



Unit 5, Kingstanding Way, Tunbridge Wells, TN2 3UP
Company Number: 08303764
Registered Charity Number: 1154716



Annual Report for the year ending 31st March 2023

Nourish is a registered charity and an independent foodbank providing emergency food, non-grocery essentials and support to individuals and families in times of crisis across the borough of Tunbridge Wells and south Tonbridge

Nourish Community Foodbank

Registered Charity Number (England and Wales): 1154716

Registered Company Number (England and Wales): 08303764

Board of Trustees

Sue Smith - Chair

Peter Wooster - Treasurer

Viv Packer

Bryony Roy

Nicola Hill

Adrian Tofts

Annie Jordan

Simon Vincent

Chris Leaning (until April 2022)

Simon Reader (until May 2022)

Paul Haines (until August 2022)

Lynne Mepham (joined August 2022)

Adrian Conroy (joined August 2022)

Address and Registered Office

Unit 5, Kingstanding Way, Tunbridge Wells, Kent TN2 3UP

Bankers

CAF Bank, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JC

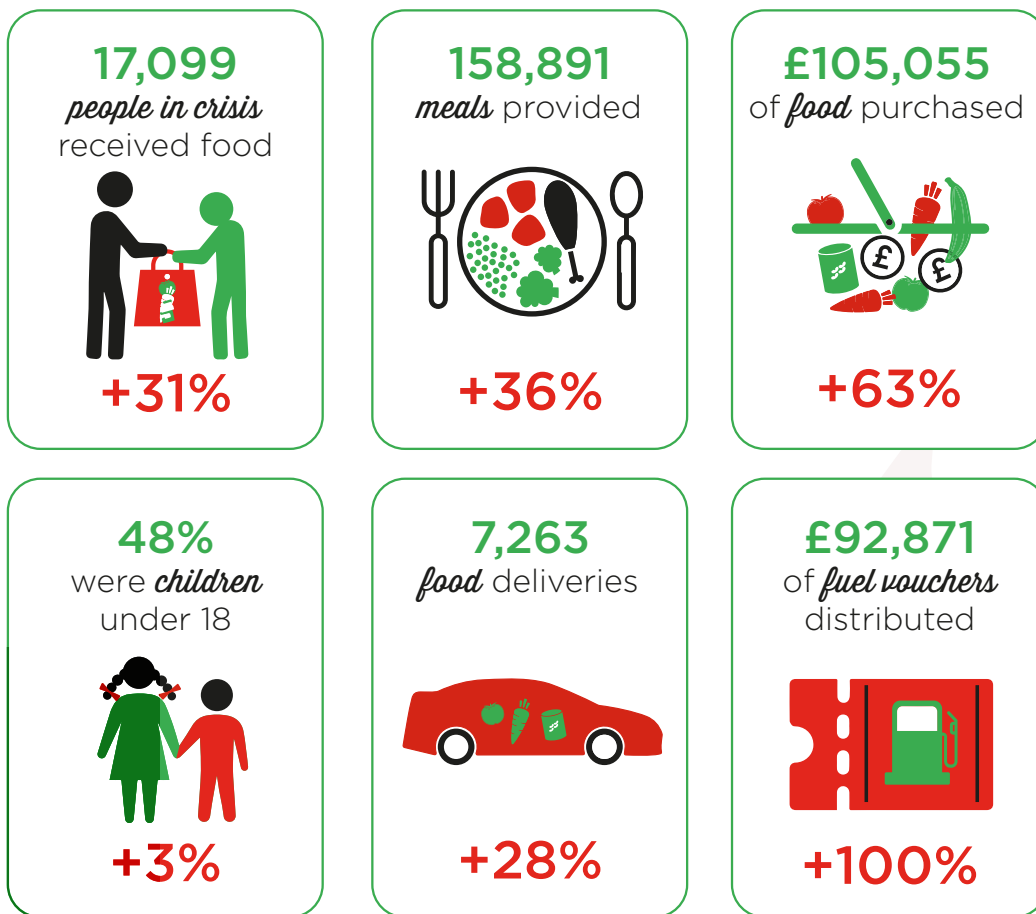
NatWest Bank, 89 Mount Pleasant Road, Tunbridge Wells, Kent TN1 1JQ

Metro Bank PLC, 2 & 4 Calverley Road, Tunbridge Wells, Kent TN1 2TB

Accounts independently reviewed by

Deeks Evans, Chartered Accountants, West Barn, North Frith Farm,
Ashes Lane, Hadlow, Tonbridge, Kent TN11 9QU

A year in numbers



%s are compared to 2021-22

The cost of living crisis continues to affect more and more people in the Tunbridge Wells and south Tonbridge areas. The increasing scale of need can be seen from the numbers shown above. In 2022-23, we made more food deliveries, providing more meals to more people - including more children - than ever before. We also had to spend a six-figure sum on buying extra food to meet that exceptional need.

As well as supporting more people with food, this year, for the first time, we felt we also had to help people meet the higher costs of both cooking that food *and* heating their homes. First, we distributed government-funded fuel vouchers, and then when that funding ran out, we used our own reserves to help.

Nourish has had its busiest year ever. Regrettably, a busy year for us means a year of crisis, food poverty and need for many people in the Tunbridge Wells and south Tonbridge areas.

Chair's message



Writing my first Chair's message gave me the opportunity to pause and reflect on the past five years since I first became a Trustee at Nourish. Sadly, the picture has changed quite dramatically in that time.

Nourish had always managed to deliver its mission, largely due to the continuous flow of food donated by our compassionate local community. That generosity continued undiminished into lockdown, propped up by financial support from individual donations, corporate donors and grants.

In 2022-23, however, things have been vastly different. When I became Vice Chair at the beginning of this year, the cost-of-living crisis, which began in late 2021, had really begun to bite. Even in relatively wealthy Tunbridge Wells, increasing signs of poverty, need and crisis, affecting vulnerable people and hardworking families alike, were beginning to become strikingly evident. This continued unabated into the latter part of the year. Consequently, at the same time as demand began to grow, donations of food began to fall, meaning we had to buy more of our supplies, and this problem looks set to continue into 2023-24.

Despite these challenges, we have continued to deliver on our mission that nobody should go hungry in our community. Our team implemented new initiatives in 2022-23 to help clients cope with the additional household budget pressures arising from this crisis. We were selected to distribute central government funded energy vouchers to those struggling to pay their utility bills. These vouchers lasted from April 2022 until February 2023, when we made the decision to continue the scheme using £25,754 of our own reserves, such was the urgency of need. This year, we also began giving some clients slow cookers, which use less energy than a cooker or microwave, and this has proved successful.

Our work is only possible thanks to the generosity of individuals, event sponsors, regular donors, corporates, schools, places of worship and grant-givers in our local community. We are grateful for their generous financial support, donations of food and the gift of people's time, talents and skills. We are very fortunate to have Dawn Stanford, our Operations Director, at the helm, leading a team of committed staff and volunteers who have reached even more people over the last year, and our sincere thanks go to them. My thanks also go to Paul Haines, my predecessor as Chair of Trustees, for all that he did in growing and developing Nourish from its early roots in 2012.

As we look forward to next year, we cannot ignore that there are significant challenges ahead. Put candidly, projections for 2023-24 indicate that we will continue to see a rise in the number of people experiencing food poverty. As we will not have enough food donations to support them, we will require more financial support to purchase food. We are working hard to share the message of need with our local community, whilst remaining sympathetic to the fact many people are themselves facing rising living costs. Sadly there is no end in sight, and it seems that Nourish is going to be needed for many years to come. Food poverty is something that can affect any one of us, and I sign off by simply asking that if you are able to support Nourish, in any way you can, we would be deeply appreciative.

Sue Smith
Chair of Trustees

Operations Director's message



Coming out of the pandemic was a relief for so many, and at Nourish we hoped for a breather after a relentless couple of years supporting the most vulnerable in our community. However, as we tentatively came out of one crisis, we headed straight into another: the cost-of-living crisis, which created a completely new set of challenges for our clients - and for us.

The cost-of-living crisis brought with it an increase in referrals combined with a drop in donations. For the first time, we had referrals where clients were choosing whether to heat or eat. Clients were requesting that root vegetables were removed from their parcels due to the cost and worry of extended cooking times.

As is the Nourish way, we responded as a team and as an organisation. Supplying energy vouchers to our clients made a whole lot of difference - one worry taken away at a time when clients had so many others to deal with - and feedback from both clients and referral agencies was overwhelmingly positive. As winter approached, the slow cooker project was born. Anyone who knows me will know I am a slow cooker bore! Mine is an essential part of my household, so I knew they would help with cooking on a budget through their adaptability, lower cooking costs and using cheaper cuts of meat. However, we knew, as a charity dealing with clients already in financial crisis, that they just wouldn't be able to buy slow cookers themselves, so we decided to fund a pilot scheme ourselves to give them out. We have been sending slow cookers, a pack of slow cooker cupboard essentials and a 'cooking on a budget' cookbook to households across the borough since Christmas. Combined with the energy vouchers, fresh vegetables and the standard food parcels, Nourish has met the increasing need and our support has gone beyond a simple food parcel - something we have always prided ourselves on being able to do.

As I think back over what Nourish has been able to achieve through the year, it comes back to me that it was, of course, only possible thanks to two things: my wonderful team - here whatever is coming, whenever I need them for whatever I need - and the support of our community. You provide the funds and the food for us to distribute help. Our clients do not eat without your help, struggling households do not heat their homes without your help and people in crisis do not have a lifeline during the darkest times of their lives without your help. They cannot say 'thank you' to you directly but I can. Thank you. We do not need to know what is coming in the next year to know that we will be needed. We have supported our community for the last ten years and we will continue to do so as long as we can - with your support.

When I am speaking publicly about Nourish, I end by asking if the audience can do something for me: help me to spread our message by telling two people about us. You never know if the person you talk to about us is looking for an organisation to support, or if that person is having to make hard choices in their life and doesn't know where to turn. Please be part of that lifeline and help spread the word, so that all who need to know about us do.

Dawn Stanford
Operations Director

What we do

Nourish Community Foodbank is an independent charity providing emergency food, non-grocery essentials and support to individuals and families in crisis across the borough of Tunbridge Wells and south Tonbridge. We serve an area of almost 300 km² with a team of volunteers and just five members of staff.

Our mission is to make sure that no one in our area goes hungry.

We work with over 200 frontline referral agencies across our area. These organisations rely on us to help the vulnerable people and households that they identify as being in need. In 2022-23, Nourish made 7,263 deliveries serving 17,099 people in crisis, bringing food parcels direct to their doors - if needed, within hours of the referral being made.

In 2022-23, we stepped in to address a new problem - fuel poverty - caused by the energy price crisis. First, we distributed government-funded fuel vouchers, and when that money ran out we bought more vouchers using our own financial reserves. This helped hard-pressed households to cook the food that we were providing *and* heat their homes - without having to choose between heating and eating. We also purchased and distributed 40 slow cookers (with recipes and ingredients) to help people in crisis cook more economically.

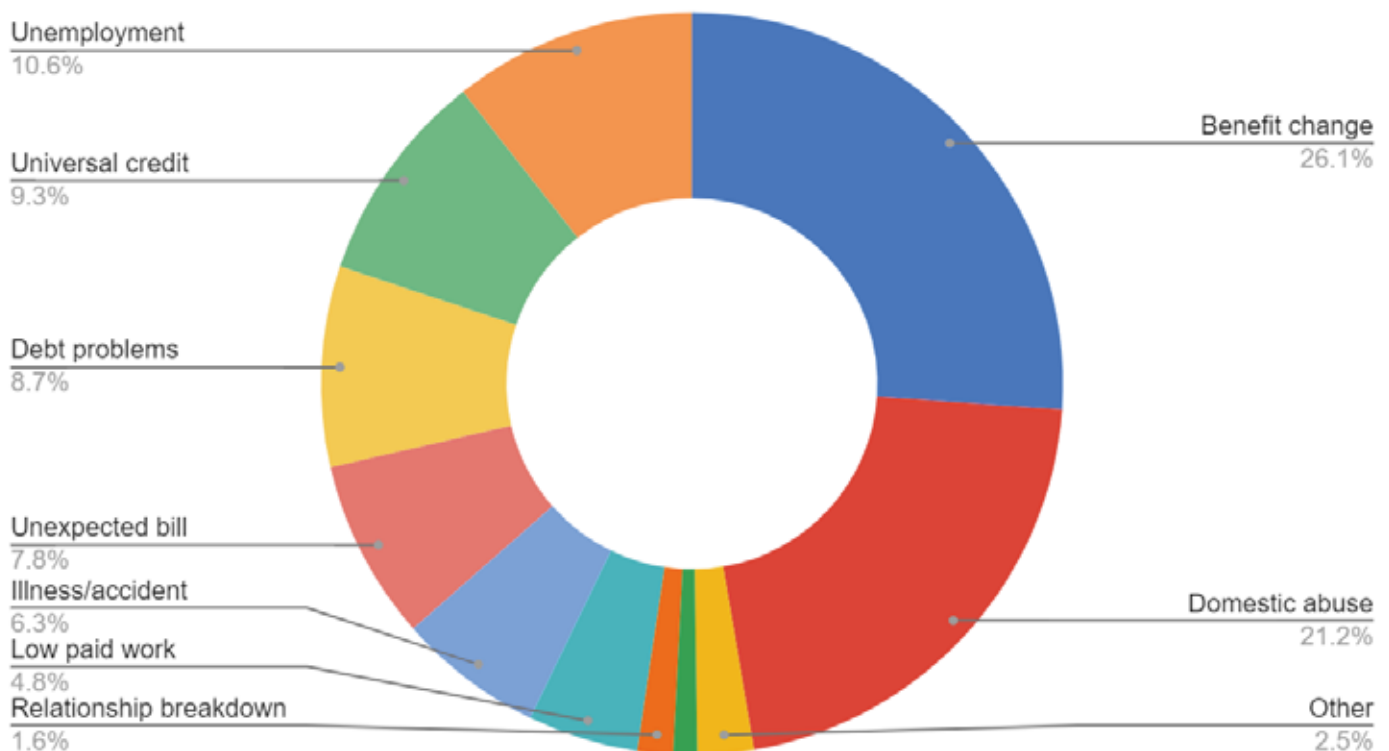
Our clients

When clients are referred to us, it can be for any number of reasons, and often a combination of factors. The most common primary reasons in 2022-23 are shown in the pie chart below. We find that most frequently, referrals arise as a result of events outside the client's control, leaving them struggling with nowhere else to go.

These events include benefit changes, which leave clients in a payment limbo, waiting for the system to catch up, and accidents, which can leave zero hours workers out of work with no income. Domestic abuse, an increasingly common referral reason, can leave families without employment, in new accommodation, and in a new town far from any support network.

Clients are referred to us when they have run out of other options, and we help them - whatever the reason they need us.

Primary reason for client referral, 2022-23



How we work

The referral process

Our clients are referred to us by over 200 frontline agencies and professionals - including social workers, GPs, family liaison officers, schools, housing support workers, the police, mental health organisations, local authority early intervention teams and charities like Citizens Advice and Age UK. Referrers assess clients' eligibility, abiding by our policy of making no distinction based on gender, age, ethnicity or political, religious or other opinions.

Food delivery

Volunteer packers make up food parcels in our warehouse Monday to Friday, every week of the year. Each food parcel contains enough food to provide three nutritious meals a day for three days. They contain staples (e.g. cereals, pasta, rice), tins and bread, as well as fresh fruit and vegetables, plus toiletries. If clients need them, we also include essentials such as baby food, nappies, sanitary products and pet food. We accommodate specific dietary preferences such as vegetarian or vegan, religious requirements and intolerances and allergies.

The parcels are then taken directly by our friendly volunteer drivers to the doorsteps of people in crisis. We deliver, rather than require clients to collect from a central point, because it builds dignity and ensures confidentiality (this is particularly important for vulnerable clients who are victims of domestic abuse or coercive relationships). It also eliminates the need for elderly or infirm clients to carry heavy parcels of food to their home. Additionally, it helps to reduce travel costs for hard-pressed households, many of whom live in rural areas which are poorly served by public transport. Most clients receive four parcels or fewer.

More than food

The Nourish operations team speaks to each client (and their referrer) to better understand their circumstances and life challenges. We provide non-judgemental support and advice. If we can, we refer clients to other specialist agencies (e.g. debt alleviation or housing organisations), to help them address any underlying issues and move forward with their lives. Nourish also contributes to local case study teams, addressing issues affecting vulnerable individuals. Understanding clients' challenges helps us to shape our service to reduce food poverty in our local community, and we collaborate with other regional food banks to ensure we are following best practice.

How we work

Our operations centre

We operate from a unit on the Tunbridge Wells North Farm Industrial Estate, which we moved into in 2021, having outgrown our previous premises. The warehouse provides space for stock, offices for our staff to work, and room for our volunteers to receive incoming food donations and deliveries, as well as make up food parcels for distribution to clients. In 2022-23, we purchased a new van, which is used daily to collect food from donation points in local supermarkets, schools, churches and businesses. We also receive donations of stock directly to the warehouse from members of the public and local organisations and businesses.

Our staff

Despite the growing need in our community, our team remains small. They are very dedicated and efficient, and always go above and beyond to provide exceptional service to our clients. The team comprises a full time Operations Director, plus four part time roles: Operations Manager, Finance Manager, Administration Assistant and Warehouse Manager. In September 2022, Operations Director Dawn Stanford received a well-deserved British Empire Medal, awarded for services to the community, particularly during the Covid-19 pandemic.

Our volunteers

Nourish has over 50 wonderful regular volunteers, without whom the charity could not operate. They undertake a variety of roles including packing and delivering food parcels, stock management, providing IT support and assisting at fundraising events. During the year we have been delighted to welcome youth groups and corporate teams to the warehouse, helping them develop new skills and contribute to their local community.

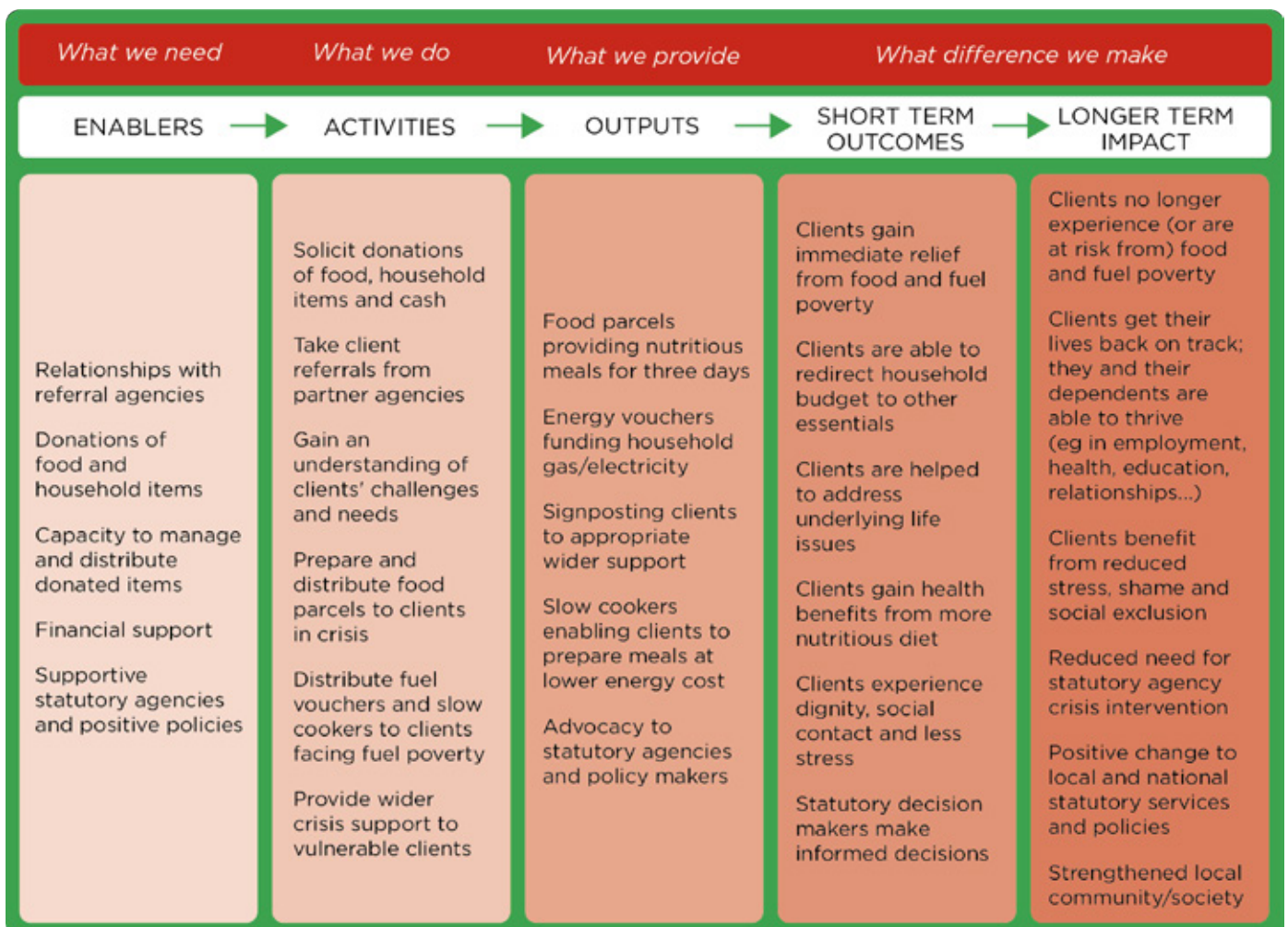
Our Board of Trustees saw a change at the top with Paul Haines stepping down from his role as Chair after nine years on the Board and being replaced by former Vice Chair, Sue Smith. Two new Trustees joined the Board, contributing new skills and experience.

Our impact

For some of our clients, one delivery is enough to improve things and then they don't need any more help from us. Others receive two or three parcels and are back on their feet. Some, sadly, are referred multiple times, but often for entirely different reasons. Every case is different. Many clients are reluctant to tell us details about their circumstances, because of a sense of shame at having to turn to a foodbank. Referral agencies cannot, of course, share confidential information about clients. In short, quantifiable data about our impact is hard to come by.

That said, we make it part of our work to talk to clients and referral agencies all the time to improve our service and make sure it is helping our clients. Qualitative feedback from all our stakeholders gives us a strong sense of the difference our services make to clients and their families.

On the next page are four anonymised accounts of clients we helped last year, and what we did to support them. Below is a representation of how we believe our work fits into and contributes to improving lives in the Tunbridge Wells and south Tonbridge areas.



The people we help

At Nourish we help people in crisis, whatever the reason. Here are some examples from the thousands of people we helped this year with food, vouchers, slow-cookers and other support.

Tammy and her two teenage daughters were relocated from outside the area after suffering prolonged domestic violence. We provided a starter parcel and four weeks of food supplies, and, because the emergency accommodation didn't have enough beds, we asked the Childrensalon Foundation to buy beds and mattresses for Tammy's daughters. As the years of domestic abuse caught up with her, Tammy suffered a mental breakdown and we supported the family again with food and vouchers. The girls were allocated a secondary school, so we introduced Tammy to local church charities, which helped to buy their uniforms. The school was over an hour and a half away by bus, and the cost of bus passes pushed the family into crisis again. We provided food for the family to ease the immediate financial strain and helped Tammy apply for free passes. Tammy wrote to thank us for being "so much more than a foodbank". Extras, like helping her apply to a local foundation for Christmas presents, had made the world of difference for her family.

Resettled to the area by the UN High Commission for Refugees, **Mohammed** was referred to us as an emergency case. When he found employment, he had been temporarily left with almost no income, due to the change-over between benefits. Mohammed had financial commitments like paying his energy supplier, meaning he couldn't afford to buy food for his young family. We provided him with a week's food parcel as a stopgap, delivering on the evening of his referral, and gave him supermarket vouchers so he could buy fresh Halal food.

Monika was long-term homeless when she was referred to us by the Bridge Trust, who were providing supported accommodation until she could get back on her feet. We provided her with a starter parcel (toiletries, cleaning products, cupboard essentials) plus a slow cooker (with supplies and recipes), and four weeks of standard parcels. With the help of the Tunbridge Wells FutureStore organisation, Monika found and applied successfully for a job, and she is now supporting herself, using food larders if she needs to, while looking for a permanent place to live.

Alison had been earning enough to cover her costs and feed her children, but her income dropped when she started maternity leave. Her relationship broke up, so there was no other earner in the home, and she was in real difficulties as the school summer holidays approached. Her children were in Years 1 and 2, so were receiving free school meals, but with them off school, Alison was going to need to provide extra meals and childcare for her children. She simply didn't have the money. The children's school referred the family to our Holiday Hunger scheme, which provided six weeks of normal family food shop provisions, supplemented with lunchtime essentials, to keep the children fed over the summer.

Donations and income

Food donations in 2022-23

As a foodbank charity, we rely on donations of food to feed our clients, and up to this year, we have only had to buy supplies on a limited basis. In previous years, around three quarters of our food came from our generous donors. However, food donations dropped so sharply last year that, at the end of 2022-23, we were having to *purchase* three quarters of the food we needed for clients. Donations through supermarket donation boxes, in particular, dropped off substantially as individual food donors felt the cost of living crisis impact on their own household spending budgets.

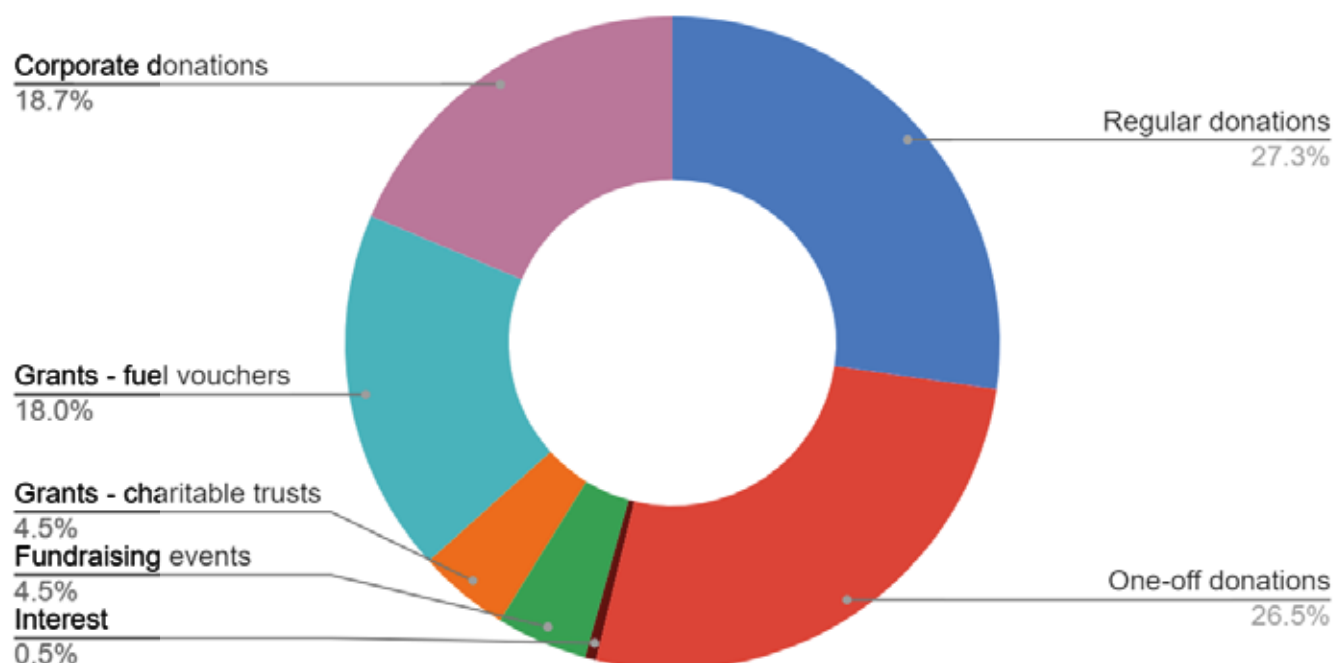
In short, at a time when we are delivering more food to more people, we are receiving significantly lower food donations. At the end of 2022-23, and as we enter 2023-24, we are having to use our cash reserves to support food provision, which is causing those reserves to shrink. We are making efforts to counter this by seeking an uplift in both food and financial donations.

Financial income in 2022-23

Donations and grants fund the core costs which enable our frontline work. We are extremely grateful for regular donations, which have increased in number and value since last year. This builds our financial sustainability, and predictable cashflow enables us to plan expenditure and invest in new initiatives. We are making efforts to increase regular giving, and will be looking for increased grant funding in the coming year. Further information on our income is shown in our audited annual accounts on pages 14-21.

Breakdown of Income in 2022-23

Total: £494.6k



Key supporters

Grant funders

Tunbridge Wells Borough Council, Kent Community Foundation, Masonic Charitable Trust and The Spencer Family Charitable Trust

Corporates

Childrensalon, Mahoro Charitable Trust, The Guinea, Maxipay, The Bell in Ticehurst, Wards Charitable Fund (Arun Estate Agencies Ltd), Bailey Wighton Ltd, Barclays, Black Cat Music, Black Dog Café, BNP Paribas, Boston Consulting Group Ltd, Charity Bank Ltd, Charter Tax, Commotion Group, Gail's Bakery, ICS, KPMG, Logos Consultancy Services Ltd, Lotto Social, Lumière, Maslins, Metrobank, Mortmay Estates Ltd, Paragon Trust, Sainsbury's, Shredquarters Tunbridge Wells, South East Water Community Fund, Southern Co-op, STEP Exhibitions, Tangier Wood, The Bank of England, The Bicycle Bakery, The Forum, Thomson Snell & Passmore Charitable Trust, Town & Country Housing Group, Waitrose and Yoyo Designs

Our local community

Beechwood School Parents' Association, Benenden School, Broomhill Bank School, Christchurch Tunbridge Wells, Church of King Charles the Martyr, Eridge Fair, Friends of Marlborough House, Molyneux Park Residents Association, Penshurst Church, Royal Tunbridge Wells Round Table, Sacred Heart Church, Wadhurst, Soroptimist International Tunbridge Wells, Speldhurst Fete, St Augustine's Church Flimwell, St Augustine's Church Tunbridge Wells, St Matthews Church, St Thomas Church, The Oddfellows Tunbridge Wells, The Pantiles Rotary Club, The Skinners' School Students, Tidebrook Church, Tonbridge Lions, TW Lotto, Wadhurst Friends, Wadhurst Parish Church Wadhurst, Trefoil Guild, Wells Angels WI, West Kent Masons and West Kent Quakers

Givers in kind

British Land, Cobwebb, Colley Raine & Associates, Deeks Evans, Infinity Group, Salesforce, SS Distribution and Zendbox

Individuals

- Jim Hawker raised over £1,500 by climbing Mount Kilimanjaro
- James ran the London Marathon and raised over £2,000
- Rachel Sadler raised over £280 by climbing Mount Snowdon
- Clare Allum ran her first Tunbridge Wells Half Marathon and raised £325
- Jayna Marsh and the Skinners team also ran the Tunbridge Wells Half Marathon for us again and raised nearly £800
- The Southborough and District Wheelers rode 100 miles to Lydd and back, raising over £450
- The Yoyo Design team raised £2,500 by walking 27 miles around The Weald
- Our Dragon Boat Rowers helped us raise over £2,500

Nourish Community Food Bank Ltd

**Report of the Trustees
for the Year Ended 31 March 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

08303764 (England and Wales)

Registered Charity number

1154716

Registered office

Unit 5
Kingstanding Way
Tunbridge Wells
Kent
TN2 3UP

Trustees

P Haines (resigned 31.8.22)
Ms N G Hill (resigned 14.5.23)
Ms A E Jordan
Ms V B R Packer
Ms B Roy
Ms S L Smith
A Tofts
S P Vincent
P J Wooster
C R Leaning (resigned 26.4.22)
S W G Reader (resigned 25.5.22)
Ms L Mephram (appointed 17.8.22)
A Conroy (appointed 17.8.22)
D S Robson (appointed 15.5.23)
M Lowe (appointed 20.6.23)

Independent Examiner

Deeks Evans Audit Services Limited
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

Approved by order of the board of trustees on 29 09 2023 and signed on its behalf by:



P J Wooster - Trustee

**Independent Examiner's Report to the Trustees of
Nourish Community Food Bank Ltd**

Independent examiner's report to the trustees of Nourish Community Food Bank Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Richard Young ACA

Deeks Evans Audit Services Limited
Chartered Accountants
First Floor, West Barn
North Frith Farm, Ashes Lane
Hadlow
Tonbridge
Kent
TN11 9QU

Date:29/09/2023.....

Nourish Community Food Bank Ltd

**Statement of Financial Activities
for the Year Ended 31 March 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	469,190	-	469,190	279,857
Charitable activities					
Charitable activities		22,469	-	22,469	11,696
Investment income	3	2,605	-	2,605	38
Other income		315	-	315	200
Total		<u>494,579</u>	<u>-</u>	<u>494,579</u>	<u>291,791</u>
EXPENDITURE ON					
Raising funds		22,123	-	22,123	20,374
Charitable activities					
Charitable activities		404,498	10,455	414,953	273,096
Other		12,296	-	12,296	-
Total		<u>438,917</u>	<u>10,455</u>	<u>449,372</u>	<u>293,470</u>
NET INCOME/(EXPENDITURE)		55,662	(10,455)	45,207	(1,679)
RECONCILIATION OF FUNDS					
Total funds brought forward		415,053	10,455	425,508	427,187
TOTAL FUNDS CARRIED FORWARD		<u><u>470,715</u></u>	<u><u>-</u></u>	<u><u>470,715</u></u>	<u><u>425,508</u></u>

Nourish Community Food Bank Ltd

**Balance Sheet
31 March 2023**

	Notes	Unrestricted funds £	Restricted funds £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	7	74,373	-	74,373	-
CURRENT ASSETS					
Debtors	8	38,707	-	38,707	79,476
Cash at bank		367,196	-	367,196	421,782
		<u>405,903</u>	-	<u>405,903</u>	<u>501,258</u>
CREDITORS					
Amounts falling due within one year	9	(9,561)	-	(9,561)	(75,750)
NET CURRENT ASSETS		<u>396,342</u>	-	<u>396,342</u>	<u>425,508</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		470,715	-	470,715	425,508
NET ASSETS		<u>470,715</u>	-	<u>470,715</u>	<u>425,508</u>
FUNDS	10				
Unrestricted funds				470,715	415,053
Restricted funds				-	10,455
TOTAL FUNDS				<u>470,715</u>	<u>425,508</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 29.03.2023 and were signed on its behalf by:

.....
P J Wooster - Trustee

Nourish Community Food Bank Ltd

Notes to the Financial Statements for the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

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

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

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

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

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. DONATIONS AND LEGACIES

	2023	2022
	£	£
Donations	357,851	242,256
Grants	111,339	37,601
	<u>469,190</u>	<u>279,857</u>

3. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	<u>2,605</u>	<u>38</u>

Nourish Community Food Bank Ltd

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

4. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation - owned assets	<u>12,296</u>	<u>-</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

6. STAFF COSTS

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

	2023	2022
	5	5
Salaries	<u>5</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

7. TANGIBLE FIXED ASSETS

	Short leasehold £	Motor vehicles £	Totals £
COST			
Additions	<u>43,476</u>	<u>43,193</u>	<u>86,669</u>
DEPRECIATION			
Charge for year	<u>8,696</u>	<u>3,600</u>	<u>12,296</u>
NET BOOK VALUE			
At 31 March 2023	<u>34,780</u>	<u>39,593</u>	<u>74,373</u>
At 31 March 2022	<u>-</u>	<u>-</u>	<u>-</u>

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Other debtors	34,539	77,196
Accrued income	990	-
Prepayments	<u>3,178</u>	<u>2,280</u>
	<u>38,707</u>	<u>79,476</u>

Nourish Community Food Bank Ltd

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Social security and other taxes	2,152	1,901
Other creditors	4,136	2,171
Accruals and deferred income	3,273	71,678
	<u>9,561</u>	<u>75,750</u>

10. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At
	£	£	31.3.23
			£
Unrestricted funds			
General fund	90,053	(44,338)	45,715
Cessation of activities	150,000	-	150,000
Funding shortfall	150,000	-	150,000
Warehouse Reserve	25,000	-	25,000
Hypothecated for Fuel Vouchers	-	100,000	100,000
	<u>415,053</u>	<u>55,662</u>	<u>470,715</u>
Restricted funds			
Sainsburys Neighbourly Grant	455	(455)	-
Kent Community Foundation	10,000	(10,000)	-
	<u>10,455</u>	<u>(10,455)</u>	<u>-</u>
TOTAL FUNDS	<u>425,508</u>	<u>45,207</u>	<u>470,715</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	394,579	(438,917)	(44,338)
Hypothecated for Fuel Vouchers	100,000	-	100,000
	<u>494,579</u>	<u>(438,917)</u>	<u>55,662</u>
Restricted funds			
Sainsburys Neighbourly Grant	-	(455)	(455)
Kent Community Foundation	-	(10,000)	(10,000)
	<u>-</u>	<u>(10,455)</u>	<u>(10,455)</u>
TOTAL FUNDS	<u>494,579</u>	<u>(449,372)</u>	<u>45,207</u>

Nourish Community Food Bank Ltd

**Notes to the Financial Statements - continued
for the Year Ended 31 March 2023**

10. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.4.21 £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	89,687	115,366	205,053
Cessation of activities	127,500	(27,500)	100,000
Funding shortfall	150,000	(40,000)	110,000
Warehouse Reserve	10,000	(10,000)	-
	<u>377,187</u>	<u>37,866</u>	<u>415,053</u>
Restricted funds			
Childrensalon	50,000	(50,000)	-
Sainsburys Neighbourly Grant	-	455	455
Kent Community Foundation	-	10,000	10,000
	<u>50,000</u>	<u>(39,545)</u>	<u>10,455</u>
TOTAL FUNDS	<u>427,187</u>	<u>(1,679)</u>	<u>425,508</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	259,336	(143,970)	115,366
Cessation of activities	-	(27,500)	(27,500)
Funding shortfall	-	(40,000)	(40,000)
Warehouse Reserve	-	(10,000)	(10,000)
	<u>259,336</u>	<u>(221,470)</u>	<u>37,866</u>
Restricted funds			
Childrensalon	18,000	(68,000)	(50,000)
Sainsburys Neighbourly Grant	2,455	(2,000)	455
Kent Community Foundation	10,000	-	10,000
Skinners Smythe	1,000	(1,000)	-
Paragon Trust	1,000	(1,000)	-
	<u>32,455</u>	<u>(72,000)</u>	<u>(39,545)</u>
TOTAL FUNDS	<u>291,791</u>	<u>(293,470)</u>	<u>(1,679)</u>

11. RELATED PARTY DISCLOSURES

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

Structure, governance and management

The organisation is a Charity and Company limited by guarantee, incorporated on 22 November 2012 and registered as a charity on 24 November 2013. The Company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

The Directors of the Company are also Charity trustees for the purposes of Charity law. All trustees give their time voluntarily and receive no benefits from the charity. No expenses were claimed from the charity during this period. Trustees met monthly during the twelve month period to 31 March 2023. The membership of the Board of Trustees is intended to reflect the knowledge and skills required to manage a local foodbank, and new trustees are invited to join as necessary areas of expertise are identified by regular board skills audits. Potential new trustees are interviewed and briefed by the Chair and one or two other trustees, and are invited to attend Board meetings as observers before joining the Board. The charity had five employees during the reporting period, who worked with over 50 volunteers to manage food collection and distribution, referrals and administration.

The charity relies on grants and donations to fund its work, which are liable to fluctuate from year to year. Principal financial management policies will be found in the notes to the Financial Statements, which are available on request.

We regularly review and update our operations handbook, induction and training (for staff, trustees and other volunteers) to implement good practice. To ensure that Nourish is governed effectively, and that we keep our staff, volunteers and clients safe, we have implemented a number of policies and procedures. The following policies (with accompanying procedures) are currently in place:

- Children's Safeguarding Policy
- Adults' Safeguarding Policy
- Risk Register and Risk Management Policy
- Staff and Trustee Expenses Policy
- Volunteer Expenses Policy
- Financial Control Policy
- Financial Reserves Policy
- Donations Policy
- Cash Handling Policy
- Disciplinary Policy
- Bullying and Harassment Policy
- Equal Opportunities and Diversity Policy
- Flexible Working Policy
- Data Protection Policy
- Privacy Policy
- Complaints Procedure
- Fresh Food Voucher Policy
- Political Activity and Campaigning Policy
- Social Media Policy
- Serious Incident Reporting Policy
- Trustee Conflicts of Interest Policy
- Engaging External Speakers Policy
- Investing Funds Policy

These policies and procedures are kept under review as our operations evolve, new challenges emerge and new guidance is issued by regulatory bodies, such as the Charity Commission and Information Commissioner's Office. Where necessary, we also call on external support to improve our governance and operations.

Looking ahead

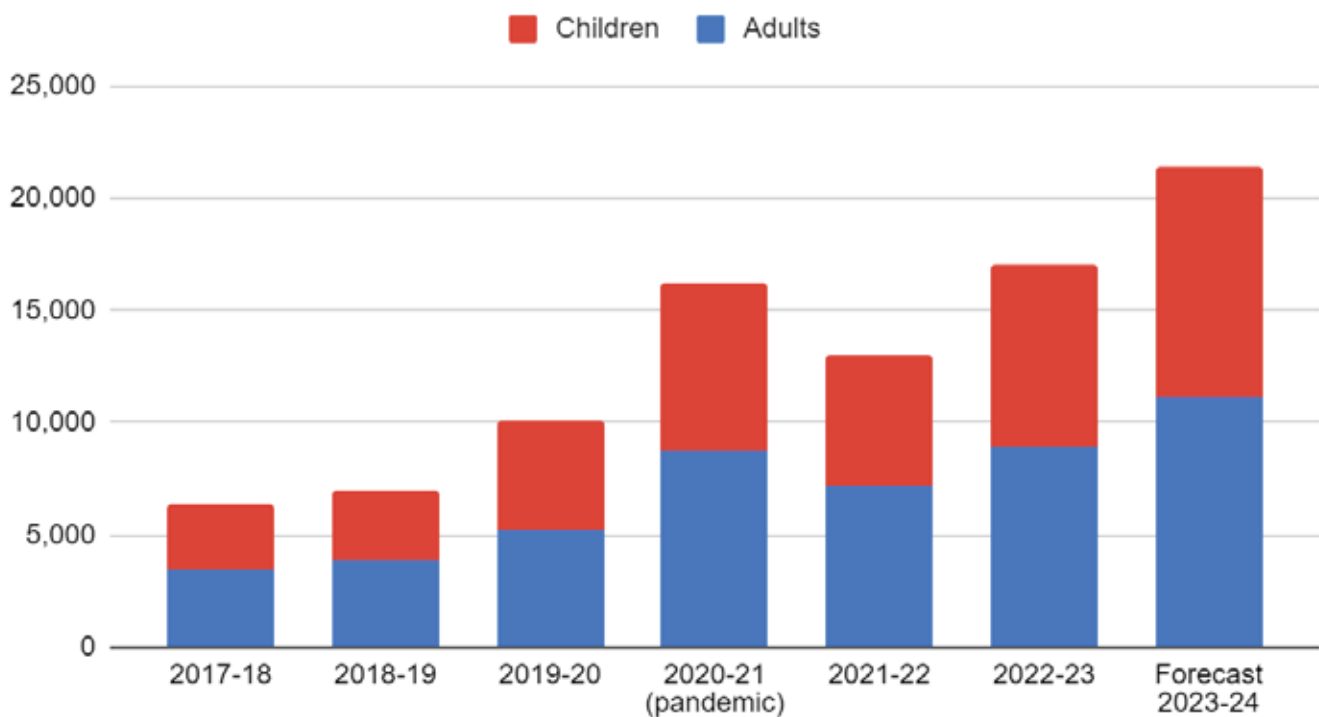
Nourish has experienced an average 25% year-on-year growth in client numbers over the past five years, with the number served in 2022-23 exceeding even the high number reached during the pandemic in 2020-21. Increasing referrals in 2023-24 points to further growth in need: even more households in food crisis, and even more desperate parents going without to feed their children.

Last year we did a fantastic job. We helped as many people as we could, as fast as we could. We provided the food they needed and, in many cases, helped them to cook that food, heat their homes and address their underlying life challenges when no one else would.

Already in 2023-24, we are finding our resources critically stretched. Less food is being donated, but more people need it. The cost of living crisis is still very much present, with many client households facing a choice of heating or eating, and our supporters cutting back on the amount of food they feel able to donate. We have launched new campaigns to encourage food and financial donations, and the trustees have ring-fenced reserves to be able to continue purchasing food, although reserve funds are finite.

One thing is certain: we urgently need more help. More food donations, more regular income and more grants. If you are able to, please help us. Thank you.

Number of people in crisis provided with emergency food



Work and achievements in 2022-23



Nourish wins Charity of the Year from local newspaper



Trolley generously filled with donations



Raising funds at the Tonbridge Dragon Boat Race



Dawn receiving BEM award for services to the community



Generous donations from customers at The Guinea



Santa and the Round Table collecting food donations



Raising Nourish's profile at the Soap Box Race



Dawn receiving funds from 'The Griz' event run by Tangier Woods



Spreading the word to the crowds at Pub in the Park