,370	17,488
	<u>470,303</u>	<u>372,174</u>

A detailed analysis of Grants and Donations over £4,000 made in the year can be found on page 7.

11 Support costs

	Support costs	Governance costs	2025	Support costs	Governance costs	2024
	£	£	£	£	£	£
Audit fees	-	5,610	5,610	-	5,710	5,710
Accountancy	-	990	990	-	918	918
Sundries	-	5,018	5,018	-	4,167	4,167
	<u>-</u>	<u>11,618</u>	<u>11,618</u>	<u>-</u>	<u>10,795</u>	<u>10,795</u>
Analysed between						
Charitable activities	<u>-</u>	<u>11,618</u>	<u>11,618</u>	<u>-</u>	<u>10,795</u>	<u>10,795</u>

Governance costs includes payments to the auditors of £5,610 (2024: £5,710) for audit fees. An amount of £990 (2024: £918) was payable to an associate of the auditor, Streets Whittle & Partners LLP, for non-audit work.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

12 Tangible fixed assets

	Freehold land and buildings £
Cost	
At 1 January 2025	166,697
At 31 December 2025	166,697
Carrying amount	
At 31 December 2025	166,697
At 31 December 2024	166,697

13 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 January 2025	12,420,545
Additions	300,000
Valuation changes	1,324,773
Realised gains/(losses)	21,925
Disposals	(550,000)
At 31 December 2025	13,517,243
Carrying amount	
At 31 December 2025	13,517,243
At 31 December 2024	12,420,545

	2025 £	2024 £
Investments at fair value comprise:		
Blackrock Charities UK Equity Fund (formerly Charishare):	3,482,933	3,372,260
Blackrock Cash Fund Class D Acc	302,470	-
Newton Growth & Income Fund for Charities:	7,350,511	6,823,140
Schroders Charity Multi Asset Fund	2,381,329	2,225,145
	<u>13,517,243</u>	<u>12,420,545</u>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

14 Debtors

	2025	2024
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	534	538
	<u>534</u>	<u>538</u>

15 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other creditors	200,746	29,785
Accruals and deferred income	5,700	5,500
	<u>206,446</u>	<u>35,285</u>

16 Outstanding grants payable

The analysis of grant funding and the balance outstanding included in other creditors for the period is as follows:

	Note	2025	2024
Grants approved not yet paid - brought forward		29,357	38,072
Grants approved in period	10	470,303	372,174
Grants paid in period		(299,784)	(380,889)
		<u>199,876</u>	<u>29,357</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2024 - none).

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2025

18	Cash generated from operations	2025	2024
		£	£
	Surplus for the year	1,146,870	636,278
	Adjustments for:		
	Investment income recognised in statement of financial activities	(353,066)	(349,261)
	(Gain)/loss on disposal of investments	(21,925)	55,335
	Fair value gains and losses on investments	(1,324,773)	(799,785)
	Movements in working capital:		
	Decrease in debtors	4	373
	Increase/(decrease) in creditors	171,161	(8,484)
	Cash absorbed by operations	<u>(381,729)</u>	<u>(465,544)</u>

19 Non-audit services provided by auditor

In common with many businesses of our size and nature we use our auditor to assist with the preparation of the financial statements.

20 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 January 2025	Incoming resources	Resources expended	Gains and losses	At 31 December 2025
	£	£	£	£	£
General funds	12,756,682	353,366	(553,194)	1,346,698	13,903,552
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Previous year:	At 1 January 2024	Incoming resources	Resources expended	Gains and losses	At 31 December 2024
	£	£	£	£	£
General funds	12,120,404	349,571	(457,743)	744,450	12,756,682
	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>

COLCHESTER CATALYST CHARITY

England & Wales - Charity number 228352

Accounts



Annual Report 2024

REPORT AND FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2024





THE FOLLOWING LOCAL CARING ORGANISATIONS RECEIVE FUNDING FROM THE COLCHESTER CATALYST CHARITY FOR THE PROVISION OF RESPITE BREAKS FOR CARERS AND THEIR FAMILIES:

- Action for Family Carers** 0300 770 8090
- Braintree District Mencap** 01376 326302
- Cadows** 07379 836381
- Colchester Gateway Clubs** 07710 177050
- Crossroads Tendring & Colchester** 01255 860960
- Crossroads Braintree & District** 01376 529985
- EACH** 01223 800 800
- Essex Carers Support** 01255 474410
- Halstead Day Centre** 01787 476253
- Headway Essex** 01206 845945
- Mistley Kids Club** 07809 176252
- Stepping Stones** 01206 860467
- The Ark Family Resource Centre** 01255 502063

LEGAL AND ADMINISTRATIVE INFORMATION

TRUSTEES

- C Hayward** MBA NPQH (Chairman)
- P W E Fitt** FCA (Secretary)
- M F Pertwee** BA (Hons) (Vice Chairman)
- Dr N J Busfield** MA, PhD
- Dr M P Hickman** MB B.Chir DCH
- Dr S MacDonnell** MBBS FRCA FFICM
- K Songhurst** LLB (Hons) (Retired December 2024)
- E Thrower** DipCOT, MHCP
- I S Turner** MA MBA
- J Davis** (Appointed 27 January 2025)

SECRETARY

P W E Fitt FCA

CHARITY NUMBER

228352

COMPANY NUMBER

00634588

REGISTERED OFFICE

14 Dedham Vale Business Centre, Manningtree Road, Dedham, Essex CO7 6BL

AUDITOR

Streets Whittle & Partners LLP

The Old Exchange, 64 West Stockwell Street, Colchester, Essex, CO1 1HE

BANKERS

National Westminster Bank plc

Colchester



Contents

Chairman's Report	04
Figures at a glance	06
Administrator's Report	07
Main Grants and Donations over £4,000	13
Development Manager's Report	14
Case Studies	16
Total value grants year by year	20
Criteria for Grant Making	20
Trustees' Report	21
Independent Auditor's Report	23
Statement of Financial Activities	26
Balance Sheet	27
Statement of Cash Flows	28
Notes to the Accounts	29

Chairman's Report



CHRISTINE HAYWARD,
CHAIRMAN

PRESIDENT: A H Frost.
DIRECTORS: C Hayward MBA NPQH, P W E Fitt FCA, M F Pertwee BA (Hons), Dr N J Busfield MA, PhD, Dr M P Hickman MB B.Chir DCH, Dr S MacDonnell MBBS FRCA FFICM, K Songhurst LLB (Hons) (Retired December 2024), E Thrower DipCOT, MHCP, I S Turner MA MBA, J Davis. (appointed 27 January 2025)
ADMINISTRATOR: Stephanie Grant
DEVELOPMENT MANAGER: Rodney Appleyard BA (Hons)

Welcome

I am very pleased to write this introduction for the 2024 Colchester Catalyst Charity Annual Report and hope that you will be inspired and touched by the stories and case studies which Rodney Appleyard and Stephanie Grant write about in their commentaries. It is these which are the *raison d'être* of the Charity and we are so very pleased that, even in difficult economic times, there is so much good work which is done and which we can, in some small way, support. Rodney Appleyard has also built up excellent relationships with other funders and planners so that Catalyst can continue its ability to catalyse as well as to help financially.

It is a credit to our Finance Committee of Peter Fitt, Iain Turner, Mark Pertwee, Max Hickman and Keith Songhurst, that they have made very sound recommendations to the Board regarding our investments and what amounts might be available for grant making and we thank them for their work in this area.

As well as our general grants, Catalyst also supports our **Counselling Scheme**, our **Special Individual Needs Scheme** and our **Respite Scheme**. The Counselling Scheme, overseen by Dr. Max Hickman and Dr. Joan Busfield (PhD), contributes funding to counselling organisations for people who cannot afford to fund counselling sessions which a GP or health professional has recommended. The Special Individual Needs Committee, chaired by Dr Sean MacDonnell and assisted by Liz Thrower, Marie Pagett and the Wheelchair Service team, helps to fund certain health based equipment for individuals, equipment which would not be available on the NHS but which would enable those people to live their lives more comfortably. The Respite Scheme chaired by Stephanie Grant, assisted by Peter Fitt and range of Respite Service providers, grants funding to enable organisations to help fund respite services for their users.

This year, all these individual based schemes were reviewed to assess whether they were still useful, fit for purpose and should continue. With a few minor tweaks to their running, the Board agreed that they should all be maintained – it remains very important to us to continue to

support individuals with health needs as well as grants to bigger organisations. I'd like, too, to take this opportunity thank all the individuals who help us to run the schemes. Your help is invaluable.

It's also very gratifying, as we look at the range of grants this year, to see a good mix of new charities emerging and those which have stood the test of time and the vagaries of funding streams over many years. We are very pleased that one of the latter, The Ark Family Resource Centre, based in Harwich since 1953, will be talking to us at the AGM about their journey and how Catalyst has been a helper on the way.

At the end of December, we said goodbye and a big thank you to Keith Songhurst who has been a member of the Board for nine years. His thoughtful and perceptive contributions will be missed and we wish him well as he takes on new challenges in his career and potential house move! Hopefully we will be able to announce his replacement early in 2025.

Our wonderful team of Rodney Appleyard, Development Manager; Stephanie Grant, Administrator and Wendy Larkin, Assistant to the Administrator, continue to be the beating heart of the Charity. They are both good on the detail and also being able to put our strategic objectives into action. They get things done with kindness, compassion and humanity. Thank you too to the Board – as you have read, everyone is involved in something! Each person gives their time with generosity and compassion, as well as with clear thinking and good decision making. All this makes my job as Chair, and Mark Pertwee's as Vice-chair, both a pleasure and a privilege.

I commend this report to you and in doing so, also thank all the charities and funders who create such a rich helping network across the CO postcode area and who continue to work so positively with us.

Christine Hayward

Chairman
February 2025



The Ark Family Resource Centre, based in Harwich since 1953, will be talking to us at the AGM about their journey and how Catalyst has been a helper on the way.



As well as our general grants, Catalyst also supports our Counselling Scheme, our Special Individual Needs Scheme and our Respite Scheme.



Colchester Catalyst Charity aims to improve the health of people living within the CO postcode areas by making a positive and ongoing contribution to the improvement of healthcare services in this region, specifically where help is not available from statutory organisations.



...it remains very important to Colchester Catalyst to continue to support individuals with health needs as well as grants to bigger organisations...

Figures at a glance

	2024	2023
Direct charitable expenditure	£457,743	£452,130
(Deficit)	(£108,171)	(£57,861)
Realised Gains/(Losses) on sales of investments	(£55,335)	£23,458
Unrealised Gains/(Losses) on valuation of investments	£799,785)	£389,854
Total net assets at 31 st December 2023	£12,756,682	£12,120,404

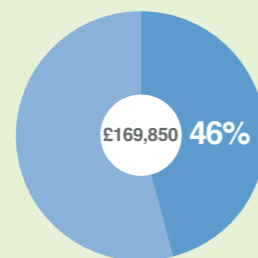
General applications

Equipment	13
Education	3
Counselling/Befriending/Mental Health	7
Total 46 (last year 47)	

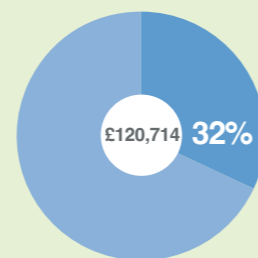
Accepted **24**, Unsuccessful **11**, Deferred **11**

Breakdown of total grants expenditure

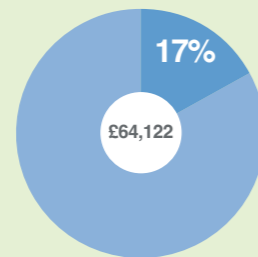
General grants



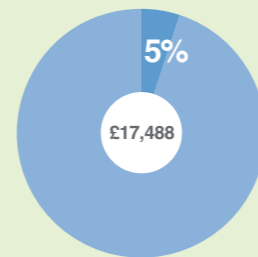
Respite



SIN



Counselling



Direct charitable expenditure

up 1%
£457,743

Total net assets

up 5%
£12,756,682

Total grants expenditure

£372,174

Administrator's Report



STEPHANIE GRANT
ADMINISTRATOR



WENDY LARKIN
ADMINISTRATOR'S ASSISTANT

This is my fifteenth Administrator's report for Catalyst and we continue to work closely with a small dedicated team comprising Rodney Appleyard, our Development Manager, Wendy Larkin, Assistant to the Administrator and myself.

In 2024 we were able to increase our overall budget by £20,000 as we recovered from the recent turbulent economic situation. I think that it is amazing that in its 34th year the Catalyst Charity not only continued to grow, but at the same time, was able to carry on its invaluable work of providing support and making a positive and ongoing contribution to the improvement of health care within the CO postcode area.

It is very encouraging to note that there has been a 5% upturn on the value of our investments from last year which makes for a strong position to end 2024.

It is over 30 years since Catalyst became a grant making charity and since that time £11 million has been given in grants and the charity is now worth over twelve million pounds.

We had a very successful AGM at Wivenhoe House with interesting presentations from CARA who provide counselling support for young people. We heard a very moving presentation from one of the young beneficiaries about the difference the counselling programme has made to her life and how she felt lost before being helped by the project.

We also had a presentation from FaNs (Friends and Neighbours) who help older people to become more active and to improve their mental health and well-being. A number of mobility sessions were set up in 13 care homes that have lifted the spirits of 79 residents and helped to bring them closer together.



Above: FaNs (Friends and Neighbours) who help older people to become more active and to improve their mental health and well-being.

During 2024, the Catalyst Board considered 46 General Applications (47 last year) from various organisations in our area of operation, of which 24 (48%) (21 - 45% last year) were successful. During this period £169,850 was spent on general grants, (£171,770 last year).

In 2024 our priorities were to focus on hub development, health inequalities, including obesity, mental health including suicide prevention and to consider waiting times and how this could be improved. Catalyst likes to get involved with projects that have a strong health focus with a proven sustainable future and to work with groups to encourage and enable them to seek match funding from other organisations, thus unlocking further funding.

I would now like to tell you about some of the grants that we have made this year to give you a flavour of the wide range of organisations and projects that we supported in 2024.

We were pleased to make our largest grant of 2024 to Age Well East. Age Well East aims to alleviate poverty and reduce loneliness for those in Colchester and outlying villages. There are an estimated 106,000 people aged 65 and over living in Colchester postcodes. The population of Tendring in particular has a high proportion of older people with those aged over 65 making up 30% of this community.

Our grant of £24,496 will help to support and inform people diagnosed with dementia as well as those who care for them. The specialist dementia team focusses on providing holistic interventions. Their services prevent the need for further and complex support from local health or social care services.

The new scheme will allow Age Well East to meet clients pre-diagnosis or shortly afterwards. They will have activities and strategies to maintain independence and connection to the community. This innovative new service will allow them to keep engaging with their clients all the way through their dementia journey.

In 2024 we were able to increase our overall budget by £20,000 as we recovered from the recent turbulent economic situation. I think that it is amazing that in its 34th year the Catalyst Charity not only continued to grow...



Above and right: The Ark Centre offers counselling/play therapy, holiday schemes, respite care and a preschool nursery for SEN children in Harwich.



In 2024 we continued to support projects that address health inequalities. **The Ark Centre** is an organisation that is well known to us. It provides practical and emotional support to families facing difficulties. Its criteria covers health inequalities arising from people living in deprived areas. The team offers counselling/play therapy, holiday schemes, respite care and a preschool nursery for SEN children in Harwich.

We made the Ark a grant of £15,500 to enable them to build/remould a space within the centre for a nursery, to support younger children than they currently help – many with Special Needs. It will also enable children with Special Needs to be diagnosed earlier. This new provision will be for children aged 3-24 months. Our grant will also allow two new rooms to be converted into a place for new health check-ups/services, including counselling and mental health support for domestic violence victims and their families.

StartStrong Fitness CIC was set up to offer free fitness classes to ensure that everyone can access them regardless of their financial background. Free parent and baby exercise classes have been set up in and around Essex/Suffolk to ensure that there is more support for a holistic approach to better perinatal and postnatal care. Our grant of £15,000 will fund a project, in more deprived areas such as Greenstead and the Hythe, to offer free fitness classes at the community centre, catering to pregnant women and new mums and dads navigating mental and physical health challenges. Their specific aim is to target those with high BMI, gestational diabetes, PND and pre-eclampsia.

We made a grant of £11,700 to St Helena Hospice to fund a cuddle bed in the inpatient unit in Myland Hall, Highwoods where specialist palliative and end of life care is offered. This bed has made a real difference to patients allowing them to share their bed with a loved one and to stay close to them throughout their stay.

Another grant for equipment was made to **Shaftesbury Treetops** in Highwoods. Our grant of £11,410 was used

to supply 7 ceiling track hoists to enable individuals with disabilities to move more freely and independently within their own space. This increased mobility allows them to perform daily activities such as transferring from bed to wheelchair, using the toilet and accessing other areas of their space without assistance.

In 2024 mental health remained on our list of priorities and with this in mind we were very pleased to support the **Armed Forces Business Centre with a grant of £10,000.** The mission statement of this organisation is to create positive impactful change.

Our grant will allow veterans, active service members and their families a comprehensive accessible therapy and diagnosis initiative to enhance their overall well-being and resilience.

Below: StartStrong Fitness CIC offer free parent and baby exercise classes in and around Essex/Suffolk to ensure that there is more support for a holistic approach to better perinatal and postnatal care. It targets people from deprived backgrounds suffering from mental and physical health challenges.



Changing Lives is a Non-Profit Community Interest Group that increases physical activity and mental and physical well-being, as well as eliminating barriers that prevent people from accessing physical activity. Our grant of £10,000 will allow the group to set up a gym for the use of low-income families, refugees, carers and the disabled and also addresses our intention to focus on obesity and to provide PT trainers, nutritionists and mental and well-being practitioners as part of the total package.

One of our priorities for 2024 was to focus on hub development and so we were pleased to support Headway's exciting and innovative pilot for a proposed new service in collaboration with the University of Essex Health Well-being and Care Hub. **Our grant of £9,149 will enable Headway Essex** to establish a specialised transition service for patients with acquired brain injury and to support their return to community life after their discharge from hospital. This funding will allow Headway Essex to provide support to adults with ABI, one day per week within the premises of the University of Essex. Headway Essex will be able to work collaboratively with students to meet the need for comprehensive and tailored support for these individuals with ABI. The hub will also provide student placements to experience a social setting alongside a clinical setting thus providing training placements for more students.



At Heads2Minds, their mission is to create a world where everyone facing mental health and well-being challenges feels safe, understood, and respected.

A grant of £8,780 was made to Open Road to provide equipment for their SOS bus. The bus has recently been commissioned as a mobile welfare hub for the communities of North Essex, offering a wide range of primary healthcare services, including dentistry, cancer screening, hypertension management, podiatry, optometry and more.

We often hear about the beneficial impact of nature on mental health and well-being. **Together We Grow** believe that therapeutic horticulture activities provide psychological and/or physical benefit. The transition from primary to secondary school with its change in teaching styles and increased workloads can be quite traumatic for some children, particularly those experiencing anxiety and low self-esteem. Our grant of £7,800 will offer children,

referred by their special educational needs coordinator or GP, an outdoor counselling experience to support these struggles.

Our grant of £7,500 to St. Anne's Church will provide equipment to make the access better for those with limited mobility in an area of health inequalities in Greenstead



Educational project - Cancer Support Suffolk

A grant of £7,060 was made to Cancer Support Suffolk, (CO Postcode area) to buy prosthetic equipment for an educational project.



Heads2Minds want to create a world in which everyone experiencing mental health and wellbeing challenges feels safe, understood, and respected. The grant we made of £7,000 will support people when they are discharged from Colchester hospitals to ensure and prevent relapses back into hospital. Tailor-made holistic therapy support is offered to manage their mental, emotional and physical health to enable them to integrate back into society with a view to obtaining the necessary skills to get them back into employment.

Heads2Minds will be working with Essex NHS Partnership Trust who have agreed to be involved with this programme as part of the discharge procedure.

We supported the Dedham Therapy Farm with a grant of £5,100 towards an OT pilot which will enable them to provide occupational and animal assisted therapy to support young people in overcoming barriers to their daily living. Many have mental health difficulties, and some individuals may have diagnoses of ASD, PDA, ADHD or other developmental needs. Participants will take part in gardening, animal care and feeding, dog walking and training, bushcraft, alpaca walking, woodwork, nature and conservation work.

Some of our grants are made to support educational needs and with this in mind we were pleased to make a grant of £5,000 to the MAZE group. This group offers early support to parents/carers of children and young people with neurodevelopmental conditions and special educational needs and disabilities. Our grant will fund a qualified counsellor with specialist training in neurodivergence and a specialist nurse practitioner to work on a 1-1 basis with some parents/carers who often find themselves bounced between services, with no support. The MAZE group wants to offer tailored support through grant funding for the next 12 months to go above and beyond what is currently on offer.

Living with unmanaged Eosinophilic Oesophagitis (EoE) means not being able to eat without pain or fear of food impaction, this impacts all aspects of a person's life including social isolation and mental health problems.

It is hoped that our grant of £5,000 to EOS Network will increase disease awareness and lead to more patients and families getting the help they need locally and without unnecessary delay.

A grant of £5,000 was made to Walk Colchester in respect of the Colchester BOMA project. This electrically powered off road chair needs a full electrical and mechanical refit and has been used by many disabled people right around the year to access the Highwoods Country Park and enjoy the benefit of being outdoors and enjoying green spaces. Great mental health benefits have also been identified.

This electric off road chair used by many disabled people to access Highwoods Country Park needed a full electrical and mechanical refit.



DEDHAM Therapy Farm



A grant towards a pilot to help young people overcome barriers to daily living

EOSNETWORK Eosinophilic Diseases Charity

A grant to increase disease awareness and lead to more patients and families getting the help they need locally

MAZE Group

A grant to fund a qualified counsellor and a specialist nurse practitioner



SARS provides specialist clinicians to assist the East of England Ambulance Service at the scenes of incidents where patients need an enhanced level of medical care before they reach hospital.



Sailship champions work & life skills for people living with a learning disability.

Many of our grants involve providing help/equipment for children. Our grant of £4,000 to The Laughter Specialists has been used to set up laughter therapy sessions for those with special needs, complex needs and autism. Laughter is significant because it allows individual emotional expression and regulation, social connection and communication and cognitive development and learning. A grant of £2,500 will allow Clowns in the Sky to purchase sensory items for children in hospital and Happy Days Charity received a grant of £1,116 towards providing breaks for those children in need.

Suffolk Accident Rescue Service (SARS) received a grant of £3,509 to purchase 12 Resuscitation mannequins and 12 Defibrillator training devices to train volunteers on how to use them to save lives in the CO Postcode area of Suffolk.

Other grants included £3,380 to Sailship in respect of art therapy, £1,200 to Heads2Minds for a project to empower young people and £417 to the Robin Cancer Trust for cancer education.

During 2024 we have again supported a diverse range of projects addressing many different needs both physical and mental, from equipment to training and right across the age spectrum.

All our grants are monitored regularly, and we ask for feedback, reports and photos where appropriate.

We continue to support counselling services, and this accounted for £17,488 of expenditure during 2024.

Special Individual Needs (SIN) grants continue to be an important part of our work. There were 151 (196 last year) applications of which 123 (161 last year) were successful. This year we spent £64,122 on SIN (£83,357 last year) Once again the vast majority of grants provided mobility equipment for those who could not obtain it from the statutory providers.

We continued to work in partnership with the Neuro Rehabilitation Unit at Colchester General Hospital to bulk purchase 3 and 4 wheeled walkers which they distribute as necessary. This will come to an end in 2025.

Sean MacDonnell chairs the SIN Committee, who meet every 4 to 6 weeks via Teams, and is made up of health professionals.

We regularly receive letters and cards of thanks from individuals and their carers who are so grateful for the help provided. Some of these can be found on our Facebook page or website.

Below: A grant of £417 was made to the Robin Cancer Trust for cancer education.



The Catalyst respite scheme continues to represent a significant part of our budget and in 2024 £120,714 (last year £125,267) was spent on arranging short term respite care. This scheme allows full-time carers to have a break from their caring duties. We work in partnership with over a dozen care organisations, listed on the inside front cover of this report. Our partners are trained as assessors, and each organisation has an agreed annual budget. We monitor the activity and keep in touch throughout the year.

In communicating Catalyst's activities, our website www.colchestercatalyst.co.uk provides a wealth of information about our services and grants in addition to having links to partner sites providing advice, support and services to help improve healthcare within the CO postcode area.

Application forms for General and Special Individual Needs grants are available to complete or download from the site, as well as copies of past Annual Reports together with a regularly updated news section. Our website has undergone a facelift. We can also now be found on Facebook which is updated on a regular basis.

Finally I would like to take this opportunity to thank all my colleagues, Catalyst's Chairman Christine Hayward, Peter Fitt, Company Secretary, Mark Pertwee, Vice Chairman, the Board, Development Manager Rodney Appleyard, assistant Wendy Larkin and our partner charities and organisations for all their help, support and encouragement during the past year. We all feel very happy and privileged to be working for the Catalyst Charity, by bringing help to those people who fall outside the statutory remit.

Stephanie Grant

Administrator
February 2025

Below: Our website www.colchestercatalyst.co.uk provides a wealth of information about our services and grants in addition to having links to partner sites providing advice, support and services to help improve healthcare within the CO postcode area.



Main Grants and Donations 1ST JANUARY – 31 DECEMBER 2024

Over £4,000

Age Well East	New Proactive Dementia Service	£24,496
The Ark Centre	Refurbishment To Enhance SEN Services	£15,500
Startstrong Fitness CIC	Pre & Post Natal Health Support	£15,000
St Helena Hospice	Cuddle Bed	£11,700
Shaftesbury (Livability)	Ceiling Hoist	£11,410
Armed Forces Business Centre	Counselling Support For Veterans	£10,000
Changing Lives	Health Practitioner	£10,000
Headway Essex	Support For People With Head Injuries	£ 9,149
Open Road	Health Equipment For SOS Bus	£ 8,780
Together We Grow	Counselling For SEN Children	£ 7,800
St Anne's Church	Disability Adaptations	£ 7,500
Cancer Support Suffolk	Cancer Prosthetic Equipment	£ 7,060
Head2Minds	Hospital Discharge Support	£ 7,000
Dedham Therapy Farm	O.T. Support	£ 5,100
The MAZE Group	Support For Parents Of Those With Learning Disabilities	£ 5,000
EOS Network	Support For People Suffering From Chronic Gut Disorders	£ 5,000
Walk Colchester	BOMA Dynamic Wheelchair Project	£ 5,000

GENERAL APPLICATIONS FROM ORGANISATIONS					
Period Ended	31/12/24	31/12/23	31/12/22	31/12/21	31/12/20
From Organisations	46	47	58	48	47
Successful	24	21	37	26	26
Unsuccessful/withdrawn	11	14	11	17	10
Deferred	11	12	10	5	1
SPECIAL INDIVIDUAL NEEDS APPLICATIONS					
Period Ended	31/12/24	31/12/23	31/12/22	31/12/21	31/12/20
From Individuals	151	196	190	164	141
Successful	123	162	160	139	112
Unsuccessful/withdrawn	24	29	22	25	22
Deferred	4	5	8	0	7

Development Manager's Report



RODNEY APPELYARD,
DEVELOPMENT MANAGER

I am delighted to report that 2024 was another excellent year of delivery for Catalyst, which involved us meeting the main principles of our strategy through supporting several imaginative projects that have already improved the health of many people in the CO postcode.

This strategy focused on developing services in existing and new hubs; addressing health inequalities in certain areas of the region; targeting support for people living with obesity; providing mental health support for those in need, particularly those at risk of suicide; and committing a special focus on health problems caused by people having to wait too long for vital operations.

As has always been the case with Catalyst, when considering any project for a potential grant award, it is essential we provide support for areas of need that are not the responsibility of the statutory services.

One of the common problems we find when researching into the biggest health problems within the CO postcode each year is some people must wait too long to receive vital support that can drastically improve their health.

However, these findings galvanise us to focus on funding new solutions to address these health problems, although we appreciate some of these interventions can only go so far.

This is why each year we review what we can and cannot do, to optimise our ability to boost new services in the sector.

Our 2024 strategy, as mentioned above, was based on comprehensive consultations with many community organisations, fellow funders, commissioners and other statutory leaders in the sector.

These consultations included the National Lottery Community Fund, the North East Essex Health and Well-Being Alliance, Essex Community Foundation, Healthwatch Essex, Community360, CVST, the local councils, as well as many more relevant organisations.

Hubs and waiting lists

Our conversations about supporting new hubs are still ongoing, but we have managed to pump-prime a number of new projects in existing hubs that have already delivered valuable health benefits for many people in their local communities.

This work included our support for the community building at St. Anne's Church, with a grant of £7,500 to make modifications to its structure. This work will enable more people with disabilities to receive tailored services unavailable elsewhere.

Another big priority for us, as mentioned above, was to focus on helping people who find their health deteriorating each week due to being on long waiting lists for operations. We funded a few projects aimed at supporting them while they wait for these procedures, such as the St. Anne's project, which has big plans to bring important health services closer to people in pain due to the long waits, via the support of experienced health professionals.

Additionally, with these strategic aims in mind, we focused on addressing health inequalities in the region, especially in remote areas of the CO postcode. People in these locations often feel crucial health services are out of reach for them.

This was definitely the case with the £15,500 we awarded to the Ark Centre in Harwich, to change, refurbish and re-build some of its rooms for the purpose of creating a new service within the hub to diagnose young children with Special Needs. This work focused on helping families with children between 3-24 months.

The project also enabled the Ark Centre to increase its income to fund other new services in the building. Plus, it helped to free up another room for health professionals to visit and provide greater support for families. These services include a wide range of health checks and more counselling services.

Health inequalities

As part of our drive to address health inequalities and expand services in hubs, we were keen to help people suffering from health problems brought on by obesity. In respect of this focus, we provided assistance to Changing Lives with a grant of £10,000, to set-up a new project targeted at people who are over-weight.

Our funding covered part of the costs of a new practitioner, who will guide people with obesity, diabetes and disabilities, on how to improve their physical and mental health through specialist training programmes set-up at the gym.

Active Essex also funded this project and it has received strong media coverage recently, including being featured on the BBC's One Show.

Mental health support

Furthermore, we focused on new projects aimed at improving people's mental health and preventing people from committing suicide. This is of course such a complicated area to address, but we supported a strong case from the Armed Forces Business Centre. They requested a grant of £10,000 to launch a new counselling programme to help veterans, their children and the rest of their family, which expanded the services offered in the AFBC's existing hub.

Many of the veterans and their families helped by the AFBC also suffer due to health inequalities in the region, as a result of living in remote areas without much access to the services they need.

We were also delighted that many of our awards last year led to other grant-making organisations providing additional funding to keep these projects going beyond the lifetime of our funding.

Ambitious ideas

We are pleased that some of the projects we supported to address the issues of waiting lists have been very ambitious in their aims. This includes a new Headway project, which involves a close collaboration with the new Health and Well-Being Care Hub at the University of Essex.

We awarded this project £9,149 to pump-prime a new service to help people with acquired brain injuries who have been discharged from hospital, but are on long waiting lists to receive follow-up support. This project is designed to help them recover while they wait.

A new dementia project designed by Age Well East was another big and innovative project we supported last year. We awarded the organisation a grant of £24,496 to kick-start a new service focused on identifying dementia early, so steps can be put in place to help them and their family manage living with dementia.

Although we addressed many of the health priorities we identified effectively last year, we know that many of these big problems still exist. So we will need to keep building on last year's momentum as we look to the future. We will also keep working closely with funding partners and commissioners, to help more people who feel isolated and need services brought closer to them.

We are looking forward to working with many of you in 2025 on new ideas that will help to relieve the pain and suffering of many people in the CO postcode.

Finally, I would like to send a big thank you to everyone on Catalyst's Board, as well as Stephanie Grant and Wendy Larkin, who work so passionately to assist the people we work with, for enabling us to deliver our strategic aims so effectively each year.

Our 2024 strategy was based on consultations with many community organisations





£7,800



£7,800 to support outdoor counselling for children

We awarded Together We Grow £7,800 to set-up a new outdoor counselling service at a two-acre community garden inside Colchester's Highwoods Country Park, which enables young children to experience therapeutic support in a natural setting.

Each child receives this service for at least six weeks, which also encourages them to be active and take a break from screens.

Dale Connelly, who runs the project, and is a BACP Registered Psychotherapist, said the project also targets children between 4-11 who are on long waiting lists for critical mental health support.

The children are referred to the project from a number of local schools, primary care services, parents and carers. Many have Special Educational Needs and disabilities, plus some suffer from issues caused by health inequalities in the region. Dale said these children have benefitted from having the freedom to be themselves and relax in nature.

"Our service has become known as a new go-to intervention, which offers a judgement-free, confidential, open space for the children to express their feelings and work through their serious concerns. It also helps them to build stronger bonds with their family.

"We're excited to offer children in Colchester this alternative option to improve their mental health and well-being. We have also become a strong option for GPs and teachers to refer children for outdoor therapy."

Additionally, the project has now received funding from National Lottery Community Fund's Awards for All programme to expand the project even further. He added: "This is critical so that we can support even more children in the future."

"Being outside and exploring made my daughter a lot more comfortable and helped her open up more than ever before!"

Testimonial from a parent – Anon



CASE STUDY



£10,000

£10,000 for new gym to help people struggling with extreme weight gain

Thanks to crucial funding from Catalyst, combined with other funding from Active Essex, Colchester Borough Council and the National Community Lottery Fund, the Changing Lives gym has become a lifeline for over 200 free members, including individuals suffering from obesity, young carers suffering from isolation and people with disabilities.



CLCS GYM

CLCS GYM - CASE STUDY

Name: Nina Nicolaides
Age: 65
Member since: 7th Oct
Total visits: 42

Before the gym...
Nina faced significant challenges with isolation, which made it difficult for her to leave the house. This isolation contributed to binge eating, leading to weight gain. She also struggled with poor mobility due to arthritis and a previous meniscus tear in her knee, which left her unable to engage in exercise or manage daily movements effectively.

Since joining CLCS Gym...
Since becoming a member, Nina has experienced a remarkable transformation. Initially, we focused on improving her mobility and refining her technique in weight-based exercises, alongside gradually increasing her cardiovascular endurance to extend her ability to walk for longer periods. Within just the first month of consistent effort, Nina demonstrated dramatic improvements. She is now focused on lifting heavier weights and building muscle through High-Intensity Interval Training (HIIT) into her routine to support her fat loss goals. Nina's journey at CLCS Gym has not only enhanced her physical health but also significantly improved her overall well-being and confidence, reducing the isolation she once felt.

Its resources and facilities have been instrumental with improving people's physical health and creating a sense of belonging for those who might otherwise lack access to similar opportunities.

The funding from Catalyst has enabled Changing Lives to take on a new personal trainer to deliver high quality sessions and offer self-care support.

David Simmons, the co-Director of Changing Lives, said the impact is reflected in stories like Nina's: "She was struggling with isolation, poor mobility and extreme weight gain. Since joining the Changing Lives Gym and working with our personal trainer, she has improved her mobility, increased her strength, and regained her confidence. She now lifts heavier weights and feels much healthier, both physically and mentally.

"Similarly, Mathew's life has been transformed. After losing his job and becoming homeless, he found a safe space at our gym. Unable to afford other gyms, Mathew built a routine, gained strength, and dramatically improved his mental well-being through the support of our community."

Changing Lives has also extended its outreach through personal training sessions for homeless individuals with health problems at Beacon House and tailored health-based school programmes for Year 10s and 11s. David adds that across all its initiatives, participants have experienced remarkable improvements in their physical and mental health.

"These stories illustrate how this kind of funding reduces barriers to fitness and poor health, empowering individuals to thrive. At our gym, physical and mental well-being go hand in hand, making fitness accessible for all and creating a brighter future for them too."

CASE STUDY

St Helena Hospice
For the people you love

£11,700

We awarded St Helena Hospice £11,700 for a new Cuddle bed for its Inpatient Unit. The bed arrived in March 2024 and since then has been invaluable for patients.

Most recently, Catherine Loring benefitted from the bed when she received care from the Hospice, following a visit to A&E after her family became concerned that she was muddled and behaving oddly.

But she has little recollection of what happened at A&E. After having an assessment, the hospital palliative doctors arranged for Catherine to be admitted to the Hospice, where she stayed for a few weeks before going home with the support of the Hospice in the Home team and SinglePoint.

While she had been at the Hospice, Catherine witnessed her daughter's marriage blessing and shared her joy. She also took great comfort from being able to use the cuddle bed to spend quality time with her family.

"I'm on a big bed, a cuddle bed, and my family can get in with me and we have had cuddles on the bed, which is fantastic to have that closeness," said Catherine. "When you're in a wheelchair or laying on a bed where you can't actually cuddle somebody properly, to have that personal contact and closeness and just blubber together, and then start saying silly things to each other, just having that smile and that family silliness, that is very important."

St Helena Hospice is a Colchester based charity which provides specialist palliative and end of life care to local people facing incurable illness in north east Essex, supporting them, their families, friends and carers.

"As you can see, the bed has made a huge difference, and we can't thank Catalyst enough."

Lianne Keen, Trusts and Commissioning Manager for St Helena Hospice



"As a charity St Helena Hospice relies heavily on the help and generosity of our fundraisers, donors and volunteers. Without them we wouldn't be here."

CASE STUDY

 **Headway Essex**
Improving lives after brain injury

£9,149



£9,149 to rehabilitate people with head injuries

Headway Essex was delighted to receive a grant of £9,149 from Catalyst to pilot a new rehabilitation programme for adults with an acquired brain injury, in collaboration with the University of Essex's Health, Wellbeing and Care Hub (HWCH).

The project addresses the gap in services and long waiting lists experienced by adults with an ABI. They usually require additional intensive rehabilitation, but find themselves unable to access timely help through the statutory health or social care organisations.

The project is called the 'Next Steps' programme, which offers rehabilitation from the hub's clinicians and therapy students (physiotherapy, occupational therapy, speech and language therapy). They work alongside Headway Essex staff to provide cognitive and social rehabilitation, supporting them to adjust and cope with the effects of their brain injury.

The weekly sessions are tailored according to the individual's particular brain injury and symptoms, making them meaningful to each participant.

"They were so tailor-made and beneficial for my speech, swallowing, cognitive processes, diaries, monitoring my energy levels and following exercises to carry on with."

From an anonymous beneficiary

At the end of the programme, participants understood their brain injury better; how to manage the effects; plus they also gain practical strategies for coping with daily life and recovering.

"I have gained a better understanding of the type of brain injury I have experienced and how it affects me. I have also learned that it is OK to feel the way I do." anonymous beneficiary

Without the grant from Catalyst, Headway Essex said it would not have been able to run this pilot so successfully. The charity can now use the positive results from the pilot to apply to other grant-makers to fund even more future sessions at the hub.

Rodney Appleyard

Development Manager
February 2025



In Essex, every 58 minutes, somebody is admitted to hospital with an acquired brain injury. As a charity, our mission is to ensure that everyone in Essex living with an acquired brain injury can live a fulfilling life and that families and carers are better able to cope within their caring roles..



Total value of grants

on a year-by-year basis

2024	£372,174	▼
2023	£375,036	▼
2022	£554,502	▲
2021	£434,658	▲
2020	£396,494	▼
2019	£489,348	▲
2018	£476,048	▼
2017	£547,655	▲
2016	£473,413	▲
2015	£375,394	▲
2014	£365,679	▲
2013	£281,796	▲
2012	£256,545	▼
2011	£349,257	▲
2010	£341,552	▼
2009	£398,762	▼
2008	£475,095	▲
2007	£444,212	▲
2006	£325,421	▲
2005	£223,988	▼



www.colchestercatalyst.co.uk

Criteria For grant making

OBJECT

Colchester Catalyst Charity aims to improve the health of people living within the CO postcode areas by making a positive and ongoing contribution to the improvement of healthcare services in this region, specifically where help is not available from statutory organisations.

POLICY

The over-riding concern of the Charity is to provide support where it will benefit the greatest number of people, principally by direct contributions to organisations for specific and well defined projects, including therapeutic aids, equipment and buildings for medical or nursing care.

The charity recognises the need of some disabled people for specialised equipment. Where it is established that such equipment is not available from statutory organisations a contribution may be made to the cost involved.

General funding or contribution to staff or other running costs are excluded but recognising the often overlooked needs of carers the Charity will consider funding respite care provided the care period is well defined, carefully controlled and readily monitored.

Where financial help is given the Directors will satisfy themselves that satisfactory management and organisations exists to ensure that the money is properly used and in the case of equipment, that it can be efficiently operated and maintained.

SUPPORT

In appropriate cases a grant or loan may be offered for full or part-funding of a project or equipment. No form of retrospective funding can be considered.



P W E FITT,
SECRETARY

Trustees' Report

(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2024

TRUSTEES:

C Hayward MBA NPQH
 Dr N J Busfield MA, PhD
 P W E Fitt FCA
 Dr M P Hickman MB B.Chir DCH
 Dr S MacDonnell MBBS FRCA FFICM
 M F Pertwee BA (Hons) (Retired Dec 2024)
 K Songhurst LLB (Hons) (Retired Dec 2024)
 E Thrower DipCOT, MHCP
 I S Turner MA MBA
 J Davis (Appointed 27 Jan 2025)

The trustees present their report and accounts for the year ended 31 December 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016)".

Objectives and activities

The objective of the charity is the relief of the sick and suffering of North East Essex. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when planning its future activities and setting the grant making policy for the year.

Details of the charities activities and achievements during the year are set out in the chairman's Report, administrator's report and the development manager's report.

Grant making policy

The Charity's detailed grant making criteria are set out on the Charity's website, www.colchestercatalyst.co.uk. All applications for grants are considered by the Trustees and where successful are formally approved. An annual grants budget is set by the Trustees.

Reserves policy

The current reserves policy is to endeavour to maintain a Capital Reserve of at least £12,000,000 as at 31 December 2023 in real terms. Therefore the target Capital Reserve as at the reporting date is £12,324,000. This level of reserves has been met throughout the reporting period.

The Charity is administered by a Board of Trustees.

TRUSTEES: The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements are above:

Nominations for the appointment of new Trustees are made based upon the established knowledge and experience of the candidate and on the likely contribution that the candidate may make to the work of the charity. All Trustee appointments are subject to election at an AGM and all Trustees are subject to re-election at an AGM every three years.

Trustees are provided with appropriate information and guidance on induction; no other formal training is provided to trustees.

ADMINISTRATOR & ASSISTANT:

S Grant
 W Larkin

DEVELOPMENT MANAGER:

R Appleyard

FINANCIAL REVIEW

THE RESULTS ARE SHOWN IN THE FINANCIAL STATEMENTS OF WHICH THE FOLLOWING IS A SUMMARY:

	31/12/2024	31/12/2023
	£	£
Direct Charitable Expenditure	457,743	452,130
Surplus/(Deficit) before Gains or Losses on Investments	(108,171)	(57,861)
Realised Gains/(Losses) on Sales of Investments	(55,335)	23,458
Unrealised Gains/(Losses) on Valuation of Investments	799,785	389,854
Total Net Assets at 31 st December	12,756,682	12,120,404

FUTURE FINANCIAL PERFORMANCE WILL BE AFFECTED BY THE INVESTMENT INCOME & GROWTH ACHIEVED IN FUTURE YEARS.

Investment policy

The investment policy is determined by the Trustees, with the benefit of external advice, after considering income requirements, risk profile and stock market prospects in the short and medium term.

Risk statement

The Trustees confirm that the major risks to which the charity is exposed, as identified by the Trustees, have been reviewed and systems established to mitigate these risks.

Plans for future periods

The Trustees plan for the foreseeable future to continue making grants with a view to making a positive contribution to improving care of the sick or suffering in the CO postcode area.

Structure, governance and management

The charity is a company limited by guarantee (number 00634588), governed by a Memorandum and Articles of Association and is a Registered Charity (number 228352).

At 31st December 2024 there were forty three members.

Colchester Catalyst Charity became a grant making charity in 1990 following the sale of the Colchester Oaks Hospital, in Oaks Drive, to Community Hospitals PLC. The sale was conditional on Community Hospitals PLC building a new hospital, to an agreed high specification, by 1994 - this was done and the new Oaks Hospital off Mile End Road was opened in January 1994.

With the agreement of the Charity Commissioners the directors decided to devote the income, from the invested funds resulting from the sale 'for the relief of the sick or suffering of North Essex'.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.

PWE Fitt

P W E Fitt FCA
February 2025

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees, who are also the directors of Colchester Catalyst Charity for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

FOR THE YEAR ENDED 31 DECEMBER 2024

Independent auditor's report

Opinion

We have audited the financial statements of Colchester Catalyst Charity (the 'charity') for the year ended 31 December 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and

Auditor: Michael Greene BSc FCCA (Senior Statutory Auditor) for and on behalf of **Streets Audit LLP**
26 February 2025
Chartered Accountants, Statutory Auditor
c/o The Old Exchange, 64 West Stockwell Street,
Colchester, Essex CO1 1HE

our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of Trustees responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We made enquiries of the trustees, including:

- How they have identified, evaluated and complied with laws and regulations and whether they were aware of any instances of non-compliance;
- Their process for detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
- Which internal controls have been established to mitigate risks related to fraud or non-compliance with laws and regulations.

We obtained an understanding of the legal and regulatory frameworks that are applicable to the Charity. These include, but are not limited to, compliance with the Companies Act 2006, UK GAAP, Charities SORP and tax legislation.

In addition, the Charity is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: employment law and data protection.

The Senior Statutory Auditor has assessed and concluded that the engagement team collectively had the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations.

During our audit:

- We reviewed the financial statement disclosures and tested to supporting documentation to assess compliance with relevant laws and regulations discussed above;
- We made enquiries of the trustees;
- We read minutes of meetings of those charged with governance.

We considered opportunities for fraudulent manipulation of the financial statements (including revenue recognition and the risk of override of controls), and determined that the principal risks were related to management override of the Charity's grant awarding process. Due to the Charity's extensive controls in place and regular oversight from the Board, the risk of fraud in this area is low.

The specific procedures we performed to address this area was as follows:

- We reviewed the integrity of the controls in place and discussed with management where any amendments had been made to ensure processes are up to date;
- Performed walkthrough tests on a sample of grants awarded covering General, SIN, Respite and Counselling grants;
- Ensured that all grants sampled had been approved by the board by reviewing meeting minutes of the Trustees and the SIN board committee;
- Through review of the meeting minutes we concluded that adequate controls are in place for the identification of potential conflicts of interests such that grants are not awarded to those with a financial interest in the Charity.

Our audit procedures were designed to respond to risks of material misstatement in the financial statements, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery, mis-representations or through collusion. There are inherent limitations in the audit procedures performed and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we are to become aware of it.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this re-port, or for the opinions we have formed.

Michael Greene BSc

FCCA (Senior Statutory Auditor) for and on behalf of Streets Audit LLP, Chartered Accountants, Statutory Auditor c/o The Old Exchange, 64 West Stockwell Street, Colchester, Essex CO1 1HE

Colchester's Emotionally Well Communities given grant by ASDA for arts

26th August 2024

EDUCATION

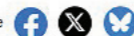


Donation - ASDA Colchester donated £800 to Dale Connelly's (Left) non-profit Emotionally Well Communities to help deliver outdoor arts (Image: Submitted)



By **Séamus O'Hanlon**
Reporter
[SeamusOHanlon01](#)

Share



0 Comments



CLCS GYM - CASE STUDY

Name: Matthew Galley
Age: 27
Member since: 2nd Sept
Total visits: 54

Before the gym...
Mathew was made homeless after facing redundancy from his job, which left him struggling with low confidence and a lack of structure in his daily life. With no money to afford a gym membership, our free membership was the only option available to him.



Since joining CLCS Gym...

Since becoming a member, Mathew has experienced profound personal growth. The gym has provided him with a safe and welcoming space to spend his days, helping him build a routine and regain a sense of purpose.

Through consistent effort and support, Mathew has seen significant improvements in his strength and overall physical fitness. More importantly, he has regained his confidence and experienced notable improvements in his mental well-being. CLCS Gym has been instrumental in transforming Mathew's outlook on life, giving him the tools to move forward with renewed hope and resilience.

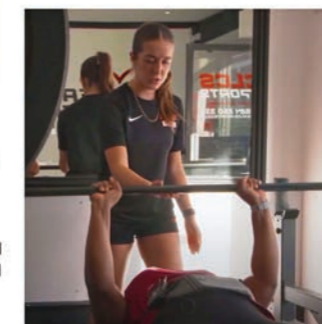


CLCS GYM - CASE STUDY

Name: Abimola Coker
Age: 27
Member since: 9th Sept
Total visits: 62

Before the gym...

Abi faced challenges with isolation and self-confidence, which made it difficult for her to leave the house. Working from home and being new to Colchester, having only lived here for a year, she found it hard to connect with others and build a social circle. Her doctor also informed her that she was pre-diabetic and recommended increasing her physical activity to improve her health.



Since joining CLCS Gym...

Since becoming a member, Abi has made incredible progress. Through consistent effort and dedication, she has lost 9.8kg and is no longer at risk of developing diabetes. Her program has focused on High-Intensity Interval Training (HIIT), incorporating both cardio machines and weights to maximize results.

Beyond the physical benefits, Abi has seen a significant improvement in her mental well-being and confidence. The gym has provided her with a supportive environment where she feels encouraged to push herself, helping her to overcome isolation and take charge of her health. Abi's journey is a testament to the life-changing impact of finding the right fitness community.

7th January

HEALTH



Collaboration - Rodney Appleyard (Right) development manager at Colchester Catalyst Charity and Colchester's Together We Grow's Dale Connelly (Image: Submitted)



By **Séamus O'Hanlon**
Reporter
[SeamusOHanlon01](#)

Share



0 Comments

Statement of Financial Activities

Including Income and Expenditure Account

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	2024 £	2023 £
INCOME FROM:			
Donations and legacies	2	310	300
Investments	3	349,261	393,969
Total income		349,571	394,269
EXPENDITURE ON:			
Charitable activities	4	457,743	452,130
Net gains/(losses) on investments	7	744,450	413,312
Net income and movement in funds		636,278	355,451
Reconciliation of funds:			
Fund balances at 1 January 2024		12,120,404	11,764,953
Fund balances at 31 December 2024		12,756,682	12,120,404

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

Balance Sheet

AS AT 31 DECEMBER 2024

	Notes	2024 £		2023 £	
FIXED ASSETS					
Tangible assets	11	166,697		166,697	
Investments	12	12,420,545		11,661,605	
		12,587,242		11,828,302	
CURRENT ASSETS					
Debtors	13	538		911	
Cash at bank and in hand		204,187		334,960	
		204,725		335,871	
CREDITORS:					
Amounts falling due within one year	14	(35,285)		(43,769)	
Net current assets		169,440		292,102	
Total assets less current liabilities		12,756,682		12,120,404	
THE FUNDS OF THE CHARITY					
Unrestricted funds	20	12,756,682		12,120,404	
		12,756,682		12,120,404	

The financial statements were approved by the Trustees on 24 February 2025.

C Hayward MBA NPQH Trustee

P W E Fitt FCA Trustee

Company Registration No. 00634588

Statement Of Cash Flows

FOR THE YEAR ENDED 31 DECEMBER 2024

	Notes	2024		2023	
		£	£	£	£
CASH FLOWS FROM OPERATING ACTIVITIES					
Cash absorbed by operations	19	(465,544)		(483,109)	
INVESTING ACTIVITIES					
Purchase of investments		(1,750,000)		(898,232)	
Proceeds on disposal of investments		1,735,510		994,205	
Investment income received		349,261		393,969	
Net cash generated from investing activities		334,771		489,942	
Net cash used in financing activities		-		-	
Net (decrease)/increase in cash & cash equivalents		(130,773)		6,833	
Cash and cash equivalents at beginning of year		334,960		328,127	
Cash and cash equivalents at end of year		204,187		334,960	

Notes

To The Financial Statements

FOR THE YEAR ENDED 31 DECEMBER 2024

1 ACCOUNTING POLICIES CHARITY INFORMATION

Colchester Catalyst Charity is a private company limited by guarantee incorporated in England and Wales. The registered office is 14 Dedham Vale Business Centre, Manningtree Road, Dedham, Essex, CO7 6BL.

1.1 ACCOUNTING CONVENTION

The financial statements have been prepared in accordance with the charity's Memorandum of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 CHARITABLE FUNDS

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.3 INCOMING RESOURCES

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation,

unless performance conditions require deferral of the amount. Other income including income tax recoverable is accounted for on an accruals basis as far as it is prudent to do so.

1.4 RESOURCES EXPENDED

Grants and donations payable are recognised as expenditure when the grant is approved.

1.5 TANGIBLE FIXED ASSETS

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings 0% depreciation

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.6 FIXED ASSET INVESTMENTS

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at quoted sale value at the close of business on the balance sheet date. Changes in market value are recognised in net income/(expenditure) for the year and carried to the capital fund. Transaction costs are expensed as incurred.

Quoted investments are included at quoted saleable value as at the close of business on the balance sheet date, any surplus or deficit arising on such valuation is carried to capital fund.

1.7 IMPAIRMENT OF FIXED ASSETS

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 BASIC FINANCIAL ASSETS

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost.

Financial assets comprise cash at bank and in hand, together with other debtors. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital.

Financial liabilities held at amortised cost comprise all creditors except social security and other taxes, deferred income and provisions.

1.9 EMPLOYEE BENEFITS

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1.10 RETIREMENT BENEFITS

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.11 GRANTS AND DONATIONS PAYABLE

Grants and donations payable are recognised as expenditure when the grant is approved.

1.12 GIFTS IN KIND

The Charity receives the benefit of work carried out by volunteers. No value is placed on this in the financial statements.

2 INCOME FROM DONATIONS AND LEGACIES		
	Unrestricted funds general 2024	Unrestricted funds general 2023
	£	£
Donations and gifts	<u>310</u>	<u>300</u>
3 INCOME FROM INVESTMENTS		
	Unrestricted funds general 2024	Unrestricted funds general 2023
	£	£
Other income	<u>349,261</u>	<u>393,969</u>
4 EXPENDITURE ON CHARITABLE ACTIVITIES		
	2024	2023
	£	£
Direct costs		
Staff costs	63,248	58,369
Office expenses	11,526	8,766
	<u>74,774</u>	<u>67,135</u>
Grant funding of activities	(see note 9) <u>372,174</u>	375,036
Share of support and governance costs		
Governance	(see note 10) <u>10,795</u>	9,959
	<u>457,743</u>	<u>452,130</u>
Analysis by fund		
Unrestricted funds	<u>457,743</u>	<u>452,130</u>
5 TRUSTEES		
None of the trustees (or any persons connected with them) received any remuneration, benefits or payments for expenses from the charity during the year.		
6 EMPLOYEES		
The average monthly number of employees during the year was:		
	2024	2023
	Number	Number
	<u>3</u>	<u>3</u>
EMPLOYMENT COSTS		
	2024	2023
	£	£
Wages and salaries	61,415	56,669
Other pension costs	1,833	1,700
	<u>63,248</u>	<u>58,369</u>
There were no employees whose annual remuneration was more than £60,000.		
7 GAINS AND LOSSES ON INVESTMENTS		
	Unrestricted funds 2024	Unrestricted funds 2023
	£	£
Gains/(losses) arising on:		
Revaluation of investments	799,785	389,854
Gain/(loss) on sale of investments	(55,335)	23,458
	<u>744,450</u>	<u>413,312</u>

8 TAXATION

The company is a charity and is not liable to corporation tax on income. It is entitled to receive certain types of investment income without deduction of Income Tax at source. Expenditure includes where appropriate irrecoverable Value Added Tax.

9 GRANTS PAYABLE		
	2024	2023
	£	£
Grants to institutions:		
Charities etc	169,850	157,770
Special Individual Needs	64,122	83,357
Respite Care	120,714	125,267
Counselling	17,488	8,642
	<u>372,174</u>	<u>375,036</u>

A detailed analysis of Grants and Donations over £4,000 made in the year can be found on page 13.

10 SUPPORT COSTS

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Audit fees	-	5,710	5,710	-	5,362	5,362
Accountancy	-	918	918	-	1,050	1,050
Sundries	-	4,167	4,167	-	3,547	3,547
	<u>-</u>	<u>10,795</u>	<u>10,795</u>	<u>-</u>	<u>9,959</u>	<u>9,959</u>
Analysed between Charitable activities	<u>-</u>	<u>10,795</u>	<u>10,795</u>	<u>-</u>	<u>9,959</u>	<u>9,959</u>

Governance costs includes payments to the auditors of £5,710 (2023: £5,362) for audit fees.

An amount of £918 (2023: £1,050) was payable to an associate of the auditor, Streets Whittle & Partners LLP, for non-audit work.

11 TANGIBLE FIXED ASSETS

11 TANGIBLE FIXED ASSETS		Freehold land and buildings
		£
Cost		
At 1 January 2024		<u>166,697</u>
At 31 December 2024		<u>166,697</u>
Carrying amount		
At 31 December 2024		<u>166,697</u>
At 31 December 2023		<u>166,697</u>

12 FIXED ASSET INVESTMENTS

12 FIXED ASSET INVESTMENTS		Listed investments
		£
Cost or valuation		
At 1 January 2024		11,661,605
Additions		1,750,000
Valuation changes		799,785
Realised gains/(losses)		(55,335)
Disposals		(1,735,510)
		<u>12,420,545</u>
At 31 December 2024		<u>12,420,545</u>
Carrying amount		
At 31 December 2024		<u>12,420,545</u>
At 31 December 2023		<u>11,661,605</u>
		2024
		£
Investments at fair value comprise:		2023
Charifund:		£
Blackrock Charities UK Equity Fund (formerly Charishare):	3,372,260	1,790,845
Schroders Charity Multi Asset Fund:	2,225,145	1,462,045
Newton Growth & Income Fund for Charities:	6,823,140	2,039,373
	<u>12,420,545</u>	<u>6,369,342</u>
		<u>11,661,605</u>

13 DEBTORS	2024	2023
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	538	911
14 CREDITORS		
	2024	2023
	£	£
Amounts falling due within one year:		
Other creditors	29,785	38,341
Accruals and deferred income	5,500	5,428
	35,285	43,769
15 OUTSTANDING GRANTS PAYABLE		
	2024	2023
	£	£
The analysis of grant funding and the balance outstanding included in other creditors for the period is as follows:		
Grants approved not yet paid - brought forward	38,072	69,009
Grants approved in period	372,174	375,036
Grants paid in period	(380,889)	(405,973)
	29,357	38,072
16 RETIREMENT BENEFIT SCHEMES		
	2024	2023
	£	£
Defined contribution schemes	1,833	1,700
The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.		
17 RELATED PARTY TRANSACTIONS		
There were no disclosable related party transactions during the year (2023 - none).		
18 NON-AUDIT SERVICES PROVIDED BY AUDITOR		
Streets Whittle & Partners LLP, an associate of the auditor, have processed the charity's payroll from information provided to them (note 10).		

19 CASH GENERATED FROM OPERATIONS	2024	2023
	£	£
Surplus for the year	636,278	355,451
Adjustments for:		
Investment income recognised in statement of financial activities	(349,261)	(393,969)
Loss/(gain) on disposal of investments	55,335	(23,458)
Fair value gains and losses on investments	(799,785)	(389,854)
Movements in working capital:		
Decrease/(increase) in debtors	373	(618)
(Decrease) in creditors	(8,484)	(30,661)
Cash absorbed by operations	(465,544)	(483,109)

20 UNRESTRICTED FUNDS

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes

	AT 1 JAN 2024	INCOMING RESOURCES	RESOURCES EXPENDED	GAINS & LOSSES	AT 31 DEC 2024
	£	£	£	£	£
General funds	12,120,404	349,571	(457,743)	744,450	12,756,682
Previous Year	AT 1 JAN 2023	INCOMING RESOURCES	RESOURCES EXPENDED	GAINS & LOSSES	AT 31 DEC 2023
	£	£	£	£	£
General funds	11,764,953	394,269	(452,130)	413,312	12,120,404

Colchester Catalyst
Charity aims to **improve**
the health of people living
within the CO postcode
areas by making a
positive and ongoing
contribution to the
improvement of health
care services in this region.

**LIST OF MEMBERS
FOR THE YEAR ENDED 31 DECEMBER 2024**

DIRECTORS

C Hayward
P W E Fitt
M F Pertwee
N J Busfield
M P Hickman
S MacDonnell
K Songhurst
E Thrower
I S Turner
J Davis (appointed 27 January 2025)

PRESIDENT

A H Frost

HON LIFE MEMBERS

R W Griffin
E Hall
C F Pertwee
B Walsh
R W Whybrow
A Livesley
TP Rudra

OTHER HONORARY MEMBERS

D Parnell
C Perry

MEMBERS

S Alexander
S Avery
C Booth
S Brown
V Depledge
V Gamble
C Heath
M Jones
L Keen
D E Lodge
Mayor of Colchester (ex officio)
Chairman of the Council, Tendring (ex officio)
Councillor for Brightlingsea (ex officio)
K Miles
L Nicoll
M Perrins
M Robinson
T Rudling
A Saxon
D Sollis
M Vernon
M White
A Woolf
J Wright

COLCHESTER

CATALYST CHARITY

14 Dedham Vale Business Centre
Manningtree Road, Dedham,
Colchester, Essex, CO7 6BL

01206 323420

info@colchestercatalyst.co.uk

Artwork: Hollock Waine Design

Print: Optimum Print

Annual Report **2024**

**Please pick up the
phone and get in
touch if you have an
idea you would like
to discuss with us**

01206 323420



**14 Dedham Vale Business Centre,
Manningtree Road, Dedham,
Colchester, Essex, CO7 6BL**

info@colchestercatalyst.co.uk

Charity No. 228352 Company registration
No. 634588 (England & Wales)

www.colchestercatalyst.co.uk

COLCHESTER CATALYST CHARITY

England & Wales - Charity number 228352

Accounts

Charity Registration No. 228352

Company Registration No. 00634588 (England and Wales)

**COLCHESTER CATALYST CHARITY
LIMITED BY GUARANTEE**

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

COLCHESTER CATALYST CHARITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Hayward MBA NPQH P W E Fitt FCA Dr N J Busfield MA, PhD Dr M P Hickman MB B.Chir DCH M F Pertwee BA (Hons) K Songhurst LLB(Hons) E Thrower DipCOT, MHCP I S Turner MA MBA Dr S MacDonnell MBBS FRCA FFICM	
Secretary	P W E Fitt FCA	
Charity number	228352	
Company number	00634588	
Registered office	14 Dedham Vale Business Centre Manningtree Road Dedham Essex CO7 6BL	
Auditor	Streets Audit LLP Tower House Lucy Tower Street Lincoln LN1 1XW	
Bankers	National Westminster Bank plc	Colchester
Solicitors	Birkett Long	Colchester

COLCHESTER CATALYST CHARITY

CONTENTS

	Page
Chairman's report	1
Administrator's report	2 - 6
Main grants and donations over £3,500	7
Development Manager's report	8 - 13
Trustees report	14 - 16
Statement of Trustees responsibilities	17
Independent auditor's report	18 - 21
Statement of financial activities	22
Balance sheet	23
Statement of cash flows	24
Notes to the financial statements	25 - 32

COLCHESTER CATALYST CHARITY

CHAIRMAN'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2023

We are extremely fortunate at Colchester Catalyst Charity to have stability but also innovation. Board Directors change very occasionally and our staff team currently remains constant. Each year, as we reflect on the last twelve months and look forward to the coming year, we count these as blessings. Stability means that there is a consistent and knowledgeable approach from a team of people, together with a deep appreciation of all the hard work which goes on in the health care field. Innovation means that there is flexibility to adapt to changing situations, plus welcoming new ideas and ways of working.

Every January, the Board reviews its performance, monitors the Charity's risks and sets the year's grant budget and Strategic Priorities, all of which give us direction for the next twelve months. We also prepare ourselves for changes which might come in the form of economic challenges, the health picture of the CO postcode area or any unexpected occurrences.

The priorities enable our team of Rodney Appleyard, Stephanie Grant and Wendy Larkin to bring relevant grant applications to the Board, monitor ongoing accounts and past grants and work with charities to think through their applications. They also support continuing work with other funding partners to catalyse our grants and enhance them. The reports from Rodney Appleyard and Stephanie Grant explain this in more detail.

Peter Fitt's report will outline some of the financial challenges we face - and of course, these are echoed by many in the charitable and not-for-profit sectors. However, we also hold sacrosanct that we exist to hold true to our Object. It's worth stating it again at the beginning of this Annual Report (and not only at the end!)

Colchester Catalyst Charity aims to improve the health of people living within the CO postcode areas by making a positive and ongoing contribution to the improvement of healthcare services in this region, specifically where help is not available from statutory organisations.

In order to provide support where a grant will benefit the greatest number of people, we pay attention to key research about health care needs in our area. Overall, the most important word for us all is 'Catalyst' and we aim to keep this at the forefront of our thinking. As well as grants to individual charities, the team also considers whether there is scope for our grant being a catalyst for other funders to support a project, or for them to pick up the funding once our grant has been spent. In 2023 our focus for grant making was to continue with support for Special Individual Needs equipment, Respite Care and Counselling; schemes which aimed to prevent health problems arising in the first place; those dealing with health inequalities; mental wellbeing with particular concern for suicides of young people; alcohol and drug misuse and end of life care. The subsequent reports outline how those aims have been met and how much has been catalysed through partnership working. We are all very pleased that so much has been achieved at a time when many organisations face severe financial pressures.

Thank you to all the people who help us to do our job, whether it's working in partnership, sitting on a Committee, completing our audit or looking after our office needs. All of you make such a difference to the lives of so many people. Thank you to the Board who give freely of their time and expertise. And thank you to Rodney Appleyard, Stephanie Grant and Wendy Larkin who continue to catalyse the Object of the Charity with such careful and kind professionalism.

Christine Hayward
Chairman
26 February 2024

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2023

This is my fourteenth Administrator's report for Catalyst and we continue to work closely with a small dedicated team comprising Rodney Appleyard, our Development Manager, Wendy Larkin, Assistant to the Administrator and myself.

2023 saw all our budgets reduced somewhat as we recovered from a turbulent economic situation. Catalyst is needed more than ever as other funding streams run dry and I am very pleased to say that Catalyst continued to provide support and make a positive and ongoing contribution to the improvement of health care within the CO postcode area.

Although there were some tough economic challenges in 2023 which saw our budgets stretched to the limit, I think that we should be very pleased that overall that there has been an upturn on the value of our investments from last year which means that we are moving in the right direction.

It is over 30 years since Catalyst became a grant making charity and since that time £11 million has been given in grants and the charity is now worth over eleven and a half million pounds.

I think everyone agreed that our 2023 AGM at Wivenhoe House was a great success, and our guests were very moved by the inspirational stories from two young carers who told us how their lives had been hugely improved thanks to the support provided by Action for Family Carers. Many are forced to carry a number of challenging responsibilities on their shoulders at a very young age.

We were also pleased to welcome Tom Harrison, the CEO of Age Well East who spoke about how older people are supported by Age Well East's innovative befriending scheme.

We received many comments afterwards with words such as 'phenomenal', and 'the wonderful speakers truly touched my heart'.

Both groups were supported by grants from Catalyst and it illustrates how we are able to support a wide range of ages and needs.

In 2023 we continued to consider applications that focussed on mental health, health inequalities, suicide prevention and end of life care. Catalyst likes to get involved with projects that have a strong health focus with a proven sustainable future and to work with groups to encourage and enable them to seek match funding from other organisations, thus unlocking further funding,

During 2023, the Catalyst Board considered 47 General Applications (58 last year) from various organisations in our area of operation, of which 21 (45%) (37 - 64% last year) were successful. During this period £157,770 was spent on general grants, (£287,664 last year).

I would now like to tell you about some of the grants that we have made this year to give you a flavour of the wide range of organisations and projects that we supported in 2023.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

We were pleased to make our largest grant of £22,803 this year to CARA. The group works closely with local agencies and charities, where little or no support is available, and takes referrals ranging from domestic and sexual abuse, disability, illness and poverty. Our grant was used to support the appointment of a full-time specialist Young Person's Practitioner for a period of six months. The Practitioner works with a minimum of 50 children and young people over a one-year period providing specialist sexual abuse therapy from the new Rose Therapy Centre in Lakelands Community Centre. This Centre was set up to provide counselling, language and speech therapy to local children struggling to access the services that they need.

Beacon House has adopted a holistic approach to the problem of homelessness and has an over-riding goal to transform lives rather than simply plug gaps. They provide a non-judgmental environment where people can have a meal, take a shower, access medical care, discuss their needs with an Occupational Therapist, Housing Officer and help people obtain benefits. They have about 10,000 guests each year. Our grant of £19,185 allowed them to continue with their existing OT programme for 2023/2024. This will make a very significant and positive difference to the lives of many homeless people.

My Home Life Essex Community Association (FaNs) work to create thriving Care Home Communities in Tendring. With the help of our grant of £15,000 they were able to set up projects in approximately 20 Care Homes across the Tendring District with a view to creating a full programme of physical activity engagement. The aim is to engage up to 300 residents in physical activity created by Mr Motivator, at least once a week, by using online resources in addition to a physical outreach programme in collaboration with community partners.

In 2023 we continued to support projects which address health inequalities. Edensor help to prevent people from being socially excluded and help to reintegrate those who already have been. Edensor run a 50-bed care home in Clacton. They have opened up their facilities to the wider community, in particular the young and isolated elderly. Edensor empowers their residents to be as independent as possible. We were delighted to award Edensor a grant of £15,000 to help fund the building of a log cabin to be situated in the Edensor Garden. The cabin will provide a safe and comfortable space for the residents to receive the appropriate care by skilled professionals as well as enabling them to remain close.

One of our top strategic priorities for 2023 was to have a greater clarity about the health needs of any grant application and to direct our funds quickly and efficiently to provide specialist equipment for those most in need.

With this in mind, we were very pleased to be able to support the MND Community in and around Colchester with a grant for £10,000. The nature of this cruel disease means that the prognosis from diagnosis is 27 months so time is of the essence. Our grant will be used to purchase mobility equipment, provide respite, make lifelong memories with family/friends and to offer Virtual Reality experiences.

Acorn Village is a Charity that provides residential and supported living facilities and care and support for adults with learning disabilities. They offer daytime activities which encourage social interaction, learning new life skills, crafting, gardening, education, active leisure, and entertainment. These activities are also open to adults with learning disabilities in the wider community. Our grant of £9,781 will enable 55 adults with disabilities to access art therapy and counselling sessions thus improving self-confidence, coping skills, social connection, interaction and inclusion.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

Greenland Grove animal sanctuary was established over thirty years ago to provide a safe haven for animals. Over the years the group noticed the benefits the sanctuary was having on volunteers, especially those with mental health issues. The sanctuary has a positive impact on everyone involved. Another area we focussed on in 2023 was suicide prevention and particularly in relation to young men. Our grant of £9,500 to Greenland Grove will be used to provide a hub where men can meet up for company and fellowship. Men often struggle with mental health and the suicide rate is higher than average particularly in the younger age groups. Men would be able to meet at the hub to chat, create and repair things in a workshop or get involved with the animals in the sanctuary.

Catalyst likes to fund equipment that goes above and beyond and complements what the statutory bodies are able to offer. Our grant of £8,398 to Parkeston Welfare Park did just this by creating a pool of equipment not provided by the NHS to keep people mobile.

This group aim to improve people's lives by motivating young and older people with health problems and loneliness by becoming more active and increasing their interest in life to improve both physical and mental health.

Our grant of £6,000 to Autism Anglia went to equip the new sensory room at Jigsaw.

Kids Inspire (KI) provides therapeutic trauma recovery support to children, adolescents and their families; training and consultancy to schools and local authorities; and is actively involved in community outreach projects across Essex. KI's mission is to ensure children receive specialist support to become healthy adults, who can lead complete and fulfilling lives.

Our grant of £5,520 went to fund an innovative project to help six children in Colchester who need intensive support. This will be achieved through a range of therapeutic and community activities that will promote resilience, self-awareness and relationship building to empower more positive life choices.

In relation to health inequalities, The Bridgeway Misson help and support refugees and asylum seekers who are already in the UK. They provide holistic support, physical, material, social and spiritual. They also help with teaching the English language and sign posting. The group help refugees to bridge the gap between their country of origin and their new country. Our grant of £5,000 will enable the Bridgeway Mission to organise trips for the new immigrants and refugees in Colchester to help improve feelings of isolation and to introduce them to the new culture in the UK.

We were pleased to make a grant of £5,000 to St George's School for specialist accessible play equipment for pupils with physical neurological and sensory needs. The school does have pupils with complex needs and they believe it is important that they can take part in activities alongside their peers.

We often work with groups who help families in the most deprived areas of the UK. One such group is the Mid Tendring Partnership. Our grant of £4,500 will enable them to set up a new psychological programme. This Charity provides early intervention and holistic support for children and families living in difficult conditions. Their support helps families struggling with multiple complex issues including poverty, family breakdown, isolation, mental health and behavioural challenges. Our grant will be used to provide a new early approach to working with children with Social and Emotional Difficulties, Special Educational Needs, Additional Needs and those who are struggling with their emotional wellbeing.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

Another group which falls into this category is the Reanella Trust. They are an organisation that aims to relieve sickness, promote and protect the good mental health of individuals particularly from hidden communities through psychological intervention, treatment, and education. Their purpose is to help young men and women to reach their full individual potential through digital mental health and employment support. Our grant of £4,000 will provide psychological help for children.

Other grants this year went to Colchester Museums: £4,500 was given for specialist equipment: £4,000 was granted to Little Lifts to enable them to provide breast cancer patients with one of their Little Lifts Boxes which are filled with premium goodies, and hand packed with love to support people through their chemotherapy and radiotherapy treatment.

We made a grant of £3,952 to the Hut Mersea Island for a permanent decking path down the side of the huts to enable wheelchair users access to the hut and also provide a turning circle and sitting area at the front of the hut for wheelchair users.

Many of our grants involve providing equipment or technological support. A grant of £3,414 enabled Balkerne Gardens to purchase health-based equipment and our grant to Livability Treetops was used to fund vital sign monitors. £1,975 also went to the University of Essex to fund assistive technology for the disabled.

The Colchester Korban Project help young homeless people aged 16-25 realise their potential and thrive, by providing accommodation, resources, holistic support and guidance enabling them to develop the character, skills and confidence to live independently. Our grant of £2,450 will enable them to provide some bespoke training for workers on some key topics. The training will cover topics such as mental health, including spirituality and focusing on anxiety and depression.

During 2023 we have supported a diverse range of projects addressing many different needs both physical and mental from equipment to training and across the age spectrum.

All our grants are monitored regularly, and we ask for feedback, reports and photos where appropriate.

We continue to support counselling services, and this accounted for £8,642 of expenditure during 2023.

Special Individual Needs (SIN) grants continue to be an important part of our work. There were 196 (190 last year) applications of which 161 (160 last year) were successful. This year we spent £83357 on SIN (£94,478 last year) Once again the vast majority of grants provided mobility equipment for those who could not obtain it from the statutory providers.

We continue to work in partnership with the Neuro Rehabilitation Unit at Colchester General Hospital to bulk purchase 3 and 4 wheeled walkers which they distribute as necessary.

Sean MacDonnell took over the chairmanship of the SIN committee in October 2023 and the group, which meets every 4 to 6 weeks via Teams, is made up of health professionals.

We regularly receive letters and cards of thanks from individuals and their carers who are so grateful for the help provided.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

The Catalyst respite scheme continues to represent a significant part of our budget and in the year 2023 £125,267 (last year £158,360) was spent on arranging short term respite care. This scheme allows full-time carers to have a break from their caring duties. We work in partnership with about a dozen care organisations, listed on the inside front cover of this report. Our partners are trained as assessors, and each organisation has an agreed annual budget. We monitor the activity and keep in touch throughout the year.

In communicating Catalyst's activities, our website www.colchestercatalyst.co.uk provides a wealth of information about our services and grants in addition to having links to partner sites providing advice, support and services to help improve healthcare within the CO postcode area. Application forms for General and Special Individual Needs grants are available to download from the site, as well as copies of past Annual Reports together with a regularly updated news section. Our website is in the process of undergoing a facelift so please watch this space. We can also now be found on Facebook which is also updated on a regular basis.

Finally I would like to take this opportunity to thank all my colleagues, Catalyst's Chairman Christine Hayward, Peter Fitt, Company Secretary, Mark Pertwee, Vice Chairman, the Board, Development Manager Rodney Appleyard, assistant Wendy Larkin and our partner charities and organisations for all their help, support and encouragement during the past year. We all feel very happy and privileged to be working for the Catalyst Charity, by bringing help to those people who fall outside the statutory remit.

Stephanie Grant
Administrator
26 February 2024

COLCHESTER CATALYST CHARITY

MAIN GRANTS AND DONATIONS OVER £3,500

FOR THE YEAR ENDED 31 DECEMBER 2023

Organisation	Project	£
CARA	Specialist Therapy	22,803
Beacon House	OT Programme	19,185
FaNs	Mental Health Project	15,000
Edensor	Log Cabin	15,000
Challenging MMD	Specialist Equipment	10,000
Acorn Villages	Wellbeing Project	9,781
Greenland Grove	Fellowship Hub	9,500
Parkeston Welfare Park	Equipment	8,398
BEARS	Ventilator	8,000
Autism Anglia	Improve Sensory Room at Jigsaw	6,000
Kids Inspire	Neurodiversity Project	5,520
Bridgeway Mission	Refugees New Life	5,000
St. George's School	Equipment	5,000
Mid Tendring Partnership	Psychological Programme	4,500
Colchester Museums	Specialist Equipment	4,500
Reanella Trust	Psychological Support for Children	4,000
Little Lifts	Little Lifts Boxes	4,000
The Hut Mersea Island	Hut Decking	3,952

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2023

At Colchester Catalyst Charity, we kick-start each year by reaching out and learning about the new and emerging health needs in the area, so we can shape our strategy around how best to make an impact, with our partners, to support people suffering from these major issues.

This year, as part of our strategy, we continued our focus on mental health projects due to the growing problems in this area over the last few years. We are pleased to have received reports that our collective efforts with other funders has helped to ease problems for some people, although we appreciate much more work needs to be done in this area.

Some of this focus has centred around helping men who are risk of suicide in North East Essex, which is significantly high in our region. We also funded a number of projects that have helped young people who have been suffering from mental health problems, also identified as a big issue.

Additionally, many of the projects we have funded have received further support from the National Lottery Community Fund, as well as the Integrated Care Board (run by the NHS), which has enabled these initiatives to gain long-term support so they can continue beyond the life time of our grant.

By working together in this joined up way with other commissioners and funders, we have been able to alleviate the pain of many people who are in need of targeted support.

For example, the child counselling project run by CARA (The Centre For Action On Rape And Abuse), which we funded for £22,803, has been working hard to help young people who have suffered from abuse and trauma. It has built on another project supported by the ICB, through funding managed by Community360 and CVST.

In total, C360 and CVST were tasked with allocating £500,000 of funding on behalf of the ICB, to support projects aimed at improving people's mental health. This programme was called the "Feel Well Fund". We have also been speaking with the ICB about how we could possibly help CARA to source more long-term funding in the future, to keep this counselling programme going for the children who need it.

We can only achieve ambitions like this through regular conversations with our partners about big visions to address these local health needs, whilst also working closely with appropriate not for profit organisations which know these issues inside out. By putting this effort in early, we often find we are able to catalyse big change in the community.

Other projects we have funded last year and over the last few years, which the ICB has also supported, include mental health projects run by:

- Abberton Rural Training
- Kids Inspire
- Reach out For Mental Health
- African Families in the UK
- Age Concern
- Carers 1st
- YES
- Outhouse East
- Refugee Action Colchester
- Together We Grow
- Headway Essex
- Tendring Specialist Stroke Services
- The 12th Man
- The Dance Network.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

Between us, this means many people from a wide variety of different backgrounds, who are suffering from mental health issues, have received concentrated efforts to alleviate these problems.

A large number of the other projects we have grant-aided have also received further help from the Lottery, including initiatives run by:

- Bridge Mission (helping refugees)
- The Outhouse
- RAMA (Refugee, Asylum Seeker & Migrant Action)
- Teen Talk
- iCarp
- Tendring Specialist Stroke Services
- The Tendring Wellbeing and Intervention Services

Additionally, some other projects we have supported have received further funding from Active Essex (managing Sport England funding), such as the FaNS (Friends and Neighbours) project. Others have received additional commissioning support from Essex County Council, such as the Mid Tendring Education Partnership project.

All of these projects cover a wide range of mental health issues for many different groups of people, including:

- Under 30 year olds
- Older people
- Professionals going through mental health crisis
- Refugees
- PTSD sufferers
- People with learning disabilities
- People recovering from strokes
- People with head injuries
- People who are LGBTQ+

Substantial funds have been unlocked as a result of our partnership with other funders and commissioners. For example, the Lottery supported iCarp with a £300,000 grant to help more PTSD sufferers; the ICB helped Reach Out For Mental Health with a grant of £50,000 and Active Essex helped FaNs with a grant of £56,000.

We have also successfully supported a number of other projects relevant to our strategy focused on:

- End of Life Care - such as the new Edensor Care Centre outdoor cabin
- Health inequalities - such as the Reanella Trust's mental health project we supported in Greenstead
- Alcohol and drug misuse - such as the Korban project, which helps young homeless people between 16-25 with mental health problems

Furthermore, we have helped many projects with acquiring vital pieces of equipment, such as a new robot arm for a specialist project that will help stroke sufferers to improve their physical abilities in the future.

For 2024, we have revisited our strategy again and will continue to work with our partners to address the biggest health needs in the North East Essex, so we can keep catalysing dynamic projects which can significantly improve people's mental and physical health.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

CARA - £22,803 to support children suffering from physical abuse

We awarded CARA (Centre for Action on Rape and Abuse) this counselling grant to help children who are suffering from mental health problems due to abuse and trauma, which has been identified as a growing problem in the area.

It has enabled CARA to provide help specifically for 50 young people in Colchester, who would not have received counselling support without the grant.

Helen Parr, the CEO of CARA, said her team was delighted when this grant was awarded. "Colchester Catalyst has an extremely good reputation, particularly for supporting charities in accessing longer-term funding. Having this additional resource was a great boost to team morale.

"We are currently involved in a scoping exercise with the Child and Family Service Team at Essex County Council, looking at the demand for greater therapeutic support services to help children who have been abused. We have been given a strong indication that this work will lead to a new commissioned service. Colchester Catalyst has contributed to this process by offering to tell the Essex County Council team about the strong outcomes our work delivers.

"More generally, the Colchester Catalyst grant acts as a valuable endorsement of CARA's work and the key role we play in supporting the healthcare needs of children and young people. We regularly include the grant as evidence of our credibility as an organisation in funding applications."

She added that if CARA is able to secure longer term funding for this post, the grant will have played an important role in helping the organisation to build a strong and skilled Young Person's Practice that is better able to keep pace with the huge demand for its service.

"Overall, the support from Colchester Catalyst has been excellent and very responsive to our needs as an organisation," added Mrs. Parr. "Catalyst plays an important role in recognising the vital work that voluntary sector organisations, like CARA, deliver when addressing important healthcare needs. Their active approach in supporting charities in accessing longer-term funding is unusual, extremely valuable and is very much appreciated."

Mid Tendring Education Partnership - £4,500 to support children's mental health in schools

Liz Pickford, the CEO of Mid Tendring Education Partnership, said she was delighted when she heard the organisation's funding bid to Catalyst had been successful.

"As a small local charity, the importance of receiving funding to support our work cannot ever be underestimated. The 'Believe to Achieve' Project supports Catalyst's aim of making a positive and ongoing contribution to the improvement of healthcare within the community, through providing a new early approach to working with children with emotional difficulties and special educational needs.

"These young people struggle with their mental well-being through experiencing social isolation. They are also often unable to access education. Therefore, they face real barriers to achieving their potential.

"This project will enable highly skilled qualified psychotherapists to provide individual therapeutic 1:1 support to 15 identified children for up to 12 weeks of intensive support, that will be completed within 12 months. It will also enable them to enact lasting change by working directly with the targeted children in a non-judgmental way."

Additionally, Mrs. Pickford said this project will empower the young people to find their own solutions to problems that will improve their long-term life chances.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

"It's so vital for our children and young people as it differs from traditional counselling support, seeking to address the gaps for those who have more complex needs, as well as those with enduring mental health difficulties and disorders. These people have often tried other therapies with little or no improvement. "

"Without the generous funding from Catalyst these children would not receive any support and their needs would go unmet. So in short, the funding makes all the difference for our vulnerable children and young people, as well as their life chances!!

"Can I take this opportunity to thank the team at Catalyst for making this process so easy and for your ongoing commitment to supporting local charities to help vulnerable children, as well as their families."

Acorn Villages - £9,781 to provide Counselling support for people with learning disabilities

The team at Acorn Villages said they are hugely grateful for this grant to help adults suffering with learning disabilities at their base in Manningtree.

Kirsty Buxton, the Communications and Income Generation Manager for Acorn Villages, added: "They would not have access to this free counselling and art therapy provision without the grant. We believe everyone has the right to reach their full potential and this project, which addresses people's overall well-being, is a fundamental part of this."

She hopes Acorn Villages will now also be able to access additional funds to benefit its service users even more, as well as enabling this provision to include external people with learning disabilities that utilise its activity day services.

"The Colchester Catalyst grant sets a fantastic example to other funders, to demonstrate that we are worth the investment to help improve the well-being of adults with learning disabilities."

Emily Duzgun, a counsellor and art therapist at Acorn Villages, who has been working on the project said: "Through this therapy provision, service users have the opportunity to express, explore and process their thoughts and feelings, enabling continual growth and development.

"They can also be supported with a range of issues including; loss and bereavement; relationship difficulties; anxiety and depression; phobias; challenging behaviour and self-esteem, to name but a few.

"The development of emotional literacy and intelligence is already notable, as we begin to see increased levels of awareness of themselves and others. "

She added that service users will also learn how to understand their triggers and how to monitor their well-being through noticing warning signs when their mental health starts deteriorating. These are skills they can then utilise beyond the therapy process.

"Plus, we would expect to see outcomes of improved levels of resilience and independence; reduced levels of problematic behaviours and the reduced need for anti-depressants or anti-anxiety medication."

Michelle Cook, CEO, added: "Colchester Catalyst is absolutely vital in funding projects like ours. Many charities and organisations are facing unprecedented financial pressure where even trying to provide our usual caring and supportive service is hard enough without looking to source funding for new projects. It means the well-being of adults with learning disabilities can be helped and coping strategies put in place for the future, leaving a lasting legacy."

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

Edensor Care Centre - £15,000 for a new End-Of-Life Care outdoor cabin

The staff at Edensor said the grant has helped them to create a space where its residents and their families can enjoy time together and therapies outside. They hope in the future people from the local community will also be able to take advantage of the space too.

Sab Mach, the Edensor Care Home Manager, said: "In no uncertain terms, we were absolutely elated to receive this grant! Post pandemic fundraising has been difficult for everyone and to receive the Colchester Catalyst award really gave our project a very welcome launchpad.

"Our entire team was over the moon, as we know it will be life changing for our residents. The funding not only allowed us to plan and build the cabin itself, but we are now fundraising for the items we need for the interior.

"Edensor residents have been very interested in the project from day one. It has been a great talking point for everyone within the home, from the excitement of the build stage, to describing what the cabin will be used for. They look forward to using the cabin to enjoy some quiet time."

Mach added that the cabin (which they have named The Quiet Oasis) will create an 'outside sensory experience' for residents who are simply not able to get out.

"Many of them are currently confined to their rooms due to ill health, and this separate fully equipped building will allow them important respite. Our staff have told us that some residents 'miss the sky' – and this cabin will now allow them to experience the sky from a safe space. A mini trip outside, day or night, will help change their surroundings, so they can experience new sensory experiences in a different environment."

The cabin will have a multitude of uses; from people receiving end of life care; to providing outdoor activities for people to take part in; to opening it up to the wider community. They said they intend to share the use of the cabin with other residential facilities in the surrounding area.

"The support from Catalyst has been invaluable. They offered their full assistance when we made the application. Representatives visited the site, and helped us with the application process, as well as the level of information that was required to submit the application for funding."

<https://www.charitytoday.co.uk/15000-donation-funds-end-of-life-project-in-clacton/>

FaNs - £15,000 - physical and mental support for people in care homes

We awarded this funding to FaNs (Friends and Neighbours), to set-up a number of activities in care homes across Tendring in Colchester, aimed at improving the mobility and mental health of older people.

Christina Shields, the FaNs Project Coordinator, said that being able to offer more movement sessions and training across the care homes has given the staff greater confidence in delivering sessions to their residents.

She added that in their subsequent bids, it has also helped them to show they are trusted and well thought of by Colchester Catalyst, which has reassured other funders. For example, Active Essex has funded some of its activities now until April 2025.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

“The boost that the funding has given FaNs so far will only grow. We have been able to spend time sourcing contacts and building relationships, which will continue. Being supported by Catalyst has been a gift to us not just financially but also in cementing that our missions are worthwhile and well thought of. Without Catalyst’s input, our scope would be much smaller and less effective. “

So far, through the funding, FaNs has been able to provide a number of interesting sessions already, as Christina explained:

“One of our events involved supporting 79 residents from 13 care homes with fitness sessions, to help improve their mobility. We also set-up walk and talk sessions for people in Colchester and Tendring, which was possible after a care home lent us a mini-bus.

“Plus, our move it or lose training has helped to provide mental and physical stimulation for many residents. It has helped to improve their overall mood and general well-being. Additionally, having the ability to offer more varied support than normal to people in care homes, and connect many of them to each other, has boosted the overall well-being of the residents.”

Rodney Appleyard
Development Manager
26 February 2024

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees present their report and accounts for the year ended 31 December 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016)".

Objectives and activities

The objective of the charity is the relief of the sick and suffering of North East Essex. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when planning its future activities and setting the grant making policy for the year.

Details of the charities activities and achievements during the year are set out in the chairman's Report, administrator's report and the development manager's report.

Grant making policy

The Charity's detailed grant making criteria are set out on the Charity's website, www.colchestercatalyst.co.uk. All applications for grants are considered by the Trustees and where successful are formally approved. An annual grants budget is set by the Trustees.

Financial review

The results are shown in the financial statements of which the following is a summary:-

	31/12/2023	31/12/2022
	£	£
Direct Charitable Expenditure	452,130	626,563
Surplus / (Deficit) before Gains or Losses on Investments	(57,861)	(253,010)
Realised Gains / (Losses) on Sales of Investments	23,458	(12,763)
Unrealised Gains / (Losses) on valuation of Investments	389,854	(912,133)
Total Net Assets at 31st December	12,120,404	11,764,953

Future financial performance will be affected by the investment income and growth achieved in future years.

Reserves policy

The current reserves policy is to endeavour to maintain a Capital Reserve of at least £12,000,000 until December 2024. At 31st December 2023 the Capital Reserve stood at £12,120,404.

Investment policy

The investment policy is determined by the Trustees, with the benefit of external advice, after considering income requirements, risk profile and stock market prospects in the short and medium term.

Risk statement

The Trustees confirm that the major risks to which the charity is exposed, as identified by the Trustees, have been reviewed and systems established to mitigate these risks.

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

Plans for future periods

The Trustees plan for the foreseeable future to continue making grants with a view to making a positive contribution to improving care of the sick or suffering in the CO postcode area.

Structure, governance and management

The charity is a company limited by guarantee (number 00634588), governed by a Memorandum and Articles of Association and is a Registered Charity (number 228352).

At 31st December 2023 there were forty two members.

Colchester Catalyst Charity became a grant making charity in 1990 following the sale of the Colchester Oaks Hospital, in Oaks Drive, to Community Hospitals PLC. The sale was conditional on Community Hospitals PLC building a new hospital, to an agreed high specification, by 1994 - this was done and the new Oaks Hospital off Mile End Road was opened in January 1994.

With the agreement of the Charity Commissioners the directors decided to devote the income, from the invested funds resulting from the sale 'for the relief of the sick or suffering of North Essex'.

The Charity is administered by a Board of Trustees.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Hayward MBA NPQH

P W E Fitt FCA

Dr N J Busfield MA, PhD

Dr M P Hickman MB B.Chir DCH

M F Pertwee BA (Hons)

K Songhurst LLB(Hons)

E Thrower DipCOT, MHCPC

I S Turner MA MBA

Dr S MacDonnell MBBS FRCA FFICM

Nominations for the appointment of new Trustees are made based upon the established knowledge and experience of the candidate and on the likely contribution that the candidate may make to the work of the charity. All Trustee appointments are subject to election at an AGM and all Trustees are subject to re-election at an AGM every three years.

Trustees are provided with appropriate information and guidance on induction; no other formal training is provided to trustees.

Administrator and assistant:

S Grant & W Larkin

Development Manager:

R Appleyard

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) *FOR THE YEAR ENDED 31 DECEMBER 2023*

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.

P W E Fitt FCA

26 February 2024

COLCHESTER CATALYST CHARITY

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2023

The trustees, who are also the directors of Colchester Catalyst Charity for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF COLCHESTER CATALYST CHARITY

Opinion

We have audited the financial statements of Colchester Catalyst Charity (the 'charity') for the year ended 31 December 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF COLCHESTER CATALYST CHARITY

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of Trustees responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF COLCHESTER CATALYST CHARITY

We made enquiries of the trustees, including:

- How they have identified, evaluated and complied with laws and regulations and whether they were aware of any instances of non-compliance;
- Their process for detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
- Which internal controls have been established to mitigate risks related to fraud or non-compliance with laws and regulations.

We obtained an understanding of the legal and regulatory frameworks that are applicable to the Charity. These include, but are not limited to, compliance with the Companies Act 2006, UK GAAP, Charities SORP and tax legislation.

In addition, the Charity is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: employment law and data protection.

The Senior Statutory Auditor has assessed and concluded that the engagement team collectively had the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations. During our audit:

- We reviewed the financial statement disclosures and tested to supporting documentation to assess compliance with relevant laws and regulations discussed above;
- We made enquiries of the trustees;
- We read minutes of meetings of those charged with governance.

We considered opportunities for fraudulent manipulation of the financial statements (including revenue recognition and the risk of override of controls), and determined that the principal risks were related to management override of the Charity's grant awarding process. Due to the Charity's extensive controls in place and regular oversight from the Board, the risk of fraud in this area is low.

The specific procedures we performed to address this area was as follows:

- We reviewed the integrity of the controls in place and discussed with management where any amendments had been made to ensure processes are up to date;
- Performed walkthrough tests on a sample of grants awarded covering General, SIN, Respite and Counselling grants;
- Ensured that all grants sampled had been approved by the board by reviewing meeting minutes of the Trustees and the SIN board committee;
- Through review of the meeting minutes we concluded that adequate controls are in place for the identification of potential conflicts of interests such that grants are not awarded to those with a financial interest in the Charity.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF COLCHESTER CATALYST CHARITY

Our audit procedures were designed to respond to risks of material misstatement in the financial statements, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery, misrepresentations or through collusion. There are inherent limitations in the audit procedures performed and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we are to become aware of it.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Rachel Skells BA FCA (Senior Statutory Auditor)
for and on behalf of Streets Audit LLP

26 February 2024

Chartered Accountants
Statutory Auditor

Tower House
Lucy Tower Street
Lincoln
LN1 1XW

COLCHESTER CATALYST CHARITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	Unrestricted funds 2023 £	Unrestricted funds 2022 £
<u>Income from:</u>			
Donations and subscriptions etc.	2	300	344
Income from investments	3	393,969	373,209
		<hr/>	<hr/>
Total income		394,269	373,553
		<hr/>	<hr/>
<u>Expenditure on:</u>			
Charitable activities	4	452,130	626,563
		<hr/>	<hr/>
Net gains/(losses) on investments	7	413,312	(924,896)
		<hr/>	<hr/>
Net movement in funds		355,451	(1,177,906)
Fund balances at 1 January 2023		11,764,953	12,942,859
		<hr/>	<hr/>
Fund balances at 31 December 2023		12,120,404	11,764,953
		<hr/> <hr/>	<hr/> <hr/>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

COLCHESTER CATALYST CHARITY

BALANCE SHEET

AS AT 31 DECEMBER 2023

	Notes	2023 £	£	2022 £	£
Fixed assets					
Tangible assets	11		166,697		166,697
Investments	12		11,661,605		11,344,266
			<u>11,828,302</u>		<u>11,510,963</u>
Current assets					
Debtors	14	911		293	
Cash at bank and in hand		334,960		328,127	
		<u>335,871</u>		<u>328,420</u>	
Creditors: amounts falling due within one year	15	(43,769)		(74,430)	
Net current assets			<u>292,102</u>		<u>253,990</u>
Total assets less current liabilities			<u>12,120,404</u>		<u>11,764,953</u>
Income funds					
Unrestricted funds - general			<u>12,120,404</u>		<u>11,764,953</u>
			<u>12,120,404</u>		<u>11,764,953</u>

The financial statements were approved by the Trustees on 26 February 2024

C Hayward MBA NPQH
Trustee

P W E Fitt FCA
Trustee

Company registration number 00634588

COLCHESTER CATALYST CHARITY

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash absorbed by operations	21		(483,109)		(645,573)
Investing activities					
Purchase of investments		(898,232)		(15,972)	
Proceeds on disposal of investments		994,205		400,000	
Investment income received		393,969		373,209	
Net cash generated from investing activities			489,942		757,237
Net cash used in financing activities			-		-
Net increase in cash and cash equivalents			6,833		111,664
Cash and cash equivalents at beginning of year			328,127		216,463
Cash and cash equivalents at end of year			334,960		328,127

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

Charity information

Colchester Catalyst Charity is a private company limited by guarantee incorporated in England and Wales. The registered office is 14 Dedham Vale Business Centre, Manningtree Road, Dedham, Essex, CO7 6BL.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.3 Incoming resources

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Other income including income tax recoverable is accounted for on an accruals basis as far as it is prudent to do so.

1.4 Resources expended

Grants and donations payable are recognised as expenditure when the grant is approved.

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	0% depreciation
-----------------------------	-----------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

1 Accounting policies

(Continued)

1.6 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at quoted sale value at the close of business on the balance sheet date. Changes in market value are recognised in net income/(expenditure) for the year and carried to the capital fund. Transaction costs are expensed as incurred.

Quoted investments are included at quoted saleable value as at the close of business on the balance sheet date, any surplus or deficit arising on such valuation is carried to capital fund.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Basic financial assets

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost.

Financial assets comprise cash at bank and in hand, together with other debtors. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital.

Financial liabilities held at amortised cost comprise all creditors except social security and other taxes, deferred income and provisions.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.11 Grants and donations payable

Grants and donations payable are recognised as expenditure when the grant is approved.

1.12 Gifts in kind

The Charity receives the benefit of work carried out by volunteers. No value is placed on this in the financial statements.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

2 Donations and subscriptions etc.

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Donations and gifts	300	344

3 Income from investments

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Income from quoted investments	393,969	373,209

4 Charitable activities

	2023 £	2022 £
Staff costs	58,369	54,598
Office expenses	8,766	8,337
	<hr/>	<hr/>
	67,135	62,935
Grant funding of activities (see note 9)	375,036	554,502
Share of governance costs (see note 10)	9,959	9,126
	<hr/>	<hr/>
	452,130	626,563

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration, benefits or payments for expenses from the charity during the year.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

6 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
	3	3
	=====	=====

Employment costs

	2023 £	2022 £
Wages and salaries	56,669	53,008
Other pension costs	1,700	1,590
	=====	=====
	58,369	54,598
	=====	=====

There were no employees whose annual remuneration was more than £60,000.

7 Net gains/(losses) on investments

	Unrestricted funds general 2023 £	Unrestricted funds general 2022 £
Revaluation of investments	389,854	(912,133)
Gain/(loss) on sale of investments	23,458	(12,763)
	=====	=====
	413,312	(924,896)
	=====	=====

8 Taxation

The company is a charity and is not liable to corporation tax on income. It is entitled to receive certain types of investment income without deduction of Income Tax at source.

Expenditure includes where appropriate irrecoverable Value Added Tax.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

9 Grants payable

	2023	2022
	£	£
Grants to institutions:		
Charities etc	157,770	287,664
Special Individual Needs	83,357	94,478
Respite Care	125,267	158,360
Counselling	8,642	14,000
	<u>375,036</u>	<u>554,502</u>

A detailed analysis of Grants and Donations over £3,500 made in the year can be found on page 7.

10 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Audit fees	-	5,362	5,362	-	4,712	4,712
Accountancy	-	1,050	1,050	-	816	816
Sundries	-	3,547	3,547	-	3,598	3,598
	<u>-</u>	<u>9,959</u>	<u>9,959</u>	<u>-</u>	<u>9,126</u>	<u>9,126</u>
Analysed between						
Charitable activities	<u>-</u>	<u>9,959</u>	<u>9,959</u>	<u>-</u>	<u>9,126</u>	<u>9,126</u>

Governance costs includes payments to the auditors of £5,362 (2022: £4,712) for audit fees. An amount of £1,050 (2022: £816) was payable to an associate of the auditor, Streets Whittle & Partners LLP, for non-audit work.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

11 Tangible fixed assets

	Freehold land and buildings £
Cost	
At 1 January 2023	166,697
At 31 December 2023	166,697
Carrying amount	
At 31 December 2023	166,697
At 31 December 2022	166,697

12 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 January 2023	11,344,266
Additions	898,232
Valuation changes	389,854
Realised gains/(losses)	23,458
Disposals	(994,205)
At 31 December 2023	11,661,605
Carrying amount	
At 31 December 2023	11,661,605
At 31 December 2022	11,344,266

	2023 £	2022 £
Investments at fair value comprise:		
Charifund:	1,790,845	1,936,628
Blackrock Charities UK Equity Fund (formerly Charishare):	1,462,045	1,385,729
Schroders Charity Multi Asset Fund:	2,039,373	2,008,286
Newton Growth Fund for Charities:	-	864,030
Newton Growth & Income Fund for Charities:	6,369,342	5,149,593
	11,661,605	11,344,266

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

13 Financial instruments

	2023	2022
	£	£
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	11,661,605	11,344,266

14 Debtors

	2023	2022
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	911	293

15 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other creditors	38,341	69,415
Accruals and deferred income	5,428	5,015
	43,769	74,430

16 Outstanding grants payable

The analysis of grant funding and the balance outstanding included in other creditors for the period is as follows:

	Note	2023	2022
Grants approved not yet paid - brought forward		69,009	88,573
Grants approved in period	9	375,036	554,502
Grants paid in period		(405,973)	(574,066)
Grants approved not yet paid - carried forward		38,072	69,009

17 Retirement benefit schemes

Defined contribution schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £1,700 (2022: £1,590).

18 Non-audit services provided by auditor

Streets Whittle & Partners LLP, an associate of the auditor, have processed the charity's payroll from information provided to them (note 10).

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2023

19 Analysis of changes in net funds

The charity had no debt during the year.

20 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).

21 Cash generated from operations	2023	2022
	£	£
Surplus/(deficit) for the year	355,451	(1,177,906)
Adjustments for:		
Investment income recognised in statement of financial activities	(393,969)	(373,209)
(Gain)/loss on disposal of investments	(23,458)	12,763
Fair value gains and losses on investments	(389,854)	912,133
Movements in working capital:		
(Increase) in debtors	(618)	(96)
(Decrease) in creditors	(30,661)	(19,258)
Cash absorbed by operations	(483,109)	(645,573)

COLCHESTER CATALYST CHARITY

England & Wales - Charity number 228352

Accounts

Charity Registration No. 228352

Company Registration No. 00634588 (England and Wales)

**COLCHESTER CATALYST CHARITY
LIMITED BY GUARANTEE**

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

COLCHESTER CATALYST CHARITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Hayward MBA NPQH P W E Fitt FCA Dr N J Busfield MA, PhD Dr M P Hickman MB B.Chir DCH M F Pertwee BA (Hons) K Songhurst LLB(Hons) E Thrower DipCOT, MHCPC I S Turner MA MBA Dr S MacDonnell MBBS FRCA FFICM	
Secretary	P W E Fitt FCA	
Charity number	228352	
Company number	00634588	
Registered office	14 Dedham Vale Business Centre Manningtree Road Dedham Essex CO7 6BL	
Auditor	Streets Whittle & Partners LLP The Old Exchange 64 West Stockwell Street Colchester Essex CO1 1HE	
Bankers	National Westminster Bank plc	Colchester
Solicitors	Birkett Long	Colchester

COLCHESTER CATALYST CHARITY

CONTENTS

	Page
Chairman's report	1
Administrator's report	2 - 6
Main grants and donations over £5,000	7
Development Manager's report	8 - 12
Trustees report	13 - 15
Statement of Trustees responsibilities	16
Independent auditor's report	17 - 20
Statement of financial activities	21
Balance sheet	22
Statement of cash flows	23
Notes to the financial statements	24 - 31

COLCHESTER CATALYST CHARITY

CHAIRMAN'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2022

Welcome to our 2022 Annual Report, celebrating 34 years of Colchester Catalyst Charity's operation. The first Annual Report I contributed to as Chairman was in 2011 and I look back on the last 11 years with a great deal of joy and pride – not for myself but for the way the Charity has developed and responded to local and national challenges and fulfilled our Object of making a positive and ongoing contribution to the improvement of healthcare in the CO postcode area.

Over the last year, we have been able to contribute to a range of exciting projects as well as equipment for organisations and individuals. We have continued to support respite care for carers and those cared for. Funding has also assisted counselling organisations to offer their services to anyone who might need it and is supported by a medical professional. Rodney Appleyard's and Stephanie Grant's reports go into these grants in more detail. The photographs and case studies show the fantastic ability of the charitable sector to transform viable ideas into reality and we are very pleased to have made a contribution to these.

During 2022, our financial position has been strong and this was reflected in the total grant allocation we were able to make. With the downturn in economic growth and the upturn in inflation which we saw towards the end of the year, this will mean that we will need to be even more focused in our grant making in 2023.

Our strategy for 2022 covered the areas of mental health, health inequalities, suicide prevention, especially focusing on young people, alcohol and drug misuse and end of life care. These will continue for 2023, with the Board looking for a clear emphasis on and evidence of the health benefits of any grant applications. We are proud of the fact that we have never turned down a good grant application on the basis of money not being available and the Board wants this approach to continue.

Colchester Catalyst Charity is indebted to a range of people who help us to carry out our functions. I should like to thank our Respite Care Assessors, Special Individual Needs Committee, Counselling organisations, funding partners, partners from the statutory agencies and all the Charities and Community Interest Companies with whom we work. All these are people who quietly get on with trying to improve life situations for our community. This year also, we were particularly pleased to congratulate Brenda Ellis, Chair of CVST, on her well-deserved BEM, awarded in the late Queen's birthday honours in June 2022.

The Charity is a relatively small organisation and I should like to pay tribute to our amazing staff team of Stephanie Grant, Rodney Appleyard and Wendy Larkin – it is they who are the visible face of the organisation and make it work in practice as well as it does. Thank you, too, to the Directors who are committed to the same Object as our founders and also show the wisdom and openness to respond to a changing world with compassion and care.

Christine Hayward

Chairman

20 February 2023

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2022

This is my thirteenth Administrator's report for Catalyst and we continue to work closely with a small dedicated team comprising Rodney Appleyard, our Development Manager, Wendy Larkin, Assistant to the Administrator and myself.

Although 2022 saw a return to relative normality and working patterns post Covid, it was certainly a tough year in economic terms. Despite the turbulent economic situation and fall in the value of our investments, I am very pleased to say that Catalyst continued to provide support and make a positive and ongoing contribution to the improvement of health care within the CO postcode area where help is not available from the statutory authorities.

It is over 30 years since Catalyst became a grant making charity and since that time £11 million has been given in grants and the charity is worth over £11 million.

We were delighted to be able to hold our 2022 AGM at Wivenhoe House where we welcomed 86 guests including Members, Board and friends. Mark Wheeler from iCarp's Veteran PTSD project and Tracy Davies from Ending Life's Taboo gave the meeting interesting accounts of their work with vulnerable people.

In addition to Special Individual Needs, Counselling and Respite we also cover General grants.

During 2022, the Catalyst Trustees considered 58 General Applications (48 last year) from various organisations in our area of operation, of which 37 (64%) (48 - 52% last year) were successful. During this period £287,664 was spent on general grants, (£225,521 last year).

Catalyst likes to get involved with projects that have a strong health focus with a proven sustainable future. This could take the form of self-care health support or helping a service to refocus but there always has to be a strong health focus.

It is our intention to work with groups and to encourage and enable them to seek match funding from other organisations and in this way we live up to our name of 'catalysing' new projects.

While many of our grants focus on equipment of a medical nature for which there is no statutory funding available, we have noticed a sharp increase in the number of organisations seeking funding for self-help mental health projects as we recover from the damage of social isolation, loneliness and lack of interaction caused by the pandemic.

With this in mind, we were pleased to make one of our largest grant this year of £31,636 to Teen Talk. Teen Talk operate from Harwich and deliver services throughout Tendring and provide a range of practical and emotional problem prevention strategies through a support service. Teen Talk used our grant to work collaboratively with families to provide parental support around mental health. An initial consultation phone call will assign a support worker to assess needs and start to find solutions and support routes. These may be to their own support programmes or other mental health support routes if required.

Refugee Action provide a safe and welcoming community to vulnerable migrants from 100 countries living in Colchester. Our grant of £20,000 will enable them to work with all refugee groups including the Afghan & Asian Association, the Ukrainian Hub and African Families in the UK by offering therapeutic activities to improve the health and wellbeing of their clients.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Catalyst has always recognised the role of unpaid carers and particularly that of young carers. Action for Family Carers support unpaid family carers and young carers in Essex and offer emotional and practical support to help carers maintain a balance between their caring responsibilities and a life outside of caring. They run activity groups and day care clubs to give carers a break from their caring role as well as delivering befriending to vulnerable adults. The group also provide wellbeing programmes for carers and young carer clubs and support in schools. We were very pleased to be able to award this group a grant £16,000 to establish and run a regular Young Carers Respite Club in the Tendring District. The club will give young carers the opportunity to meet their friends, to have time to themselves in a safe environment away from home and their caring responsibilities. Activities on offer include indoor and outdoor games, healthy eating cookery sessions and arts and crafts projects.

One of our priorities for 2022 was to focus on mental health and health inequalities and so we were pleased to award a grant of £15,000 to Sandy's Farm. This group has been set up to provide individuals and groups with an outdoors space to benefit their emotional and mental health wellbeing. The project offers hands on activities such as animal petting and care, spending time in nature, working on land-based projects and working with people from diverse backgrounds and all ages. The aim is to learn through practical experiences that are of value to employers and skills which will benefit the participant and create independence and a sense of self-worth. Our grant will be used to set up and maintain a Sensory Garden and Cabin for people with special educational needs and to improve the mental and emotional wellbeing for all beneficiaries, volunteers, and staff. A sensory cabin can be very therapeutic for people who suffer from sensory problems. It can be used as a calming place and as a gentle way to stimulate the senses.

Another of this year's priorities was end of life care. Focusing again on unpaid carers we were happy to make a grant of £13,858 to Carers First to cover the costs of developing distinct programmes of support for carers of eight caring situations: End of Life, Dementia, Mental Health, Learning Disability or Autism, Physical Disability, Sensory Conditions, Dependency, (Frail and Elderly). The project will ensure that every carer can access a personalised support package to suit their needs.

We made a grant of £13,000 to Mariner's Chapel to enable them to provide multi access facilities and also a part-time outreach/community support co-ordinator and assistant. The group works with a wide range of people is a central hub for providing community support. Their work has enabled them to identify a number of people in need within the local area who fly under the radar and are not receiving adequate enough support from the statutory services, including adult and children with mental health issues.

We were pleased to make an innovative grant of £10,832 to the Dance Network Association. This organisation enables people to live more connected, joyful and aspirational lives through dancing.

Our grant will allow those who suffer from neuro-disabilities, such as Parkinsons to experience dance, learn new skills and methods as a new way of alleviating their symptoms. This exciting project offers those with neurological conditions a person-centred way to enjoy experiences that are both meaningful and life enhancing.

We made HIVE a grant of £10,000 for a flexi-step lift to be used by wheelchair users and those who find steps difficult. This organisation has developed a community resource for the use of local people and adults including domestic abuse victims, activities for those with mental health issues, counselling for young people and adults and those with disabilities. There is no other venue in Sudbury which offers the same versatility or availability.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

The OutHouse was established to raise awareness of the issues that LGBTQ+ people face in education, employment and public services. A grant of £10,000 was awarded to this group to set up a new innovative youth project for those young people who identify with the LGBTQ+ community from Colchester and Tendring. A youth counsellor is able to offer support, knowledge and understanding including 1 to 1 support, therapeutic counselling for children under 18 years, family support and a safe non-judgmental environment.

The grants we make focus on holistic health needs both physical and mental and often involve exciting new ways of dealing with these.

Two examples of this are grants of £10,000 each made to Good Mood Creative and Wheels for All. Good Mood Creative was set up to provide the highest quality performing arts projects with the aim of improving the well-being and mental health of Essex residents. Our grant enabled them to set up programmes across North Essex for young people which aim to lower anxiety and tackle mental health issues.

Cycling projects is a charity that supports and enables people to become more active by cycling. Their aim is to help people with disabilities or long term illnesses. The group want to give people the chance to be active through such programmes as Wheels for All and to raise the profile of inclusive cycling opportunities in the local community. Our grant funded additional adapted cycles allow people with more specific needs and requirements to participate in such activities.

Quite often we come across organisations that have been set up in response to an unmet need. Dream the Change is run by parents from diverse backgrounds who have children with special educational needs and disabilities, for the benefit of other parents like them. They believe that children with special needs should have the same opportunities to participate in social life and leisure activities as their peers. We were able to help this group with a grant of £9,600 to enable them to hire two dedicated carers to help with transport, respite and childcare.

Tendring Wellbeing are another group who give additional support and provide interventions to struggling children, young people, adults, and families by supporting them, with a variety of therapeutic interventions. Our grant of £8,933 will help to deliver additional support and increase capacity and to build an in person support service with a drop in support centre to include one to one coaching, counselling, education and mentoring service which is not available on the NHS.

Achieve, Thrive, Flourish also help young people advance in life by providing recreational and leisure time activities so that they can develop their skills and enable them to participate in society as mature and responsible people. Our grant of £8,000 will enable ATF to provide meaningful activities as well as sports and games in the most disaffected communities and raise aspirations as the young person moves back towards independence and into the community.

There is a crisis facing men and mental health. Suicide is the biggest killer of men under the age of 50. Another of our 2022 priorities was suicide prevention, especially focusing on young people. The 12th Man campaign aims to increase mental health conversation among men and empower them to recognize talking about mental health as a sign of strength.

The campaign wants to make mental health conversation part of everyday life for as many men as possible and to also inspire men to become the '12th Man' and act as an advocate and role model for men's mental health in their personal and professional lives. Our grant of £7,500 will provide training and courses for people who will use it most often and therefore have the most impact. They work with barbers, tattoo artists, pubs, cycling clubs and football clubs as well as many other small community businesses and interest groups.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

At Catalyst we have always supported self-help groups so were pleased to have been able to make a grant of £7,000 to Blossom to fund a 12 week self-care programme that explores self-compassion and self-love through a guided healing journey using mindfulness and self-compassion.

£5,289 went to the Coffin Club to help people to plan for end-of-life care by better communication. We made a £5,000 grant to Remap who work to help people with disabilities achieve independence and a better quality of life by designing and tailor-making equipment for clients' individual needs. They are very active in Colchester and have 11 members who provide their time to design create and supply bespoke equipment to local disabled people free of charge. Our grant assisted their post Covid regrouping and aided them to recruit and train volunteers to develop their work. We made Computers for the Disabled a grant of £5,000 to buy computers and to help disabled people to use them.

Shorefields School provides education for students who have severe and profound learning difficulties. We awarded them a grant of £4,700 for a wheelchair cycle for the school. This specialist bike would enable the children to have the experience of being on a bike supported by an adult.

Other innovative grants included £5,000 to the Bridgewater Mission to provide respite for immigrants and refugees, £3,000 to Colchester United Football Club to create opportunities for participates over 18 with a disability who wanted to get involved within football, £4,130 to Beacon House for spirometry screening, £2,850 was awarded to Heads2Minds in respect of therapeutic sessions for those women and children that have been affected by domestic abuse. A grant of £2,500 was made to the Boaz Project to target women from low income and deprived communities. Our grant will provide a safe setting for physical activities with fitness equipment and will aim to help people to become more active, improve self-confidence, mental health and tackle obesity.

Shirley Cuthew ran Colchester Young Carers for many years until her retirement. Catalyst worked closely with her on many occasions. Sadly, Shirley passed away recently and has requested that any donations be used for young carers in Colchester. We have passed these monies to Action for Family Carers.

All our grants are monitored regularly, and we ask for feedback, reports and photos where appropriate.

We continue to support counselling services, and this accounted for £14,000 of expenditure during 2022.

Special Individual Needs (SIN) grants continue to be an important part of our work. There were 190 (164 last year) applications of which 160 (139 last year) were successful. This year we spent £94,478 on SIN (£76,736 last year) Once again the vast majority of grants provided mobility equipment for those who could not obtain it from the statutory providers.

We continue to work in partnership with the Neuro Rehabilitation Unit at Colchester General Hospital to bulk purchase 3 and 4 wheeled walkers which they distribute as necessary.

Christine Hayward continues to chair the SIN committee and the group, which meets every 4 to 5 weeks via Teams, is made up of health professionals.

We regularly receive letters and cards of thanks from individuals and their carers who are so grateful for the help provided.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

The Catalyst respite scheme continues to represent a significant part our budget and in the year 2022 £158,360 (last year £123,811) was spent on arranging short term respite care. This scheme allows full-time carers to have a break from their caring duties. We work in partnership with about a dozen care organisations, listed on the inside front cover of this report. Our partners are trained as assessors, and each organisation has an agreed annual budget. We monitor the activity and keep in touch throughout the year.

In communicating Catalyst's activities, our website www.colchestercatalyst.co.uk provides a wealth of information about our services and grants in addition to having links to partner sites providing advice, support and services to help improve healthcare within the CO postcode area. Application forms for General and Special Individual Needs grants are available to download from the site, as well as copies of past Annual Reports together with a regularly updated news section. Our website is in the process of undergoing a facelift so please watch this space. We can also now be found on Facebook which is also updated on a regular basis.

Finally I would like to take this opportunity to thank all my colleagues, Catalyst's Chairman Christine Hayward, Peter Fitt, Company Secretary, Mark Pertwee, Vice Chairman, the Board, Development Manager Rodney Appleyard, assistant Wendy Larkin and our partner charities and organisations for all their help, support and encouragement during the past year. We all feel very happy and privileged to be working for the Catalyst Charity, by bringing help to those people who fall outside the statutory remit.

Stephanie Grant
Administrator
20 February 2023

COLCHESTER CATALYST CHARITY

MAIN GRANTS AND DONATIONS OVER £5,000

FOR THE YEAR ENDED 31 DECEMBER 2022

Organisation	Project	£
Age Concern	Befriending Programme Year 3	34,749
Teen Talk	Parent Support	31,636
Refugee Action	Health Project	20,000
Action for Family Carers	Young Carers Respite	16,000
Sandy's Farm	Sensory Cabin	15,000
Carer's First	Support for Carers	13,858
Mariner's Chapel	Disabled Access & Outreach Work	13,000
Dance Network	Parkinson's Therapy	10,832
HIVE	Disabled Access	10,000
Outhouse	New Counselling Service	10,000
Good Mood Creative	Improve Mental Health	10,000
Wheels for All	Adapted Cycles	10,000
Dream the Change	Respite Care	9,600
Tendring Well-Being	New Mental Health Service	8,933
Achieve, Thrive, Flourish	Fitness Sessions	8,000
The Outsiders	Men's Suicide Prevention	7,500
Blossome CIC	Care for Bereaved	7,000
Coffin Club	End of Life Support	5,289
Remap	Disabled Equipment	5,000
Computers for the Disabled	Equipment	5,000
Bridgewater Mission	Respite for Immigrants & Refugees	5,000

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2022

Throughout 2022, Catalyst has been keen to address some of the most damaging aftereffects of the pandemic which have left many people still suffering from long-term health problems.

At the end of 2021 and during the start of 2022, we consulted closely with many local organisations to find out what kind of issues they had also identified as the biggest needs in the area. These organisations included Colchester Borough Council, Tendring District Council, the Integrated Care System, Community360, Community Voluntary Services Tendring, Healthwatch Essex and other major funders, such as the Lottery, Essex Community Foundation, Active Essex and Sport England.

A number of common threads were discovered by all of these organisations, which encouraged Catalyst to invest more support in helping people suffering from mental health problems at any age. The research also showed that Tendring and Colchester had the highest levels of suicide in the country at this time, so we focused on suicide prevention as a priority too.

In addition to addressing these needs, we also prioritised support for End-of-Life Care; help for people suffering from alcohol and addiction problems; and funding for projects that tackle growing health inequalities in the area.

By working closely with our funding partners, such as the Lottery, Active Essex and Essex Community Foundation, our aim was to pump-prime projects that would target these areas and could continue to receive additional funding from the other grant-making organisations, to keep them going long-term.

This strategy has proved to be successful, with us spending over £280,000 on new projects throughout 2022, many focused on these key areas, which have already reported back very positive results in terms of impact. This work has also been recognised in The Daily Gazette recently, which published a special mention for us in the Editorial section of the newspaper. It thanked Catalyst for its great work over the years and during this difficult period since the pandemic. Please find below an extract from the Editorial:

“Praise should go to the charity again as it turns its attention to mental health. The effects of the pandemic are still very real and those suffering need both help and support to navigate through them. Thank goodness the trust is there to help...yet again.”

Stephanie has mentioned many of these key projects that we supported in her report, which the paper refers to, In addition, other highlights included the third and final year of funding for the ground-breaking Age Well East Befriending project, which we pump-primed. We awarded this project a grant of £34,749, which followed grants of just over £30,000 a year for the previous two years.

The aim of the project has been to grow the number of befriending services and support groups available in North East Essex for older people who feel lonely and isolated, which is more important than ever following the pandemic. It has been very successful so far, helping to increase support availability for thousands of people in the area.

The Befriending project has also received further funding from the Integrate Care System and Essex County Council, to expand its reach even further in future years. People in North East Essex can now easily find a befriending group near them through this increased support. They can identify these groups by either visiting the Directory on the Age Well East website, or calling the staff at Age Well East to find out where they can contact a club near them.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

As Stephanie has mentioned, we also provided £16,000 of funding for Action for Family Carers to set-up a new club for young carers in Clacton. These young people face intense suffering on their own and need a club like this to receive support from professionals. It also provides them with space and time to feel like normal children again.

They make strong friendships in these groups and it helps them to focus on their own future. We funded a similar project in Colchester before, which has been very successful. Some of the young people have gone on to study nursing and other high-level professions at universities around the country. They said the support has been life-changing for them.

Other projects we have funded in the mental health area, which also address key health inequalities across North East Essex, include our support for the following projects below. These examples demonstrate our reach to a broad range of different areas across the CO post code:

Teen Talk	£31,636 towards a new mental health support for young people and their families (Harwich and Dovercourt).
Dream The Change	£9,600 towards respite support care for young children with special needs from disadvantaged families, including those from ethnic minorities (Wivenhoe, Alresford and the surrounding area).
Achieve Thrive Flourish	£8000 to provide well-being activities to help young people sectioned at the Colchester Residential Ward (Colchester).
Tendring Wellbeing and Intervention Services	£8,933 to support children, young people and families in crisis (Brightlingsea and the surrounding area).
The Mariner's Chapel	£13,000 - to help people with mental health problems, who are flying under the radar (Rowhedge and the surrounding area).
Sandy's Farm	£15,000 for a new cabin that will help people with learning disabilities (St. Osyth, Jaywick and the surrounding area).
The Boaz Project	£2,500 to specifically support women suffering from mental health problems in deprived areas (Greenstead and the surrounding area).

Additionally, we always welcome new projects that are different to what we normally fund. This was the case with the 12th Man project from The Outsiders, which is an innovative new project that we helped to introduce to North East Essex. It supports men suffering from mental health and who are at risk of suicide. It has already been very successful previously in Norwich.

The project involves training staff to be mental first aid helpers in places where men usually go and feel relaxed about talking. This includes barbers and football clubs. We awarded this project a grant of £7,500 to train up mental first aiders in some barbers and other organisations in North East Essex.

The idea, for example, is for men to open up when they are having their haircut. And when they do, the barber, who has been trained in the mental first aider skills, knows how to get the man to talk more and then refer to him to specialist support locally.

Although 2022 was a successful year for supporting projects of this nature, as well as a broad range of other equipment-based projects, we appreciate there is still more work to be done. Therefore, our priorities for 2023 will continue to address these key areas, but we would like to delve deeper into supporting initiatives focused on prevention and addressing health inequalities throughout the CO Post code.

This will mean our work with our partners will be just as critical, as we aim to pump prime projects that have the potential to continue long-term, such as the Age Well East Befriending project.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Please do get in touch if you know of any individuals or projects in North East Essex that need support to help alleviate major health problems in the area that are related to our priorities, or other critical health issues: rodney.appleyard@colchestercatalyst.co.uk.

The 12th Man project from The Outsiders - grant award of £7,500

We awarded a grant of £7,500 to The Outsiders for the 12th man project, to help the organisation set-up mental health first aid training sessions aimed at preventing men from committing suicide. Colchester and Tendring have some of the highest suicide rates in the country, so it was a priority for us to support projects like this that could tackle this issue in an innovative way.

The Outsiders has used the funding to provide mental health first aid training for staff in places where men visit regularly and are more likely to open up about their psychological problems, such as barbers and football clubs. In total, the organisation has trained 18 people so far, with good results recorded over the last few months.

The organisation is planning on training 11 more people and has arranged to complete a number of sessions with Harwich and Parkeston FC. Nick Little, who runs the charity, said: "The people we have trained have already interacted closely with people who need to talk and have appreciated the benefits from the sessions that we provided. One example that stands out involves a man who visited one of the organisations following the loss of his baby.

"The person who helped him said that if he had not had the training, he would not have known how to deal with this man and would have been afraid about saying the wrong thing that would upset the customer. However, having undergone the training, he was able to speak with him about his loss, which was of considerable comfort to the distressed man."

The people in need do not only receive support on the spot from the mental health first aid trainers, but they are also signposted to more specialist community services. These services can help them to recover fully from their mental health problems and in some cases prevent suicide.

Nick said the organisation's long term-plan is to develop the 12th Man project, so it can be as successful as its other projects in Norfolk and Suffolk.

"We know that in Norfolk many thousands of conversations are taking place about mental health on a day-to-day basis. Preventing a suicide when someone is in the planning stage, or even about to do the act, is of course hugely worthwhile and important. But we want to stop suicidal ideation way before it ever gets to that stage. We know that with men we must change the culture so that mental health is seen as good and bad times, and that a conversation about a nice holiday is equally important as a conversation about sleep, depression or anxiety.

"Beyond training an army of MHFAiders in North East Essex, we hope we can contribute to a change in culture, so that men see mental health conversation as part of their daily life, work, family and friendships, rather than a sign of weakness, or illness."

New Young Carers Club in Clacton, set-up by Action For Family Carers - grant award of £16,000

We awarded Action For Family Carers a grant of £16,000 to set-up a new group in Clacton, to provide respite support and caring activities for young people in the area who do not have any other kind of outlet.

So far, the club has supported 20 young carers with a wide range of help to improve their lives. Chris Vince, the Young Carers Service Manager for Action For Family Carers, who has been part of setting up this club, said: "Our clubs have a massive positive impact on the mental health of young carers, and helps to alleviate their feelings of isolation and loneliness. They also get to talk about their situations in a safe place with other young carers and members of staff, which helps to relieve a lot of their mental pain.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

"We have made a big difference to many lives already, to improve their health. For example, one young carer struggled to make school friends with peers her own age. However, at the club, she got to socialise with a group of similarly aged girls from different schools, who had an understanding of what it's like to be a young carer.

"They often spoke about their experiences at their individual schools and found they had a lot in common. The club has given them the opportunity to meet new friends in a relaxed setting, which is very different to the problems she faced outside of the club. She was a shy girl, but the club has helped to improve her confidence and mental health. Some other young carers have also won Jack Petchey Awards, which is great for their self-belief."

Since Catalyst's funding has been granted, Action For Family Carers has received additional funding from the Integrated Care System to fund a similar club in Harwich, as well as new school provision in the area, which complements what they do at the Clacton club.

Tendring Wellbeing and Intervention Services - New Counselling Services - grant award of £8,933

We awarded Tendring Wellbeing and Intervention Services £8,933, as a contribution to help the organisation set-up a new base in Brightlingsea, to provide mental health services for people locally. This includes supporting people recovering from drug and alcohol misuse.

Within the first six months of the service being set-up, it provided support to over 120 people. This has included offering free early interventions for people in crisis, including children, through self-care management coaching, counselling, group therapy work, mentoring help and play therapy.

Jacqui Kershaw, founder of the service, said: "We work on a prevention being better than cure approach, by working with families in a person-centred way and allowing them to explore the benefits of open dialogue around issues such as domestic abuse, poverty, substance misuse and ongoing poor mental health. Through our work, our findings also show that these interventions help them to be better equipped to deal with conflict resolution with their children, partners, other family members and professionals.

"We will be eternally grateful to the members of Colchester Catalyst who have been there to help us to deliver this service. The new Brightlingsea office allows us to have a work base and appropriate counselling rooms to offer support in hard-to-reach areas."

Disabled hoist and adjustable bench for the Brightlingsea Lido - grant award of £11,000

We awarded the Brightlingsea Lido a grant of £11,000 in 2019 towards the costs of a new hoist and an adjustable changing bench, to enable disabled access to the large outdoor swimming pool in Brightlingsea. However, the project could not get off the ground until 2022.

The hoist has now been used many times to help wheelchair users and mobility-restricted swimmers to bathe in the pool, so they can enjoy it just as much as other people.

Rowena McCauley, who led the fundraising efforts for the project said: "We are very grateful to Colchester Catalyst Charity for its grant of £11,000, supplemented by a further £1,000 from Essex-based FSJ Charities, which together have facilitated these important improvements. This funding was in fact in place in October 2019, but purchase of the equipment was put on hold, firstly on account of tidal surge damage in early 2020 and then the Covid pandemic, which significantly set back the broader restoration project.

"The equipment has been provided as the second phase of our access improvements. The first phase, completed in 2018, which was funded by Brightlingsea Town Council and the Lido community fundraising group, included the installation of a ramped main entrance to the pool side, an accessible changing room, and handrails alongside the stepped access to the main pool."

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Mick Barry, Town Mayor added: "We are conscious that there is still work to do on our access mission but we are proud that this small community lido now sets exemplary standards for a range of disabled users.

"We are on track with our five-year plan and we can say - for the first time in its history - that Brightlingsea Lido genuinely welcomes all. Huge thanks to the Catalyst Charity for its support - this will make a positive difference for so many individuals."

Respite Care for families with Special Needs Children - grant award of £9,600 for Dream The Change

We awarded Dream The Change a grant of £9,600 to provide respite care for families from disadvantaged backgrounds in North East Essex, who bear the brunt of health inequalities in the region.

Since our grant was awarded, this organisation has received a further £150,000 from the Lottery to expand the project further, due to its success so far.

Below is a testimonial from Paulina Rangel, about how grateful she is for the service funded by Catalyst and delivered by Dream The Change.

"Jean Paul (9) has ADHD, ASD and severe learning difficulties. He presents with high levels of energy, poor sleep patterns and challenging behaviour. With poor support in terms of respite, we struggled to cope with Jean Paul's challenging behaviour at home during the weekends. As a result, our stress and anxiety levels were very high and affected our mental health, school and work performance.

"After assessing our family needs, Dream the Change, put in place a plan to support Jean Paul's access to the community on Saturdays, to give the rest of us some very needed respite.

"Daniela Eyong, who was hired by Dream the Change to provide caring support for families is an experienced carer, began working with him at home and gradually, she started taking him out to parks, soft plays and events. The impact has made a difference in our family life.

"Daniela was able to build a routine that provided Jean Paul with fun and engaging moments that he looks forward to when the weekend approaches. Jean Paul returns home from his outings a happier and calmer boy, less prone to challenging behaviours, and this results in a smoother rest of the day for us, giving us the chance to recover and feel less stressed and anxious around him.

"We never thought that Jean Paul's positive interactions with an experienced and enthusiastic carer, would bring all of our family members (Mum, Dad and brother Alejandro (6) to such a better place, emotionally and psychologically.

"For this life-changing support, families like us are enormously grateful to Dream the Change and the Catalyst Charity."

Rodney Appleyard
Development Manager
20 February 2023

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their report and accounts for the year ended 31 December 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016)".

Objectives and activities

The objective of the charity is the relief of the sick and suffering of North East Essex. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when planning its future activities and setting the grant making policy for the year.

Details of the charities activities and achievements during the year are set out in the chairman's Report, administrator's report and the development manager's report.

Grant making policy

The Charity's detailed grant making criteria are set out on the Charity's website, www.colchestercatalyst.co.uk. All applications for grants are considered by the Trustees and where successful are formally approved. An annual grants budget is set by the Trustees.

Achievements and performance

Financial review

The results are shown in the financial statements of which the following is a summary:-

	31/12/2022	31/12/2021
	£	£
Direct Charitable Expenditure	626,563	503,355
Deficit	(253,010)	(142,599)
Realised (Losses)/Gains on Sales of Investments	(12,763)	7,547
Unrealised (Losses)/Gains on valuation of Investments	(912,133)	1,448,625
Total Net Assets at 31st December	11,764,953	12,942,859

Future financial performance will be affected by the investment income and growth achieved in future years.

Reserves policy

In previous years the Trustees have adopted a policy of endeavouring to retain sufficient funds to maintain the Capital Reserve as at 30th September 1989 adjusted for inflation. The Capital Reserve at 31st December 2021 required by this policy amounted to £11,713,613. At a trustees meeting in December 2022 the Trustees agreed that they would instead try to achieve the objective of ensuring that the capital worth did not fall below £12,000,000.

Investment policy

The investment policy is determined by the Trustees, with the benefit of external advice, after considering income requirements, risk profile and stock market prospects in the short and medium term.

Risk statement

The Trustees confirm that the major risks to which the charity is exposed, as identified by the Trustees, have been reviewed and systems established to mitigate these risks.

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Plans for future periods

The Trustees plan for the foreseeable future to continue making grants with a view to making a positive contribution to improving care of the sick or suffering in the CO postcode area.

Structure, governance and management

The charity is a company limited by guarantee (number 00634588), governed by a Memorandum and Articles of Association and is a Registered Charity (number 228352).

At 31st December 2022 there were forty one members.

Colchester Catalyst Charity became a grant making charity in 1990 following the sale of the Colchester Oaks Hospital, in Oaks Drive, to Community Hospitals PLC. The sale was conditional on Community Hospitals PLC building a new hospital, to an agreed high specification, by 1994 - this was done and the new Oaks Hospital off Mile End Road was opened in January 1994.

With the agreement of the Charity Commissioners the directors decided to devote the income, from the invested funds resulting from the sale 'for the relief of the sick or suffering of North Essex'.

The Charity is administered by a Board of Trustees.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Hayward MBA NPQH

P W E Fitt FCA

Dr N J Busfield MA, PhD

Dr M P Hickman MB B.Chir DCH

M F Pertwee BA (Hons)

K Songhurst LLB(Hons)

E Thrower DipCOT, MHCPC

I S Turner MA MBA

Dr S MacDonnell MBBS FRCA FFICM

Nominations for the appointment of new Trustees are made based upon the established knowledge and experience of the candidate and on the likely contribution that the candidate may make to the work of the charity. All Trustee appointments are subject to election at an AGM and all Trustees are subject to re-election at an AGM every three years.

Trustees are provided with appropriate information and guidance on induction; no other formal training is provided to trustees.

Administrator and assistant:

S Grant & W Larkin

Development Manager:

R Appleyard

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.

P W E Fitt FCA

20 February 2023

COLCHESTER CATALYST CHARITY

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees, who are also the directors of Colchester Catalyst Charity for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Opinion

We have audited the financial statements of Colchester Catalyst Charity (the 'charity') for the year ended 31 December 2022 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2022 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees report.

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of Trustees responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We made enquiries of the trustees, including:

- How they have identified, evaluated and complied with laws and regulations and whether they were aware of any instances of non-compliance;
- Their process for detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
- Which internal controls have been established to mitigate risks related to fraud or non-compliance with laws and regulations.

We obtained an understanding of the legal and regulatory frameworks that are applicable to the Charity. These include, but are not limited to, compliance with the Companies Act 2006, UK GAAP, Charities SORP and tax legislation.

In addition, the Charity is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: employment law and data protection. Auditing standards limit the required audit procedures to identify non-compliance with these laws and regulations to enquiry of Those Charged with Governance and other management and inspection of regulatory and legal correspondence if any.

We considered opportunities for fraudulent manipulation of the financial statements (including revenue recognition and the risk of override of controls), and determined that the principal risks were related to posting inappropriate journal entries to manipulate financial results.

The Senior Statutory Auditor has assessed and concluded that the engagement team collectively had the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations. During our audit:

- We reviewed the financial statement disclosures and tested to supporting documentation to assess compliance with relevant laws and regulations discussed above;
- We made enquiries of the trustees;
- We read minutes of meetings of those charged with governance;
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; considered completeness of any related party transactions; and evaluated the rationale of any significant transactions that are unusual or outside the normal course of the charity.

Our audit procedures were designed to respond to risks of material misstatement in the financial statements, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery, misrepresentations or through collusion. There are inherent limitations in the audit procedures performed and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we are to become aware of it.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Senior statutory auditor exemption

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Rachel Skells BA FCA (Senior Statutory Auditor)
for and on behalf of Streets Whittle & Partners LLP

20 February 2023

Chartered Accountants
Statutory Auditor

The Old Exchange
64 West Stockwell Street
Colchester
Essex
CO1 1HE

COLCHESTER CATALYST CHARITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted funds 2022 £	Unrestricted funds 2021 £
<u>Income from:</u>			
Donations and subscriptions etc.	2	344	345
Income from investments	3	373,209	360,411
Total income		<u>373,553</u>	<u>360,756</u>
<u>Expenditure on:</u>			
Charitable activities	4	<u>626,563</u>	<u>503,355</u>
Net gains/(losses) on investments	7	<u>(924,896)</u>	<u>1,456,172</u>
Net movement in funds		<u>(1,177,906)</u>	<u>1,313,573</u>
Fund balances at 1 January 2022		<u>12,942,859</u>	<u>11,629,286</u>
Fund balances at 31 December 2022		<u><u>11,764,953</u></u>	<u><u>12,942,859</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

COLCHESTER CATALYST CHARITY

BALANCE SHEET

AS AT 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	11		166,697		166,697
Investments	12		11,344,266		12,653,190
			<u>11,510,963</u>		<u>12,819,887</u>
Current assets					
Debtors	13	293		197	
Cash at bank and in hand		328,127		216,463	
		<u>328,420</u>		<u>216,660</u>	
Creditors: amounts falling due within one year	14	(74,430)		(93,688)	
Net current assets			253,990		122,972
Total assets less current liabilities			<u>11,764,953</u>		<u>12,942,859</u>
Income funds					
Unrestricted funds - general			11,764,953		12,942,859
			<u>11,764,953</u>		<u>12,942,859</u>

The financial statements were approved by the Trustees on 20 February 2023

C Hayward MBA NPQH
Trustee

P W E Fitt FCA
Trustee

Company registration number 00634588

COLCHESTER CATALYST CHARITY

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Cash flows from operating activities					
Cash absorbed by operations	21		(645,573)		(515,009)
Investing activities					
Purchase of investments		(15,972)		(56,861)	
Proceeds on disposal of investments		400,000		200,000	
Investment income received		373,209		360,411	
Net cash generated from investing activities			757,237		503,550
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			111,664		(11,459)
Cash and cash equivalents at beginning of year			216,463		227,922
Cash and cash equivalents at end of year			328,127		216,463

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

Colchester Catalyst Charity is a private company limited by guarantee incorporated in England and Wales. The registered office is 14 Dedham Vale Business Centre, Manningtree Road, Dedham, Essex, CO7 6BL.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.3 Incoming resources

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Other income including income tax recoverable is accounted for on an accruals basis as far as it is prudent to do so.

1.4 Resources expended

Grants and donations payable are recognised as expenditure when the grant is approved.

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	0% depreciation
-----------------------------	-----------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

1.6 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at quoted sale value at the close of business on the balance sheet date. Changes in market value are recognised in net income/(expenditure) for the year and carried to the capital fund. Transaction costs are expensed as incurred.

Quoted investments are included at quoted saleable value as at the close of business on the balance sheet date, any surplus or deficit arising on such valuation is carried to capital fund.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Basic financial assets

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost.

Financial assets comprise cash at bank and in hand, together with other debtors. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital.

Financial liabilities held at amortised cost comprise all creditors except social security and other taxes, deferred income and provisions.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.11 Grants and donations payable

Grants and donations payable are recognised as expenditure when the grant is approved.

1.12 Gifts in kind

The Charity receives the benefit of work carried out by volunteers. No value is placed on this in the financial statements.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

2 Donations and subscriptions etc.

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Donations and gifts	344	345

3 Income from investments

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Income from quoted investments	373,209	360,411

4 Charitable activities

	2022 £	2021 £
Staff costs	54,598	54,959
Office expenses	8,337	7,427
	<u>62,935</u>	<u>62,386</u>
Grant funding of activities (see note 9)	554,502	434,658
Share of governance costs (see note 10)	9,126	6,311
	<u>626,563</u>	<u>503,355</u>

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration, benefits or payments for expenses from the charity during the year.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

6 Employees

The average monthly number of employees during the year was:

2022	2021
Number	Number
3	3
<u>3</u>	<u>3</u>

Employment costs

	2022	2021
	£	£
Wages and salaries	53,008	53,374
Other pension costs	1,590	1,585
	<u>54,598</u>	<u>54,959</u>

There were no employees whose annual remuneration was more than £60,000.

7 Net gains/(losses) on investments

	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Revaluation of investments	(912,133)	1,448,625
Gain/(loss) on sale of investments	(12,763)	7,547
	<u>(924,896)</u>	<u>1,456,172</u>

8 Taxation

The company is a charity and is not liable to corporation tax on income. It is entitled to receive certain types of investment income without deduction of Income Tax at source.

Expenditure includes where appropriate irrecoverable Value Added Tax.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

9 Grants payable

	2022	2021
	£	£
Grants to institutions:		
Charities etc	287,664	225,521
Special Individual Needs	94,478	76,736
Respite Care	158,360	123,811
Counselling	14,000	8,590
	<u>554,502</u>	<u>434,658</u>

A detailed analysis of Grants and Donations over £5,000 made in the year can be found on page 7.

10 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	2021
	£	£	£	£	£	£
Audit fees	-	4,712	4,712	-	4,500	4,500
Accountancy	-	816	816	-	756	756
Sundries	-	3,598	3,598	-	1,055	1,055
	<u>-</u>	<u>9,126</u>	<u>9,126</u>	<u>-</u>	<u>6,311</u>	<u>6,311</u>
	<u><u>-</u></u>	<u><u>9,126</u></u>	<u><u>9,126</u></u>	<u><u>-</u></u>	<u><u>6,311</u></u>	<u><u>6,311</u></u>
Analysed between						
Charitable activities	-	9,126	9,126	-	6,311	6,311
	<u><u>-</u></u>	<u><u>9,126</u></u>	<u><u>9,126</u></u>	<u><u>-</u></u>	<u><u>6,311</u></u>	<u><u>6,311</u></u>

Governance costs includes payments to the auditors of £4,712 (2021- £4500) for audit fees and £816 (2021: £756) for other work.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

11 Tangible fixed assets

	Freehold land and buildings £
Cost	
At 1 January 2022	166,697
At 31 December 2022	<u>166,697</u>
Carrying amount	
At 31 December 2022	<u>166,697</u>
At 31 December 2021	<u>166,697</u>

12 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 January 2022	12,653,190
Additions	15,972
Valuation changes	(924,896)
Disposals	(400,000)
At 31 December 2022	<u>11,344,266</u>
Carrying amount	
At 31 December 2022	<u>11,344,266</u>
At 31 December 2021	<u>12,653,190</u>

	2022 £	2021 £
Investments at fair value comprise:		
Charifund:	1,936,628	2,252,444
Blackrock Charities UK Equity Fund (formerly Charishare):	1,385,729	1,435,937
Schroders Charity Multi Asset Fund:	2,008,286	2,239,377
Newton Growth Fund for Charities:	860,030	961,287
Newton Growth & Income Fund for Charities:	5,149,593	5,764,145
	<u>11,340,266</u>	<u>12,653,190</u>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

13 Debtors		2022	2021
		£	£
Amounts falling due within one year:			
Prepayments and accrued income		293	197
		<u> </u>	<u> </u>
14 Creditors: amounts falling due within one year		2022	2021
		£	£
Other creditors		69,415	88,878
Accruals and deferred income		5,015	4,810
		<u> </u>	<u> </u>
		74,430	93,688
		<u> </u>	<u> </u>
15 Financial instruments		2022	2021
		£	£
Carrying amount of financial assets			
Instruments measured at fair value through profit or loss		11,344,266	12,653,190
		<u> </u>	<u> </u>

16 Outstanding grants payable

The analysis of grant funding and the balance outstanding included in other creditors for the period is as follows:

	Note	2022	2021
Grants approved not yet paid - brought forward		88,573	99,778
Grants approved in period	9	554,502	434,658
Grants paid in period		(574,066)	(445,863)
		<u> </u>	<u> </u>
Grants approved not yet paid - carried forward		69,009	88,573
		<u> </u>	<u> </u>

17 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £1,590 (2021: £1,585).

18 Non-audit services provided by auditor

The auditor, Streets Whittle & Partners LLP have processed the charity's payroll from information provided to them (note 10).

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

19 Analysis of changes in net funds

The charity had no debt during the year.

20 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).

21 Cash generated from operations	2022	2021
	£	£
(Deficit)/surplus for the year	(1,177,906)	1,313,573
Adjustments for:		
Investment income recognised in statement of financial activities	(373,209)	(360,411)
Loss/(gain) on disposal of investments	12,763	(7,547)
Fair value gains and losses on investments	912,133	(1,448,625)
Movements in working capital:		
(Increase)/decrease in debtors	(96)	1
(Decrease) in creditors	(19,258)	(12,000)
Cash absorbed by operations	(645,573)	(515,009)

COLCHESTER CATALYST CHARITY

England & Wales - Charity number 228352

Accounts

Charity Registration No. 228352

Company Registration No. 00634588 (England and Wales)

**COLCHESTER CATALYST CHARITY
LIMITED BY GUARANTEE**

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

COLCHESTER CATALYST CHARITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Hayward MBA NPQH P W E Fitt FCA Dr N J Busfield MA, PhD Dr M P Hickman MB B.Chir DCH M F Pertwee BA (Hons) K Songhurst LLB(Hons) E Thrower DipCOT, MHCPC I S Turner MA MBA Dr S MacDonnell MBBS FRCA FFICM	(Appointed 2 October 2021)
Secretary	P W E Fitt FCA	
Charity number	228352	
Company number	00634588	
Registered office	14 Dedham Vale Business Centre Manningtree Road Dedham Essex CO7 6BL	
Auditor	Whittles Whittle & Partners LLP The Old Exchange 64 West Stockwell Street Colchester Essex CO1 1HE	
Bankers	National Westminster Bank plc	Colchester
Solicitors	Birkett Long	Colchester

COLCHESTER CATALYST CHARITY

CONTENTS

	Page
Chairman's report	1 - 2
Administrator's report	3 - 6
Main grants and donations over £2,000	7
Development Manager's report	8 - 9
Trustees report	10 - 12
Statement of Trustees responsibilities	13
Independent auditor's report	14 - 17
Statement of financial activities	18
Balance sheet	19
Statement of cash flows	20
Notes to the financial statements	21 - 28

COLCHESTER CATALYST CHARITY

CHAIRMAN'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2021

Once again, I am very pleased to write this introduction to the Annual Report in our 33rd year of operation. Although in last year's annual report, I wrote about post Covid plans, the Coronavirus pandemic has continued to be with us for much of 2021 and the Board has had a mixture of online and face to face meetings. Nevertheless, our resilient team of Stephanie Grant, Rodney Appleyard and Wendy Larkin has managed to staff the office, not only keeping everything going on a day-to-day basis but also supporting some significant new developments.

In January 2021, the Board held its Financial and Strategic review meeting. This is the meeting which sets our direction for the year and enables Rodney Appleyard, our Development Manager and Stephanie Grant, our Administrator to especially encourage and support bids in the agreed priority areas. These priority areas were drawn from research undertaken by CVST and Community 360 and endorsed up by the North Essex Clinical Commissioning Group and North East Essex Health and Wellbeing Alliance, as well as with guidance from Suffolk Community Foundation.

The areas for particular consideration for 2021 were:

To ensure that our support for individuals, as through our Special Individual Needs, Counselling and Respite work was encouraged, even though this was affected by Covid restrictions;

To be proactive in seeking new ways to address mental health needs arising from the pandemic and also with particular reference to the needs of young people and the risk of suicide, especially amongst young men;

To not exclude other worthy or innovative grant applications.

You will read, from Rodney Appleyard's and Stephanie Grant's reports about the range of organisations which have received grants, many for innovative approaches to tackling health and mental health issues. These include laughter, meditation, robotic pets, physical equipment to help people take exercise, befriending and specifically targeted mental health projects for vulnerable groups. Many projects have been funded because of partnership or pump prime funding between ourselves and other funders and commissioners, making limited resources go further and be sustained for longer. Rodney Appleyard has been crucial in developing these relationships and enabling the charity to indeed be a catalyst.

The support for individuals has continued, with a range of equipment grants being agreed by the Special Individual Needs Committee. Counselling grants have lessened this year, due mainly to organisations unable to have face to face counselling sessions for periods for the year. Covid has also affected many care and respite services because of the need to protect vulnerable people, many with underlying health issues. We thank all the individuals who work with us on Special Individual Needs, Respite and Counselling. All these meetings take time and commitment which is much appreciated.

In spite of financial pressures in the economy as a whole, you will see from Peter Fitt's report that Colchester Catalyst Charity remained in a very strong position at the end of December 2021, with a significant surplus over our capital target. We are therefore well placed to continue our work in 2022. It is pleasing to note that, to date, we have never had to refuse a worthy application because of lack of funds and this is a tribute to Peter Fitt who has advised us so soundly over the years. Peter now has Iain Turner to work with him on the Financial Strategy for the Charity and Wendy Larkin to manage much of the bookkeeping.

This year also saw us say farewell to one of our valued Board members, Dr Prakash Rudra, who has now retired and moved home to be nearer to his grandchildren. Rudi has served on the Board since January 2010 and brought sensitivity, commitment, knowledge and wisdom to our discussions. He will be very much missed, although we are delighted that he has become an Honorary Member and will thus, hopefully, keep in touch with the Charity.

COLCHESTER CATALYST CHARITY

CHAIRMAN'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

In Rudi's place, we warmly welcome Dr Sean MacDonnell, who joined us in October 2021. Sean is a respected and experienced Consultant with East Suffolk and North Essex NHS Foundation Trust and brings both clinical and management skills to the board.

It only remains for me to thank our wonderful team, the Board and all the charities, organisations and individuals who work with us. We look forward to welcoming you all in person to our AGM to learn more about the work we have been involved in, as well as meet old friends and new.

Christine Hayward

Chairman

21 February 2022

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2021

This is my twelfth Administrator's report for Catalyst and we continue to work closely with a small dedicated team comprising Rodney Appleyard, our Development Manager, Wendy Larkin, Assistant to the Administrator and myself.

2021 was another tough year with a lockdown early in the year, much uncertainty and various restrictions. We continued to come into the office one at a time and carried on holding most of our meetings via Zoom. I think we have now learnt to live with Covid and have adapted our working patterns accordingly. The vagaries of Covid aside, I am very pleased to say that Catalyst continued to provide support and make a positive and ongoing contribution to the improvement of health care within the CO postcode area where help is not available from the statutory authorities.

It is over 30 years since Catalyst became a grant making charity and since that time £11 million has been given in grants and the charity is worth nearly £13 million.

Our 2021 AGM was once again held via Zoom. We were very pleased to welcome many of our Members, Board and friends to this meeting.

In addition to Special Individual Needs, Counselling and Respite we also cover General grants.

During 2021, the Catalyst Trustees considered 48 General Applications (47 last year) from various organisations in our area of operation, of which 25 (52%) (26 - 57% last year) were successful. During this period £225,521 was spent on general grants, (£192,992 last year).

Catalyst likes to get involved with projects that enables other charities to expand and sustain the services that they currently, or hope to, offer and to cement the importance of their charitable role in the community going into the future. It is our intention to work with groups and to encourage and enable them to seek match funding from other organisations and in this way we live up to our name of 'catalysing' new projects.

I think that one of the lessons that we have learnt since the start of the global pandemic is the importance of good mental health and its fragility and the damage that loneliness and social isolation can cause. Better communication, inclusion and interaction with others can improve this situation. I am pleased to say that many of the grants that we have made this year do just this by helping to reach out to those whose mental health was affected by the isolation and uncertainty of Covid.

With this in mind, we were pleased to make our largest grant this year of £30,000 to HIVE to enable them to purchase and equip the recently closed United Reform Church in Sudbury to provide a Community Resource for use by a broad spectrum of local people and adults including domestic abuse victims, activities for those with mental issues, counselling for young people and adults with disabilities. There is no other venue in Sudbury that offers the same versatility or availability. HIVE acts as a Catalyst by bringing together many local and voluntary groups that provide a service to vulnerable adults and children with health and social care needs.

Although Catalyst does not make grants for staffing or running costs on an ongoing basis, we are at times able to help with initial or pump prime funding as long as we can be assured that longer term funding has been agreed to by another organisation. We were therefore pleased to support the appointment of a Community Link Worker to work with MIND's North East Essex Crisis Café. Our grant of £25,000 will help to provide a safe, welcoming space where people experiencing emotional distress or mental health crisis can receive support outside of normal working hours and is a community-based alternative to crisis mental health services. The team provides support to individuals and aims to prevent escalation of mental health problems and unnecessary referrals to secondary mental health services and other hospital appointments.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

Beacon House seek to relieve poverty and sickness amongst people who are homeless or do not have permanent accommodation by the provision of healthcare, counselling and other support services. We were pleased to release to them our grant of £18,860 to enable them to employ an Occupational Therapy Assistant to complement two existing qualified OTs. There is scientific evidence to demonstrate the benefit to an individual's mental and physical health of involvement in occupational therapy activities. The role of the OT Assistant will be to organise and run external activities such as sport, volunteering, helping on a care farm and rural improvement projects all of which are designed to help people make meaningful use of their time and be involved in something where they gain a sense of purpose and fulfilment.

Reach Out for Mental Health aim to reduce the number of attempted and completed suicides in Harwich. They offer an out of hours support service. ROFMH are an alternative provision to the statutory services and seek to help those who may be reluctant to come forward by offering support from those who have had a similar experience. Our grant of £15,000 will provide a lifesaving service for individuals who are feeling suicidal in the Harwich area. This valuable service is also designed to prevent suicide by supporting individuals who recognise that their mental health is deteriorating and to act before they become suicidal.

Our grant of £13,772 to Project MIND Empower was a great opportunity to work with Active Essex and ECC on an interesting and topical project. This CIC not for profit company seeks to tackle the inequalities in the most inactive and deprived communities. They aim to strengthen the enjoyment of physical activity and at the same time sharing the social and mental wellbeing benefits of an active lifestyle. Our grant will support a Test & Learn Project in a geographically targeted area.

As a result of research carried out during the pandemic about the need to help young girls suffering from mental health problems, a new project came into being. We were pleased to be able to support the Youth Enquiry Service with a grant of £11,000 to enable them to create a new and innovative project in the Tendring area. Young girls (14-18) who have issues with low self-esteem and self-worth are linked with a mentor. The mentors will be Tendring based women aged between 25-40, who alongside the young person will act as a support to encourage them to open the channels of communication about how they feel and why, while at the same time hopefully growing their self-esteem through undertaking engaging activities. The project will be self-sustainable because the girls will be trained up to be mentors, so they will continue to provide support for other girls who need support in the future.

We made a grant of £10,000 to be used to set up the provision of another new service to be offered to patients with incurable cancer and non-cancer conditions. The initial year of the project will work with Colchester Hospital's Palliative Care Team and St Helena Hospice to provide psychological support to young adults. The grant would be used to fund counselling, psychological support, initial assessment of psychological distress, support and reduce psychological pain.

iCARP is a non profit CIC whose work involves running research trips to identify alternative activities to psychotropic medications or formal therapy. They have created group outdoor activities (angling) with mental health professionals with amazing results. Our grant of £10,000 will enable this group to obtain a portacabin unit on a site by three lakes in the Great Oakley area. This will allow the group to run their trips more regularly and to a wider group of people. The portacabin will be used for therapy rooms for use with participants on the trip. It is hoped that those with early onset dementia as well as NHS staff across Colchester and Tendring who have been affected the pandemic, will benefit from these outdoor activities.

The Befriending Scheme was another group that we were able to help with a grant of £10,000 to enable them to expand their services into North East Essex. This Community Care Farm will provide a safe learning environment, community space and befriending scheme for a wider range of vulnerable people, families and other community groups.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

A grant of £10,000 was awarded to Open Road, a charity whose mission is to empower a diverse range on individuals, families and communities to lead healthy and more meaningful lives, free from addiction, offending behaviour and disadvantage. Our grant will provide high risk and vulnerable clients with a specialist COPD clinic offering them support on ways to cope with the disease and ways to minimise and deal with exacerbations, oxygen therapy and breathing techniques.

We made Tendring Specialist Stroke Services a grant of £10,000 to allow them to extend their mental health support during a difficult year. A huge part of having a stroke is the mental health impact. Families and partners have to take on the role of being a care thus putting them under pressure and emotional strain due to the changed relationship. Our funding will enable them to respond more quickly and support more people with mental anguish.

Laughter Specialists are an innovative organisation whose aim is to protect and preserve the health and overall wellbeing of children and adults, including those with special needs, by providing specially trained practitioners, known as Laughter Specialists. The group will use our grant of £10,000 to expand their services of interactive artistic and entertainment skills along with psychological understanding, to bring laughter, fun and other therapeutic activities to those children and families in special schools and hospitals in Colchester and surrounding areas. Research, that the group have carried out, shows that laughter is very beneficial to physical and mental well-being and their unique service has been providing opportunities for families to break the tension and to learn to laugh and communicate together.

We were pleased to support Stepping Stones Play and Learn Group with a grant of £9,137 for a play slide. £9,000 went to Sailship for a walking track. Sailship supports disabled adults/young people for Work Skills Training and Life Skills Learning at their purpose-built site in Clacton. They offer therapeutic programmes for well-being and mental health and use qualified staff to deliver social and therapeutic horticulture sessions. Our grant will enable them to expand their services to include more physical activity by installing a pathway around the site where participants would be able to walk/bicycle or wheelchair ride the 'golden mile'. We made Tendring Eldercare a grant of £7,000 towards the cost of specialist chairs. Our grant of £6,575 enabled Sport for Confidence to purchase a pool lift which will allow people who face barriers to access physical exercise in the pools at Colchester Leisure World. This is to reduce the risk of inactivity and provide opportunities for those who are not currently accessing swimming opportunities in North East Essex.

Other grants included £3,500 to Bright Lives to purchase equipment for their purpose-built changing room.

Other innovative grants included £3,284 to Great Notley Country Park for self-help courses, £2,550 to Edensor for beach wheelchairs, £2,000 to Parkeston Welfare Park for defibrillators, £1,800 to the Maharishi Foundation for meditation, £1,745 to Boudica Primary School for mobility chairs and £1,378 to Action for Family Carers for a pilot project to provide robotic pets to help reduce loneliness and anxiety for those who need emotional and mental health support.

All our grants are monitored regularly and we ask for feedback, reports and photos where appropriate.

We continue to support counselling services, and this accounted for £8,590 of expenditure during 2021. We were pleased to welcome Kingsland Counselling into the counselling scheme in 2021.

Special Individual Needs (SIN) grants continue to be an important part of our work. There were 164 (135 last year) applications of which 139 (112 last year) were successful. This year we spent £76,736 on SIN (£56,087 last year). Once again the vast majority of grants provided mobility equipment for those who could not obtain it from statutory providers.

We continue to work in partnership with the Neuro Rehabilitation Unit at Colchester General Hospital to bulk purchase 3 and 4 wheeled walkers which they distribute as necessary.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

Christine Hayward continues to chair the SIN committee and the group, which meets every 4 to 5 weeks via Teams, which is made up of health professionals. In October 2021 we were delighted to welcome Marie Paget back onto our SIN Committee.

We regularly receive letters and cards of thanks from individuals and their carers who are so grateful for the help provided.

The Catalyst respite scheme continues to represent a significant part of our budget and in the year 2021 £123,811 was spent on arranging short term respite care. This scheme allows full-time carers to have a break from their caring duties. We work in partnership with about a dozen care organisations, listed on the inside front cover of this report. Our partners are trained as assessors, and each organisation has an agreed annual budget. We monitor the activity and keep in touch throughout the year.

In communicating Catalyst's activities, our website www.colchestercatalyst.co.uk provides a wealth of information about our services and grants in addition to having links to partner sites providing advice, support and services to help improve healthcare within the CO postcode area. Application forms for General and Special Individual Needs grants are available to download from the site, as well as copies of past Annual Reports together with a regularly updated news section. Our website is in the process of undergoing a facelift so please watch this space. We can also now be found on Facebook which is also updated on a regular basis.

Finally I would like to take this opportunity to thank all my colleagues, Catalyst's Chairman Christine Hayward, Peter Fitt, Company Secretary, Mark Pertwee, Vice Chairman, the Board, Development Manager Rodney Appleyard, assistant Wendy Larkin and our partner charities and organisations for all their help, support and encouragement during the past year. We all feel very happy and privileged to be working for the Catalyst Charity, by bringing help to those people who fall outside the statutory remit.

Stephanie Grant
Administrator
21 February 2022

COLCHESTER CATALYST CHARITY

MAIN GRANTS AND DONATIONS OVER £2,000

FOR THE YEAR ENDED 31 DECEMBER 2021

Organisation	Project	£
HIVE	Community Hub	30,000
MIND	Mental Health Project	25,000
Beacon House	Outreach Mental Health Project	18,860
Reach Out for Mental Health	Suicide Prevention	15,000
Project MIND Empower	Young People Mental Health Project	13,772
Youth Enquiry Service	This Girl Can Project	11,000
Hospice and Colchester Hospital	End of Life Project	10,000
iCARP	Therapy Room	10,000
The Befriending Scheme	Community Care Farm	10,000
Open Road	COPD Clinic	10,000
Tendring Specialist Stroke Services	Extention of Mental Health Support	10,000
Laughter Specialists	Therapy for Disabled Children	10,000
Stepping Stones	Play Slide	9,137
Sailship	Walking Track	9,000
Tendring Eldercare	Specialist Chairs	7,000
Sport for Confidence	Pool Lift	6,575
Bright Lives	Equipment	3,500
Great Notley Country Park	Self-help Skills Courses	3,284
Edensor	Beach Wheelchairs	2,550

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2021

In many ways, 2021 was a big step towards normality again across all our operations, following the challenging impact of the pandemic on so many areas of our work. We were also mindful of urgent new health problems that had arisen in the community due to Covid-19 and our need to provide an agile response to them. We achieved this through more frequent meetings to consider applications and we managed to provide substantial funding support for a number of projects that have already demonstrated positive improvements to people's health within the CO post code.

At the start of the year, the Directors agreed a new strategy for the year. This strategy was put together following close consultation with our other partners. Our analysis included results from the Community Asset Mapping research project delivered by Community360, CVST Tendring and Healthwatch Essex, which assessed the biggest needs in North East Essex discovered since the virus took hold.

This piece of work was also supported by Colchester Borough Council, Tendring District Council and the North East Essex Health & Wellbeing Alliance.

Additionally, we discussed the funding priorities of other grant providers that we work with closely, such as the Lottery, Sport England (via Active Essex) and the Essex Community Foundation.

We identified a number of common needs, which we incorporated into our strategy for the year ahead and aligned them with the biggest priorities that could be addressed collectively with our partners.

In conclusion, we could see there was a clear need to support a higher number of people suffering from acute mental health issues that had arisen across all ages due to the pandemic. In particular, we identified a gap in support for a larger number of younger people and men who were at risk of suicide.

Through our research, we discovered that some areas of North East Essex experience the highest suicide rates in the country, which we were keen to address.

Working closely with MIND, we identified a new way to support their outreach work in Tendring, in particular Jaywick. The people in this area still face multiple health problems all the time due to it being one of the most deprived areas of the country.

Following our discussions about what could work, we awarded MIND a grant of £25,000 to fund an outreach worker for a year, which involves providing expert guidance and support to people in the Tendring area who are at risk of falling into a mental health crisis.

The aim of the project is to prevent them from drifting into helpless situations and connect them with local groups that can provide them with a greater purpose in life.

We worked closely with the North East Essex Clinical Commissioning Group on this project, which has expressed strong interest in supporting it to become sustainable long-term.

We are delighted to have developed a strong relationship recently with the NEECCG and we have agreed to work more closely with them in the future, to consider potentially joint-funding new projects.

Soon after funding the MIND project, we worked with the NEECCG on another important mental health project.

This one involved working with Reach Out For Mental Health on a Suicide Prevention project for men that will be based at CVST's Dovercourt and Harwich Wellbeing Hub, which is a centre we funded a few years ago.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

The Suicide Prevention project will consist of providing mental health support for men to prevent them from reaching a point of no return. We agreed £15,000 to support this project and The NEECCG also agreed to support it with another £18,900 to get it going.

Additionally, we awarded the Colchester and Tendring Youth and Enquiry Service a grant of £11,000 to provide mentors for young women who are also in danger of falling into a mental crisis. YES raised a further £12,000 from their own funds and £10,000 from Essex County Council to kickstart this project.

Additionally, we supported a new organisation Ending Life's Taboo with a grant of £10,000 to launch its groundbreaking Counselling project for young people with terminal illnesses at Colchester Hospital. This service has expanded already to also help people in the community and provide support for young people at the Ipswich Hospital.

Plus, we provided £10,000 to support a new PTSD project for veterans in Great Oakley, towards the purchase of a new specialist therapy unit. This facility will be used to provide Counselling for the ex-soldiers with mental health problems, as well as people with other psychological conditions.

The Hive Community Centre project in Sudbury was another ambitious initiative we supported with a grant of £30,000, which helped to unlock £100,000s of additional funds from other grant givers. For example, the Suffolk Community Foundation awarded a grant of £150,000 towards the costs of this project.

This community centre now provides space for a number of health-based organisations to provide new services for people in the area, including Befriending and Counselling support.

Finally, we are pleased to report that the pioneering Befriending project we funded Age Concern Colchester and Tendring to deliver in its second year, with a grant of £33,871, which we released early at the end of 2020 because it was going so well, has continued to grow in 2021 and set-up more clubs in remote areas to help older people who feel lonely and isolated.

This project has unlocked additional funding from the NEECCG and is due to be supported even further soon from Essex County Council, to expand the service more widely in Essex.

So far, we have received many positive results already from the projects we funded over the last year that were focused on mental health, and other areas of health too. Of course, big problems still exist and new ones continue to emerge. However, we will continue to address them with our partners as we look forward to continuing our support for people throughout 2022.

Rodney Appleyard
Development Manager
21 February 2022

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees present their report and accounts for the year ended 31 December 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016)".

Objectives and activities

The objective of the charity is the relief of the sick and suffering of North East Essex. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when planning its future activities and setting the grant making policy for the year.

Details of the charities activities and achievements during the year are set out in the chairman's Report, administrator's report and the development manager's report.

Grant making policy

The Charity's detailed grant making criteria are set out elsewhere in this report. All applications for grants are considered by the Trustees and where successful are formally approved. An annual grants budget is set by the Trustees.

Achievements and performance

Financial review

The results are shown in the financial statements of which the following is a summary:-

	31/12/2021	31/12/2020
	£	£
Direct Charitable Expenditure	503,355	464,294
Deficit	(142,599)	(140,027)
Realised Gains/ (Losses) on Sales of Investments	7,547	(148)
Unrealised Gains/ (Losses) on valuation of Investments	1,448,625	(482,292)
Total Net Assets at 31st December	12,942,859	11,629,286

Future financial performance will be affected by the investment income and growth achieved in future years.

Reserves policy

The Trustees have adopted a policy of endeavouring to retain sufficient funds to maintain the Capital Reserve as at 30th September 1989 adjusted for inflation. The Capital Reserve at 31st December 2021 required by this policy amounted to £11,713,613 (2020: £11,145,207). It is intended that this policy will be adhered to for the foreseeable future whilst recognising that there may be temporary shortfalls in consequence of fluctuations in stock market values.

Investment policy

The investment policy is determined by the Trustees, with the benefit of external advice, after considering income requirements, risk profile and stock market prospects in the short and medium term.

Risk statement

The Trustees confirm that the major risks to which the charity is exposed, as identified by the Trustees, have been reviewed and systems established to mitigate these risks.

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

Plans for future periods

The Trustees plan for the foreseeable future to continue making grants with a view to making a positive contribution to improving care of the sick or suffering in the CO postcode area.

Structure, governance and management

The charity is a company limited by guarantee (number 00634588), governed by a Memorandum and Articles of Association and is a Registered Charity (number 228352).

At 31st December 2021 there were forty three members.

Colchester Catalyst Charity became a grant making charity in 1990 following the sale of the Colchester Oaks Hospital, in Oaks Drive, to Community Hospitals PLC. The sale was conditional on Community Hospitals PLC building a new hospital, to an agreed high specification, by 1994 - this was done and the new Oaks Hospital off Mile End Road was opened in January 1994.

With the agreement of the Charity Commissioners the directors decided to devote the income, from the invested funds resulting from the sale 'for the relief of the sick or suffering of North Essex'.

The Charity is administered by a Board of Trustees.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Hayward MBA NPQH

P W E Fitt FCA

Dr N J Busfield MA, PhD

Dr M P Hickman MB B.Chir DCH

M F Pertwee BA (Hons)

Dr T P Rudra MBBS, FRCP

(Resigned 28 September 2021)

K Songhurst LLB(Hons)

E Thrower DipCOT, MHCP

I S Turner MA MBA

Dr S MacDonnell MBBS FRCA FFICM

(Appointed 2 October 2021)

Nominations for the appointment of new Trustees are made based upon the established knowledge and experience of the candidate and on the likely contribution that the candidate may make to the work of the charity. All Trustee appointments are subject to election at an AGM and all Trustees are subject to re-election at an AGM every three years.

Trustees are provided with appropriate information and guidance on induction; no other formal training is provided to trustees.

Administrator and assistant:

S Grant & W Larkin

Development Manager:

R Appleyard

Auditor

Whittle & Partners LLP practising as Whittles has indicated their willingness to continue in office and will be proposed for reappointment in accordance with section 485 of the Companies Act 2006.

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.

P W E Fitt FCA

21 February 2022

COLCHESTER CATALYST CHARITY

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2021

The trustees, who are also the directors of Colchester Catalyst Charity for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Opinion

We have audited the financial statements of Colchester Catalyst Charity (the 'charity') for the year ended 31 December 2021 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2021 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of Trustees responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We made enquiries of the trustees, including:

- How they have identified, evaluated and complied with laws and regulations and whether they were aware of any instances of non-compliance;
- Their process for detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
- Which internal controls have been established to mitigate risks related to fraud or non-compliance with laws and regulations.

We obtained an understanding of the legal and regulatory frameworks that are applicable to the Charity. These include, but are not limited to, compliance with the Companies Act 2006, UK GAAP, Charities SORP and tax legislation.

In addition, the Charity is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: employment law and data protection. Auditing standards limit the required audit procedures to identify non-compliance with these laws and regulations to enquiry of Those Charged with Governance and other management and inspection of regulatory and legal correspondence if any.

We considered opportunities for fraudulent manipulation of the financial statements (including revenue recognition and the risk of override of controls), and determined that the principal risks were related to posting inappropriate journal entries to manipulate financial results.

The Senior Statutory Auditor has assessed and concluded that the engagement team collectively had the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations. During our audit:

- We reviewed the financial statement disclosures and tested to supporting documentation to assess compliance with relevant laws and regulations discussed above;
- We made enquiries of the trustees;
- We read minutes of meetings of those charged with governance;
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; considered completeness of any related party transactions; and evaluated the rationale of any significant transactions that are unusual or outside the normal course of the charity.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Our audit procedures were designed to respond to risks of material misstatement in the financial statements, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery, misrepresentations or through collusion. There are inherent limitations in the audit procedures performed and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we are to become aware of it.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.

Rachel Skells BA FCA (Senior Statutory Auditor)
for and on behalf of Whittles

21 February 2022

Chartered Accountants
Statutory Auditor

Whittle & Partners LLP
The Old Exchange
64 West Stockwell Street
Colchester
Essex
CO1 1HE

COLCHESTER CATALYST CHARITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2021

		Unrestricted funds 2021 £	Unrestricted funds 2020 £
	Notes		
Income from:			
Donations and subscriptions etc.	2	345	500
Income from investments	3	360,411	323,767
Total income		<u>360,756</u>	<u>324,267</u>
Expenditure on:			
Charitable activities	4	<u>503,355</u>	<u>464,294</u>
Net gains/(losses) on investments	7	<u>1,456,172</u>	<u>(482,440)</u>
Net movement in funds		1,313,573	(622,467)
Fund balances at 1 January 2021		<u>11,629,286</u>	<u>12,251,753</u>
Fund balances at 31 December 2021		<u><u>12,942,859</u></u>	<u><u>11,629,286</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

COLCHESTER CATALYST CHARITY

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	11	166,697		166,697	
Investments	12	12,653,190		11,340,157	
		<u>12,819,887</u>		<u>11,506,854</u>	
Current assets					
Debtors	13	197		198	
Cash at bank and in hand		216,463		227,922	
		<u>216,660</u>		<u>228,120</u>	
Creditors: amounts falling due within one year	14	(93,688)		(105,688)	
Net current assets			122,972		122,432
Total assets less current liabilities			<u>12,942,859</u>		<u>11,629,286</u>
Income funds					
Unrestricted funds - general			12,942,859		11,629,286
			<u>12,942,859</u>		<u>11,629,286</u>

The financial statements were approved by the Trustees on 21 February 2022

C Hayward MBA NPQH
Trustee

P W E Fitt FCA
Trustee

Company Registration No. 00634588

COLCHESTER CATALYST CHARITY

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	2021 £	£	2020 £	£
Cash flows from operating activities					
Cash absorbed by operations	22		(515,009)		(500,237)
Investing activities					
Purchase of investments		(56,861)		(108,861)	
Proceeds on disposal of investments		200,000		300,000	
Investment income received		360,411		323,767	
		<u> </u>		<u> </u>	
Net cash generated from investing activities			503,550		514,906
Net cash used in financing activities			-		-
			<u> </u>		<u> </u>
Net (decrease)/increase in cash and cash equivalents			(11,459)		14,669
Cash and cash equivalents at beginning of year			227,922		213,253
			<u> </u>		<u> </u>
Cash and cash equivalents at end of year			<u>216,463</u>		<u>227,922</u>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies

Charity information

Colchester Catalyst Charity is a private company limited by guarantee incorporated in England and Wales. The registered office is 14 Dedham Vale Business Centre, Manningtree Road, Dedham, Essex, CO7 6BL.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

Going concern and COVID-19

The coronavirus pandemic has significantly disrupted individuals' personal lives and businesses' economic prospects in the UK and across the globe. The UK entered lockdown in March 2020 and some restrictions and social distancing provisions remain in place.

The charity has not been negatively affected by COVID-19 and has continued to operate as before.

We have continued to prepare the accounts on a going concern basis and deem this appropriate. We do not consider that a material uncertainty about our going concern status currently exists. In making this assessment we have considered the likely operating conditions for a period of twelve months from the date of our approval of these accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.4 Incoming resources

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Other income including income tax recoverable is accounted for on an accruals basis as far as it is prudent to do so.

1.5 Resources expended

Grants and donations payable are recognised as expenditure when the grant is approved.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies (Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	0% depreciation
-----------------------------	-----------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at quoted sale value at the close of business on the balance sheet date. Changes in market value are recognised in net income/(expenditure) for the year and carried to the capital fund. Transaction costs are expensed as incurred.

Quoted investments are included at quoted saleable value as at the close of business on the balance sheet date, any surplus or deficit arising on such valuation is carried to capital fund.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Basic financial assets

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost.

Financial assets comprise cash at bank and in hand, together with other debtors. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital.

Financial liabilities held at amortised cost comprise all creditors except social security and other taxes, deferred income and provisions.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Grants and donations payable

Grants and donations payable are recognised as expenditure when the grant is approved.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

1 Accounting policies **(Continued)**

1.13 Gifts in kind

The Charity receives the benefit of work carried out by volunteers. No value is placed on this in the financial statements.

2 Donations and subscriptions etc.

	Unrestricted funds general 2021 £	Unrestricted funds general 2020 £
Donations and gifts	345	500

3 Income from investments

	Unrestricted funds general 2021 £	Unrestricted funds general 2020 £
Income from quoted investments	360,411	323,767

4 Charitable activities

	2021 £	2020 £
Staff costs	54,959	55,200
Office expenses	7,427	6,249
	<u>62,386</u>	<u>61,449</u>
Grant funding of activities (see note 9)	434,658	396,494
Share of governance costs (see note 10)	6,311	6,351
	<u>503,355</u>	<u>464,294</u>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration, benefits or payments for expenses from the charity during the year.

6 Employees

The average monthly number of employees during the year was:

	2021	2020
	Number	Number
	3	3
	<u>3</u>	<u>3</u>
Employment costs	2021	2020
	£	£
Wages and salaries	53,374	52,985
Social security costs	-	625
Other pension costs	1,585	1,590
	<u>54,959</u>	<u>55,200</u>
	<u>54,959</u>	<u>55,200</u>

There were no employees whose annual remuneration was more than £60,000.

7 Net gains/(losses) on investments

	Unrestricted funds general 2021 £	Unrestricted funds general 2020 £
Revaluation of investments	1,448,625	(482,292)
Gain/(loss) on sale of investments	7,547	(148)
	<u>1,456,172</u>	<u>(482,440)</u>
	<u>1,456,172</u>	<u>(482,440)</u>

8 Taxation

The company is a charity and is not liable to corporation tax on income. It is entitled to receive certain types of investment income without deduction of Income Tax at source.

Expenditure includes where appropriate irrecoverable Value Added Tax.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

9 Grants payable

	2021	2020
	£	£
Grants to institutions:		
Charities etc	225,521	192,992
Special Individual Needs	85,326	68,902
Respite Care	123,811	134,600
	<u>434,658</u>	<u>396,494</u>

A detailed analysis of Grants and Donations made in the year can be found on page 7.

10 Support costs

	Support costs	Governance costs	2021	Support costs	Governance costs	2020
	£	£	£	£	£	£
Audit fees	-	4,500	4,500	-	4,250	4,250
Accountancy	-	756	756	-	756	756
Sundries	-	1,055	1,055	-	1,345	1,345
	<u>-</u>	<u>6,311</u>	<u>6,311</u>	<u>-</u>	<u>6,351</u>	<u>6,351</u>
	<u><u>-</u></u>	<u><u>6,311</u></u>	<u><u>6,311</u></u>	<u><u>-</u></u>	<u><u>6,351</u></u>	<u><u>6,351</u></u>
Analysed between						
Charitable activities	-	6,311	6,311	-	6,351	6,351
	<u>-</u>	<u>6,311</u>	<u>6,311</u>	<u>-</u>	<u>6,351</u>	<u>6,351</u>

Governance costs includes payments to the auditors of £4,500 (2020- £4,250) for audit fees and £756 (2020: £756) for other work.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

11 Tangible fixed assets

	Freehold land and buildings £
Cost	
At 1 January 2021	166,697
At 31 December 2021	<u>166,697</u>
Carrying amount	
At 31 December 2021	<u>166,697</u>
At 31 December 2020	<u>166,697</u>

12 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 January 2021	11,340,157
Valuation changes	1,313,033
At 31 December 2021	<u>12,653,190</u>
Carrying amount	
At 31 December 2021	<u>12,653,190</u>
At 31 December 2020	<u>11,340,157</u>

	2021 £	2020 £
Investments at fair value comprise:		
Charifund:	2,252,444	2,179,112
Blackrock Charities UK Equity Fund (formerly Charishare):	1,435,937	1,297,364
Schroders Charity Multi Asset Fund:	2,239,377	2,102,671
Newton Growth Fund for Charities:	961,287	832,263
Newton Growth & Income Fund for Charities:	5,764,145	4,928,747
	<u>12,653,190</u>	<u>11,340,157</u>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

13 Debtors

	2021	2020
	£	£
Amounts falling due within one year:		
Prepayments and accrued income	197	198
	<u>197</u>	<u>198</u>

14 Creditors: amounts falling due within one year

	2021	2020
	£	£
Other creditors	88,878	101,071
Accruals and deferred income	4,810	4,617
	<u>93,688</u>	<u>105,688</u>

15 Financial instruments

	2021	2020
	£	£
Carrying amount of financial assets		
Instruments measured at fair value through profit or loss	12,653,190	11,340,157
	<u>12,653,190</u>	<u>11,340,157</u>

16 Grants payable

The analysis of grant funding for the period is as follows:

	Note	2021	2020
Grants approved not yet paid - brought forward		(99,778)	(137,683)
Grants approved in period	9	(434,658)	(396,494)
Grants paid in period		445,863	434,399
		<u>(88,573)</u>	<u>(99,778)</u>

17 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £1,585 (2020: £1,590).

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2021

18 Non-audit services provided by auditor

The auditor, Whittle & Partners LLP have processed the charity's payroll from information provided to them (note 10).

19 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2021	2020
	£	£
Within one year	-	891
	<u> </u>	<u> </u>

20 Analysis of changes in net funds

The charity had no debt during the year.

21 Related party transactions

No guarantees have been given or received.

During the year, Peter Fitt Chartered Accountants, a business in which P W E Fitt, a trustee of the charity, has an interest provided accountancy services without charge.

22 Cash generated from operations

	2021	2020
	£	£
Surplus/(deficit) for the year	1,313,573	(622,467)
Adjustments for:		
Investment income recognised in statement of financial activities	(360,411)	(323,767)
(Gain)/loss on disposal of investments	(7,547)	148
Fair value gains and losses on investments	(1,448,625)	482,292
Movements in working capital:		
Decrease in debtors	1	137
(Decrease) in creditors	(12,000)	(36,580)
Cash absorbed by operations	<u>(515,009)</u>	<u>(500,237)</u>

COLCHESTER CATALYST CHARITY

England & Wales - Charity number 228352

Accounts

Charity Registration No. 228352

Company Registration No. 00634588 (England and Wales)

**COLCHESTER CATALYST CHARITY
LIMITED BY GUARANTEE**

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

COLCHESTER CATALYST CHARITY

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C Hayward MBA P W E Fitt FCA Dr N J Busfield MA, PhD Dr M P Hickman MB B.Chir DCH M F Pertwee BA (Hons) Dr T P Rudra MBBS, FRCP K Songhurst LLB(Hons) E Thrower DipCOT, MHCPC I S Turner	(Appointed 8 December 2020)
Secretary	P W E Fitt FCA	
Charity number	228352	
Company number	00634588	
Registered office	14 Dedham Vale Business Centre Manningtree Road Dedham Essex CO7 6BL	
Auditor	Whittles Whittle & Partners LLP The Old Exchange 64 West Stockwell Street Colchester Essex CO1 1HE	
Bankers	National Westminster Bank plc	Colchester
Accountant	Peter Fitt Chartered Accountants	West Mersea
Solicitors	Birkett Long	Colchester

COLCHESTER CATALYST CHARITY

CONTENTS

	Page
Chairman's report	1
Administrator's report	2 - 5
Main grants and donations over £2,000	6
Development Manager's report	7 - 8
Trustees report	9 - 11
Statement of Trustees responsibilities	12
Independent auditor's report	13 - 15
Statement of financial activities	16
Balance sheet	17
Statement of cash flows	18
Notes to the financial statements	19 - 27

COLCHESTER CATALYST CHARITY

CHAIRMAN'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2020

This year has been an extraordinary one as the whole country has had to deal with the Coronavirus pandemic.

Following our very successful AGM and celebration of our 30th Anniversary in 2019 and very good returns on our investments, the Board of Colchester Catalyst Charity had agreed a significant grant settlement for 2020. Then in March 2020, the first Covid national lockdown occurred and subsequent to that, a downturn in the market saw the loss of almost £2million to our Capital Reserve. In order to maintain our policy of endeavouring to maintain as much of our Capital Reserve value as we can, the Board reluctantly agreed a mid year reduction in the grant budget. This coincided with many charities also having to change or suspend their mode of operation until new procedures and processes could be found. We pay great respect to their creativity and continued commitment to delivering services in the most difficult of circumstances.

As outlined in Rodney Appleyard's and Stephanie Grant's very full reports, we have been able to support charities who developed new ideas, particularly focused on a response to Covid, as well as continue to make some significant grants for bigger projects. This year, our total direct charitable expenditure has been £396,494 and you will see from the year by year table in the Annual Report that this, even in such an extraordinary year, is by no means the lowest expenditure over the last twenty years. We have also been very pleased about the take up of Special Individual Needs and Counselling grants for individuals. Rodney Appleyard has maintained contact with charitable and statutory organisations and has been able to contribute to the strategic thinking as to the next steps and priorities for the health sector in the CO postcode area.

All our meetings from March 2020 onwards have been virtual. This included our AGM in April and thank you to members who were able to join us for that. For information, the Board has also agreed that our 2021 AGM will be on line and this will be on 26th April 2021.

Having virtual meetings has meant that we have all had to learn how to keep everything going whilst not physically meeting and a tribute must be paid to our excellent team - Stephanie Grant, Rodney Appleyard and Wendy Larkin. They have worked from home and also singly and safely in the office and, whilst maintaining home schooling or other caring duties, they have also enabled the work of the Charity to carry on seamlessly and reliably. The Board are very grateful to them all.

Thanks must also go to members of our Special Individual Needs Committee who have still been able to give time to discuss applications even though their organisational work has been relentless. I should particularly like to thank Marie Paget, who retired from the NHS this year and who has given many years of sound advice and help to the Committee.

With regard to the Board, we are very pleased to welcome Iain Turner, who joined us in December 2020. Iain has a substantial background in finance and investments and will be an asset to us in planning for the future and ensuring that we can maintain a good level of grant giving. The Board has an excellent mix of skills and knowledge and I am continually impressed by, and want to thank them for, their caring approach and astute thinking.

Colchester Catalyst Charity is well placed for 2021, to continue to provide support to improve the health of people in the CO postcode area and we look forward to strong and productive partnerships with you all as we move slowly towards a post-covid world with all the repercussions it will bring.

Christine Hayward
Chairman
23 February 2021

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2020

This is my eleventh Administrator's report for Catalyst and we continue to work closely with a small dedicated team comprising Rodney Appleyard, our Development Manager, Wendy Larkin, Assistant to the Administrator and myself.

2020 was a year like no other! We have all had to get to grips with Zoom meetings, social distancing and wearing face masks! However, I am very pleased to say that despite two lockdowns and various restrictions Catalyst continued to provide support and make a positive and ongoing contribution to the improvement of health care within the CO postcode area where help is not available from the statutory authorities.

It is over 30 years since Catalyst became a grant making charity and since that time £11 million has been given in grants.

Our 2019 AGM and 30th anniversary celebrations were held at the Moot Hall and was well attended by many local dignitaries. Our 2020 AGM was a very different affair and was held via Zoom. We were very pleased that the Mayor of Colchester, Councillor Nick Cope, was able to join us.

In addition to Special Individual Needs, Counselling and Respite we also cover General grants.

During 2020, the Catalyst Trustees considered 47 General Applications (60 last year) from various organisations in our area of operation, of which 27 (57%) (25 - 42% last year) were successful. This period £192,992 was spent on general grants, (£233,222 last year) this includes £33,871 for year two of the Age Concern Befriending Project.

We fund specific projects with a well-defined medical benefit and this year we have again been involved with some exciting, diverse and innovative projects by making grants to a wide range of different organisations within the CO postcode area.

Catalyst likes to get involved with projects that enable other charities to expand and sustain the activities that they currently offer and to cement the importance of their charitable role in the community going into the future. It is our intention to work with groups and to encourage and enable them to seek match funding from other organisations and in this way we live up to our name of 'catalysing' new projects.

With this in mind, we were delighted to make our largest grant this year of £40,000 to Inclusion Ventures to purchase and develop a purpose built centre to help improve the lives of children suffering from health problems in the most disadvantaged areas of Jaywick and West Clacton.

The hub will provide children, young people and potentially their families with a place to come where they can be supported and seek trusted relationships. These young people, including young carers, have many health issues due to poor nutrition that in turn can result in problems such as obesity and diabetes. It is hoped that by teaching basic cooking skills, introducing the young people to healthier food options, and encouraging physical activity that a real improvement in their future life expectations can be achieved.

We were pleased to release our grant of £33,871 to Age Concern for year 2 of their Befriending Project which aims to reduce severe cases of loneliness experienced by older people living in isolation. This grant is very timely given the extreme isolation and loneliness experienced by many during the Covid 19 pandemic.

The Colchester Night Shelter offers temporary accommodation, support, training, education and permanent housing options to those in need. Due to Covid they have had to close the building because people cannot share rooms or use shared bathroom/shower facilities. Our grant of £15,000 will allow them to offer homeless people 17 single rooms with en suite facilities and to open again and look after the health and well-being of the occupants.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

Bright Lives work with adults with a learning disability and autism in Colchester. Their aim is to provide high quality services that promote achievement, inclusion and learning through art, music and more generally to engage with the wider community. We were pleased to be able to support this group with a grant of £12,000 so that they could launch a project to open a specialist service to support people that have extensive personal care requirements. This is a new provision, that is not freely available in North Essex and provides daytime respite without using a care home as many families do not wish to put their offspring into full time care.

We continue to support BEARS, this time with a grant of £10,000 for the provision of emergency response kits and advanced lifesaving equipment for 3 volunteer doctors to respond to critically ill or injured patients before they are taken to hospital. BEARS provide support and treatment over and above that provided by the Ambulance service.

An innovative grant of £10,000 was made to the Wormingford Education Centre to enable this group to provide Counselling/Mentoring support to people who are isolated and vulnerable, including those with disabilities, learning difficulties and mental health issues. Rural training courses will be offered and will cover sessions including bush-craft, horticulture and woodland training.

Another grant that we were very pleased to make was to support Cycling Projects with the amount of £9,102 for an original project to enable them to purchase a fleet of adapted cycles to be used in the Colchester Wheels for All programme. Working with a number of other organisations Cycling Projects will be delivering and developing an inclusive cycling programme for the Colchester area with a particular focus on enabling disabled people of all ages to have access to regular inclusive cycling sessions using a range of adapted cycles, including tricycles, and hand and recumbent cycles.

Extra Support for Families want to advance education while promoting mental health and well-being among parents/carers in North East Essex by providing programmes and parenting skills and supporting families so that their children develop into emotionally and physically healthy adults.

We were able to make this group a grant of £8,925 to enable them to deliver a Managing Anxiety online course every term via Zoom in addition to their normal face to face support. The course is designed to help parents/carers manage their own and/or their child's anxiety.

A grant of £6,000 was made to Lexden Springs School towards the purchase of a new replacement wheelchair accessible minibus which will give all pupils the opportunity to go out once a week. Many of the pupils are unable to walk or use public transport so a minibus is vital.

The Pilgrim Centre was another group that we were able to help with a grant of £5,000 to enable them to meet the needs of cancer and dementia patients and their carers. The Bridge Project also received a grant of £5,000. The Bridge Project is in Sudbury CO10 in our new area of operation. Their objective is to relieve and rehabilitate people who have learning, physical mental and age related difficulties. Staff at the centre provide appropriate support, supervision and targeted services to people with learning difficulties, older adults and those affected by dementia. We were pleased to be able to help this group to expand their hot meal delivery service to older, vulnerable and isolated people out in the community.

We made Camp Jo Jo a grant of £5,000 so that they could purchase marquees to be used to create a community space to allow campers and volunteers to assemble together for meals, meetings and arts and crafts. Camp Jo Jo provide opportunities and facilities for recreation and leisure activities for children with complex needs, their parents and siblings.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

We were pleased to make a grant of £4,800 to enable Mid Tendring Education Partnership (MTEP) to provide group focused therapy delivered by a qualified Psychologist to support young people whose emotional wellbeing has been impacted by Covid 19 resulting in high levels of social anxiety, separation anxiety and school refusal. MTEP is a charitable company and their objective is to work together to provide holistic support for children and families in order to improve outcomes and fulfil potential. MTEP delivers services to meet the needs of families that include: family support, emotional wellbeing, counselling and theraplay work for children who have experienced trauma including mental health issues. MTEP supports over 190 children and their parents.

Other grants included £4,440 to the Brainwave Centre towards the cost of virtual therapy sessions which include exercises and activities to be carried out by families at home to help improve children's mobility, communication skills and learning potential. A grant of £4,000 was made to Anglia Ruskin University for healthcare research for veterans.

We were glad that we were able to support the Edensor Care Centre with a grant of £3,500 in respect of Covid 19 safe/reminiscent/sensory booths. The impact of reminiscence therapy for dementia can reduce confusion and relieve stress and improve wellbeing. Guided conversations and activities to encourage dialogue are used as well as recreating 1960s settings and a train carriage to create an exciting interactive multipurpose outdoor space with several self-contained reminiscence areas within.

A grant of £2,257 was made to EACH to enable them to purchase nursing kits. Two thousand pounds went to Beacon House for clinical equipment. A grant of £2,000 was also made to Active Essex for their Tendring Physical and Mental Health Project for families. We made Colchester Life UK a grant of £2,000 towards the cost of computer equipment for Nepalese and Gurkha Veterans.

All our grants are monitored regularly and we ask for feedback, reports and photos where appropriate.

We continue to support counselling services and this accounted for £12,815 of expenditure during 2020.

Special Individual Needs (SIN) grants continue to be an important part of our work. There were 135 (170 last year) applications of which 107 (131 last year) were successful. This year we spent £56,087 on SIN (£75,995 last year). Once again the vast majority of grants provided mobility equipment for those who could not obtain it from the statutory providers.

We continue to work in partnership with the Neuro Rehabilitation Unit at Colchester General Hospital to bulk purchase 3 and 4 wheeled walkers which they distribute as necessary.

We also work in partnership with North East Essex Wheelchair Services and have an arrangement with Anglian Community Enterprise to part fund childrens' sleep systems. These are cleaned and monitored on a regular basis.

Christine Hayward continues to chair the SIN committee and the group, which meets every 4 to 5 weeks, is made up of health professionals. Most of our meetings this year have taken place via Zoom. During 2020 Marie Paget, Kelly Buxey and Lorraine Boggis left the SIN Committee. We thank them all for their hard work and dedication.

We regularly receive letters and cards of thanks from individuals and their carers who are so grateful for the help provided.

COLCHESTER CATALYST CHARITY

ADMINISTRATOR'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

The Catalyst respite scheme continues to represent a significant part of our budget and in the year 2020 £134,600 was spent on arranging short term respite care. This scheme allows full-time carers to have a break from their caring duties. We work in partnership with about a dozen care organisations. Our partners are trained as assessors, and each organisation has an agreed annual budget. We monitor the activity and meet together as a group twice each year.

In communicating Catalyst's activities, our website www.colchestercatalyst.co.uk provides a wealth of information about our services and grants in addition to having links to partner sites providing advice, support and services to help improve healthcare within the CO postcode area. Application forms for General and Special Individual Needs grants are available to download from the site, as well as copies of past Annual Reports together with a regularly updated news section. We can also now be found on Facebook, which is also updated on a regular basis.

Finally I would like to take this opportunity to thank all my colleagues, Catalyst's Chairman Christine Hayward, Peter Fitt, Company Secretary, Mark Pertwee, Vice Chairman, the Board, Development Manager, Rodney Appleyard, assistant Wendy Larkin and our partner charities and organisations for all their help, support and encouragement during the past year which at times has proved to be rather challenging. We all feel very happy and privileged to be working for the Catalyst Charity, by bringing help to those people who fall outside the statutory remit.

Stephanie Grant
Administrator
23 February 2021

COLCHESTER CATALYST CHARITY

MAIN GRANTS AND DONATIONS OVER £2,000

FOR THE YEAR ENDED 31 DECEMBER 2020

Organisation	Project	£
Inclusion Ventures	Purpose Built Hub	40,000
Age Concern	Befriending Project (Year 2)	33,871
Colchester Night Shelter	Covid Restructure	15,000
Bright Lives	New Respite Day Centre	12,000
BEARS	Equipment for Volunteer Doctors	10,000
Wormingford Education Centre	Rural Training Courses	10,000
Cycling Project	Cycle Purchase	9,102
Extra Support for Families	Remote Anxiety Programme	8,925
Lexden Springs School	Vehicle	6,000
Pilgrim Centre	Services for Disabled People	5,000
The Bridge Project	Hot Meal Delivery	5,000
Camp Jo Jo	Camping Equipment	5,000
Mid Tendring Education Partnership	Counselling/Therapy Programme	4,800
The Brainwave Centre	Specialist Equipment	4,440
Anglia Ruskin University	Help for Veterans	4,000
Edensor Care Centre	Covid safe Reminiscence/Sensory Booths	3,500
EACH	Nursing Kits	2,257
Colchester Life UK	Computer Equipment for Elderly Gurkhas	2,000
Beacon House	Clinical Equipment	2,000
Active Essex	Tendring Physical/Mental Health Project	2,000

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT

FOR THE YEAR ENDED 31 DECEMBER 2020

It is hard to look back on 2020 without reflecting on the many challenges the charity faced along the way due to Covid-19. However, despite the setbacks that Catalyst also experienced, I am pleased to report that we still managed to help many people during these difficult times.

Although we paused for a while to digest the full financial impact of the virus on our grant giving, we were able to consider smaller applications that aimed to deal with some of the issues arising from the Covid pandemic.

The organisations we supported included: St. Helena Hospice, Treetops, Brainwave Children's Charity and Beacon House.

Our grants enabled these organisations to help a number of individuals who were suffering at this time. They included older people living in isolation, residents with learning disabilities and young people with health problems, who all felt cut off and deprived of adequate healthcare during the initial peak of the crisis.

The support we provided included funding technology to help some people communicate more easily with loved ones and health equipment that enabled organisations to care more effectively for people with serious health conditions.

In addition to providing these emergency grants, we still managed to award a number of big and medium-sized grants for projects before and after the first wave of the pandemic.

For example, we awarded a grant of £40,000 for Inclusion Ventures to build a new centre to improve the lives of young people in Jaywick. The award helped to finalise the funding required following a £1.8 million grant from the National Lottery Community Fund, which is the biggest grant the Lottery has awarded in its history to a project in Essex. We were pleased to contribute towards this exciting project.

The services provided at the new centre will include helping young carers who are under severe mental strain and in need of respite from their caring duties.

Of course, the activities provided at this facility will not be up and running properly until the Covid-19 crisis is under control with the vaccine, but the plans are ambitious. The aim is also to help young people, from the age of 11, lead healthier lifestyles, which will enable them to take better care of themselves and avoid more serious health illnesses in the future.

We also supported the development of a new cycling project with a grant of £9,102 for the Wheels For All programme organised by Cycling Projects. This grant has funded the purchase of a number of new bikes that have been specifically adapted for disabled people, to enable them to exercise more easily.

The project was joint-funded with other funders, including Sport England and the National Lottery Community Fund. The training will take place at the Colchester Garrison's athletics track and people with physical disabilities will be taught how to use the adapted bikes, with the aim of helping them to exercise more easily to improve their physical strength.

This is the first time we have funded a project from this organisation, but we are always pleased to hear about visionary new initiatives from new groups we have not supported in the past.

The Brainwave Children's Charity, which is another organisation that is new to us, launched a couple of projects that we also supported in 2020. Our first grant was for £1,080, and the second was for £4,400. These funds covered the costs of equipment that has been used to enable carers of young children with disabilities to connect more easily with their families, and also help the parents at home keep their children physically active during lockdown.

COLCHESTER CATALYST CHARITY

DEVELOPMENT MANAGER'S REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

Additionally, we supported Bright Lives, which is an organisation we have funded previously, with a grant of £12,000 to help it develop a new Respite Centre in Colchester for people with severe learning disabilities, including those with serious physical disabilities.

Overall, one of the biggest success stories last year involved the new flagship Befriending Scheme we kick-started with Age Concern North East Essex, for £33,013, which recorded excellent results in its first year. We supported this initiative after conducting our own research into the need to increase 1:1 and group befriending services to address loneliness within the CO post code and discovered that Age Concern would be an ideal partner to work with on this project.

Despite the restrictions on meeting up, we are delighted that Age Concern has managed to support almost 300 people over the phone with befriending support. They have also identified a number of clubs all over North East Essex that will be matched with the people they are befriending, when things get back to normal.

We are also pleased to report that during 2020, our grants still managed to catalyse the progress of many new projects and unlock funding from other sources. For example, during the process of discussing the new Respite Centre that Bright Lives brought to us for consideration, we discussed other funding options the organisation could pursue while also applying to us, to help them finance the project's other major costs. Following our advice, Bright Lives approached the Essex Community Foundation and National Lottery Community Fund and were successful in being awarded £20,000 in total from both organisations.

On another occasion, our grant of £25,000 towards the Icen Centre's purchase of a Virtual Reality Simulator helped to unlock a further £190,000 towards the project. This piece of equipment is vital for helping Doctors and health professionals to practice important operations and procedures as part of their training.

Additionally, we continued to be involved with regular conversations online with our funding and statutory partners via Zoom calls, which included regular catch-ups with OneColchester, Community360, CVST, the Lottery, the Essex Community Foundation and Sport England. These conversations helped us to stay connected with the biggest needs in the area and how we could work together to address them.

So, despite facing a difficult year like no other, we have still managed to help many people with serious health needs. Plenty of work has now gone into identifying the biggest problems likely to be faced by people in 2021 due to the pandemic, after close consultation with our partners. We will study this research closely and prepare to support people who require our assistance throughout the year. This will involve working with other funders and statutory bodies to play our part in tackling the biggest health problems facing our community. Please do in get in touch if you have a project in mind that can address these problems for individuals and groups of people in our local area.

Rodney Appleyard
Development Manager
23 February 2021

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 DECEMBER 2020

The trustees present their report and accounts for the year ended 31 December 2020.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's Memorandum and Articles of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016)".

Objectives and activities

The objective of the charity is the relief of the sick and suffering of North East Essex. The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when planning its future activities and setting the grant making policy for the year.

Details of the charities activities and achievements during the year are set out in the chairman's Report, administrator's report and the development manager's report.

Grant making policy

The Charity's detailed grant making criteria are set out elsewhere in this report. All applications for grants are considered by the Trustees and where successful are formally approved. An annual grants budget is set by the Trustees.

Achievements and performance

Financial review

The results are shown in the financial statements of which the following is a summary:-

	31/12/2020	31/12/2019
	£	£
Direct Charitable Expenditure	464,294	561,716
Deficit	(140,027)	(145,641)
Realised Gains/ (Losses) on Sales of Investments	(148)	10,098
Unrealised Gains/ (Losses) on valuation of Investments	(482,292)	1,552,834
Total Net Assets at 31st December	11,629,286	12,251,753

Future financial performance will be affected by the investment income and growth achieved in future years.

Reserves policy

The Trustees have adopted a policy of endeavouring to retain sufficient funds to maintain the Capital Reserve as at 30th September 1989 adjusted for inflation. The Capital Reserve at 31st December 2020 required by this policy amounted to £11,145,207 (2019: £11,111,871). It is intended that this policy will be adhered to for the foreseeable future whilst recognising that there may be temporary shortfalls in consequence of fluctuations in stock market values.

Investment policy

The investment policy is determined by the Trustees, with the benefit of external advice, after considering income requirements, risk profile and stock market prospects in the short and medium term.

Risk statement

The Trustees confirm that the major risks to which the charity is exposed, as identified by the Trustees, have been reviewed and systems established to mitigate these risks.

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

Plans for future periods

The Trustees plan for the foreseeable future to continue making grants with a view to making a positive contribution to improving care of the sick or suffering in the CO postcode area.

Structure, governance and management

The charity is a company limited by guarantee (number 00634588), governed by a Memorandum and Articles of Association and is a Registered Charity (number 228352).

At 31st December 2020 there were forty three members.

Colchester Catalyst Charity became a grant making charity in 1990 following the sale of the Colchester Oaks Hospital, in Oaks Drive, to Community Hospitals PLC. The sale was conditional on Community Hospitals PLC building a new hospital, to an agreed high specification, by 1994 - this was done and the new Oaks Hospital off Mile End Road was opened in January 1994.

With the agreement of the Charity Commissioners the directors decided to devote the income, from the invested funds resulting from the sale 'for the relief of the sick or suffering of North Essex'.

The Charity is administered by a Board of Trustees.

Trustees

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C Hayward MBA

P W E Fitt FCA

Dr N J Busfield MA, PhD

Dr M P Hickman MB B.Chir DCH

M F Pertwee BA (Hons)

Dr T P Rudra MBBS, FRCP

K Songhurst LLB(Hons)

E Thrower DipCOT, MHCP

I S Turner

(Appointed 8 December 2020)

Nominations for the appointment of new Trustees are made based upon the established knowledge and experience of the candidate and on the likely contribution that the candidate may make to the work of the charity. All Trustee appointments are subject to election at an AGM and all Trustees are subject to re-election at an AGM every three years.

Trustees are provided with appropriate information and guidance on induction; no other formal training is provided to trustees.

Administrator and assistant:

S Grant & W Larkin

Development Manager:

R Appleyard

Auditor

Whittle & Partners LLP practising as Whittles has indicated their willingness to continue in office and will be proposed for reappointment in accordance with section 485 of the Companies Act 2006.

COLCHESTER CATALYST CHARITY

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.

P W E Fitt FCA

23 February 2021

COLCHESTER CATALYST CHARITY

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 DECEMBER 2020

The trustees, who are also the directors of Colchester Catalyst Charity for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Opinion

We have audited the financial statements of Colchester Catalyst Charity (the 'charity') for the year ended 31 December 2020 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2020 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of Trustees responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

COLCHESTER CATALYST CHARITY

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE TRUSTEES OF COLCHESTER CATALYST CHARITY

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

A further description of our responsibilities is available on the Financial Reporting Council's website at: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Rachel Skells BA FCA (Senior Statutory Auditor)
for and on behalf of Whittles

23 February 2021

Chartered Accountants
Statutory Auditor

Whittle & Partners LLP
The Old Exchange
64 West Stockwell Street
Colchester
Essex
CO1 1HE

COLCHESTER CATALYST CHARITY

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	Unrestricted funds 2020 £	Unrestricted funds 2019 £
<u>Income from:</u>			
Donations and subscriptions etc.	2	500	345
Income from investments	3	323,767	415,730
Total income		<u>324,267</u>	<u>416,075</u>
<u>Expenditure on:</u>			
Charitable activities	4	464,294	561,716
Net gains/(losses) on investments	7	(482,440)	1,562,932
Net movement in funds		<u>(622,467)</u>	<u>1,417,291</u>
Fund balances at 1 January 2020		<u>12,251,753</u>	<u>10,834,462</u>
Fund balances at 31 December 2020		<u><u>11,629,286</u></u>	<u><u>12,251,753</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

COLCHESTER CATALYST CHARITY

BALANCE SHEET

AS AT 31 DECEMBER 2020

	Notes	2020 £	£	2019 £	£
Fixed assets					
Tangible assets	11	166,697		166,697	
Investments	12	11,340,157		12,013,736	
		<u>11,506,854</u>		<u>12,180,433</u>	
Current assets					
Debtors	13	198		335	
Cash at bank and in hand		227,922		213,253	
		<u>228,120</u>		<u>213,588</u>	
Creditors: amounts falling due within one year	14	(105,688)		(142,268)	
Net current assets		<u>122,432</u>		<u>71,320</u>	
Total assets less current liabilities		<u>11,629,286</u>		<u>12,251,753</u>	
Income funds					
Unrestricted funds - general		11,629,286		12,251,753	
		<u>11,629,286</u>		<u>12,251,753</u>	

The financial statements were approved by the Trustees on 23 February 2021

C Hayward MBA
Trustee

P W E Fitt FCA
Trustee

Company Registration No. 00634588

COLCHESTER CATALYST CHARITY

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 DECEMBER 2020

	Notes	2020 £	£	2019 £	£
Cash flows from operating activities					
Cash absorbed by operations	23		(500,237)		(559,577)
Investing activities					
Purchase of tangible fixed assets		-		(7,831)	
Purchase of investments		(108,861)		(145,707)	
Proceeds on disposal of investments		300,000		150,000	
Investment income received		323,767		415,730	
		<u> </u>		<u> </u>	
Net cash generated from investing activities			514,906		412,192
Net cash used in financing activities			-		-
			<u> </u>		<u> </u>
Net increase/(decrease) in cash and cash equivalents			14,669		(147,385)
Cash and cash equivalents at beginning of year			213,253		360,638
			<u> </u>		<u> </u>
Cash and cash equivalents at end of year			<u>227,922</u>		<u>213,253</u>
			<u> </u>		<u> </u>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies

Charity information

Colchester Catalyst Charity is a private company limited by guarantee incorporated in England and Wales. The registered office is 14 Dedham Vale Business Centre, Manningtree Road, Dedham, Essex, CO7 6BL.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

Going concern and COVID-19

The coronavirus pandemic has significantly disrupted individuals' personal lives and businesses' economic prospects in the UK and across the globe. The UK entered lockdown in March 2020 and some restrictions and social distancing provisions remain in place.

The charity has not been negatively affected by COVID-19 and has continued to operate as before.

We have continued to prepare the accounts on a going concern basis and deem this appropriate. We do not consider that a material uncertainty about our going concern status currently exists. In making this assessment we have considered the likely operating conditions for a period of twelve months from the date of our approval of these accounts.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

1.4 Incoming resources

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Other income including income tax recoverable is accounted for on an accruals basis as far as it is prudent to do so.

1.5 Resources expended

Grants and donations payable are recognised as expenditure when the grant is approved.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies (Continued)

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Freehold land and buildings	0% depreciation
-----------------------------	-----------------

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.7 Fixed asset investments

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at quoted sale value at the close of business on the balance sheet date. Changes in market value are recognised in net income/(expenditure) for the year and carried to the capital fund. Transaction costs are expensed as incurred.

Quoted investments are included at quoted saleable value as at the close of business on the balance sheet date, any surplus or deficit arising on such valuation is carried to capital fund.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Basic financial assets

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost.

Financial assets comprise cash at bank and in hand, together with other debtors. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital.

Financial liabilities held at amortised cost comprise all creditors except social security and other taxes, deferred income and provisions.

1.10 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1.11 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 Grants and donations payable

Grants and donations payable are recognised as expenditure when the grant is approved.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

1 Accounting policies (Continued)

1.13 Gifts in kind

The Charity receives the benefit of work carried out by volunteers. No value is placed on this in the financial statements.

2 Donations and subscriptions etc.

	Unrestricted funds general 2020 £	Unrestricted funds general 2019 £
Donations and gifts	500	345

3 Income from investments

	Unrestricted funds general 2020 £	Unrestricted funds general 2019 £
Income from quoted investments	323,767	415,730

4 Charitable activities

	2020 £	2019 £
Staff costs	55,200	54,873
Office expenses	6,249	7,633
Miscellaneous	-	2,205
	<u>61,449</u>	<u>64,711</u>
Grant funding of activities (see note 9)	396,494	489,349
Share of governance costs (see note 10)	6,351	7,656
	<u>464,294</u>	<u>561,716</u>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

5 Trustees

None of the trustees (or any persons connected with them) received any remuneration, benefits or payments for expenses from the charity during the year.

6 Employees

The average monthly number of employees during the year was:

	2020 Number	2019 Number
	3	3
	<u>3</u>	<u>3</u>
Employment costs	2020	2019
	£	£
Wages and salaries	52,985	52,681
Social security costs	625	618
Other pension costs	1,590	1,574
	<u>55,200</u>	<u>54,873</u>
	<u>55,200</u>	<u>54,873</u>

No employees received total employee benefits (excluding employer pension costs) of more than £60,000.

7 Net gains/(losses) on investments

	Unrestricted funds general 2020 £	Unrestricted funds general 2019 £
Revaluation of investments	(482,292)	1,552,834
Gain/(loss) on sale of investments	(148)	10,098
	<u>(482,440)</u>	<u>1,562,932</u>
	<u>(482,440)</u>	<u>1,562,932</u>

8 Taxation

The company is a charity and is not liable to corporation tax on income. It is entitled to receive certain types of investment income without deduction of Income Tax at source.

Expenditure includes where appropriate irrecoverable Value Added Tax.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

9 Grants payable

	2020 £	2019 £
Grants to institutions:		
Charities etc	192,992	233,222
Special Individual Needs	68,902	92,410
Respite Care	134,600	163,717
	<u>396,494</u>	<u>489,349</u>

A detailed analysis of Grants and Donations made in the year can be found on page 6.

10 Support costs

	Support costs £	Governance costs £	2020 Support costs £	Governance costs £	2019 £
Audit fees	-	4,250	4,250	-	4,390
Accountancy	-	756	756	-	756
Sundries	-	1,345	1,345	-	2,510
	<u>-</u>	<u>6,351</u>	<u>6,351</u>	<u>-</u>	<u>7,656</u>
Analysed between					
Charitable activities	<u>-</u>	<u>6,351</u>	<u>6,351</u>	<u>-</u>	<u>7,656</u>

Governance costs includes payments to the auditors of £4,250 (2019- £4,390) for audit fees and £756 (2019: £756) for other work.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

11 Tangible fixed assets

	Freehold land and buildings £
Cost	
At 1 January 2020	166,697
At 31 December 2020	<u>166,697</u>
Carrying amount	
At 31 December 2020	166,697
At 31 December 2019	<u><u>166,697</u></u>

12 Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 January 2020	12,013,736
Valuation changes	(673,579)
At 31 December 2020	<u>11,340,157</u>
Carrying amount	
At 31 December 2020	11,340,157
At 31 December 2019	<u><u>12,013,736</u></u>

	2020 £	2019 £
Investments at fair value comprise:		
Charifund:	2,179,112	(2,936,684)
Blackrock Charities UK Equity Fund (formerly Charishare):	1,297,364	(1,389,344)
Schroders Charity Multi Asset Fund:	2,102,671	2,041,995
Newton Growth Fund for Charities:	832,263	792,301
Newton Growth & Income Fund for Charities:	4,928,747	4,853,412
	<u>11,340,157</u>	<u><u>12,013,736</u></u>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

13 Debtors		2020	2019
		£	£
Amounts falling due within one year:			
Prepayments and accrued income		198	335
		<u> </u>	<u> </u>
14 Creditors: amounts falling due within one year		2020	2019
		£	£
Other creditors		101,071	138,018
Accruals and deferred income		4,617	4,250
		<u> </u>	<u> </u>
		<u>105,688</u>	<u>142,268</u>
15 Financial instruments		2020	2019
		£	£
Carrying amount of financial assets			
Instruments measured at fair value through profit or loss		11,340,157	12,013,736
		<u> </u>	<u> </u>
16 Other creditors falling due within one year		2020	2019
		£	£
Other creditors		101,071	138,018
Accruals and deferred income		4,617	4,250
		<u> </u>	<u> </u>
		<u>105,688</u>	<u>142,268</u>
17 Grants payable			
The analysis of grant funding for the period is as follows:			
	Note	2020	2019
Grants approved not yet paid - brought forward		(137,683)	(142,448)
Grants approved in period	9	(396,494)	(489,349)
Grants paid in period		434,399	494,114
		<u> </u>	<u> </u>
Grants approved not yet paid carried forward	16	(99,778)	(137,683)
		<u> </u>	<u> </u>

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

18 Retirement benefit schemes

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £1,590 (2019: £1,574).

19 Non-audit services provided by auditor

The auditor, Whittle & Partners LLP have processed the charity's payroll from information provided to them (note 10).

20 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2020	2019
	£	£
Within one year	891	1,188
Between two and five years	-	891
	<u>891</u>	<u>2,079</u>
	<u><u>891</u></u>	<u><u>2,079</u></u>

21 Analysis of changes in net funds

The charity had no debt during the year.

22 Related party transactions

No guarantees have been given or received.

During the year, Peter Fitt Chartered Accountants, a business in which P W E Fitt, a trustee of the charity, has an interest provided accountancy services without charge.

COLCHESTER CATALYST CHARITY

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2020

23 Cash generated from operations	2020	2019
	£	£
(Deficit)/surplus for the year	(622,467)	1,417,291
Adjustments for:		
Investment income recognised in statement of financial activities	(323,767)	(415,730)
Loss/(gain) on disposal of investments	148	(10,098)
Fair value gains and losses on investments	482,292	(1,552,834)
Movements in working capital:		
Decrease in debtors	137	6,961
(Decrease) in creditors	(36,580)	(5,167)
Cash absorbed by operations	<u>(500,237)</u>	<u>(559,577)</u>