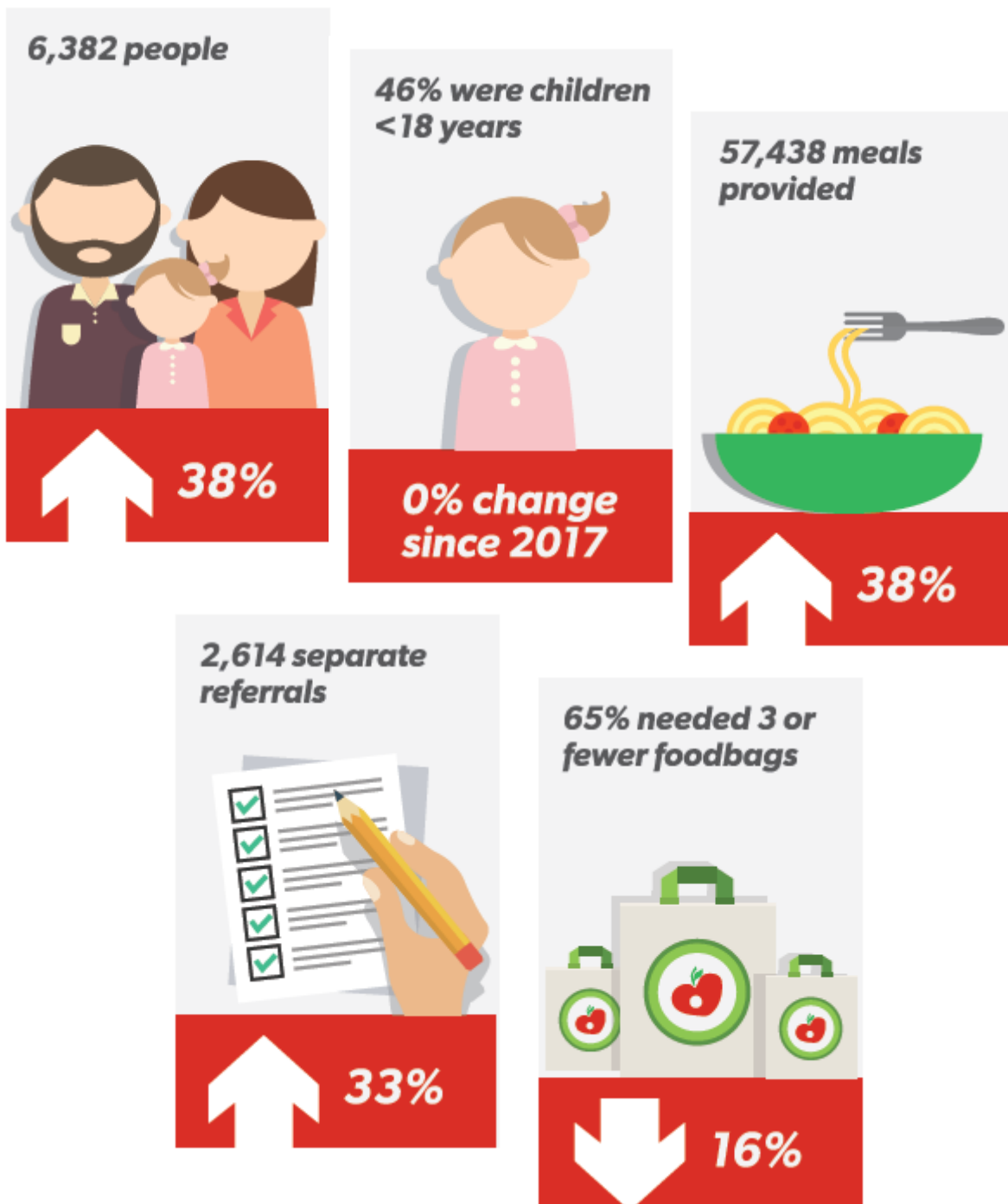


Annual review for the year ending 31 March 2018

How many people did Nourish feed last year?



Nourish Community Foodbank

Charity Number 1154716

Registered Company Number 8303764

Board of Trustees

Paul Haines (Co-Chair)

Olga Johnson (Co-Chair)

Carol Stone (Hon Treasurer)

Adrian Tofts

Carol Wilson

Alisa Sweeney (Until December 2017)

Marianne Mac Donald

Martin Holroyd (Until April 2017)

Islay O'Hara

Graham Jones

Sue Smith (From February 2018)

Administrative Information

Postal Address:

YMCA, 14-18 Goods Station Road, Tunbridge Wells, Kent TN1 2BL

Food Collection and Storage:

Big Yellow Storage Longfield Road, Tunbridge Wells, TN2 3UE

Registered Office:

Thompson, Snell and Passmore LLP, 3 Lonsdale Gardens, Tunbridge Wells, TN1 1NX

Bankers:

Natwest Bank, 89 Mount Pleasant Road, Tunbridge Wells, Kent TN1 1QJ

Accounts certified by:

Deeks Evans, 3 Boyne Park, Tunbridge Wells TN4 8EN

How we deliver public benefit

Founded in 2012, Nourish is a volunteer-led charity and company limited by guarantee. Our vision is that "*No one need be hungry in South Tonbridge and the Borough of Tunbridge Wells*".

We promote the relief of financial hardship among people living in Tunbridge Wells, South Tonbridge and surrounding villages by providing people with short-term emergency food that they could not otherwise afford through lack of means.

We work collaboratively with, and for the benefit of, the inhabitants of Tunbridge Wells, South Tonbridge and the surrounding areas without the distinction of sex or age or political, religious or other opinions, in order to meet local need, challenge social exclusion and to deliver an effective and proactive service that empowers people to access appropriate support and the resources to help them move forward with their lives in a manner which may be considered by law to be charitable.

We work with other local foodbanks and regularly review our areas of coverage in response to need.

Our foodbags

A typical foodbag will contain food to make up 3 meals a day for three days and, in addition, to two £5 vouchers for fresh fruit, vegetables and meat. Foodbags usually comprise the following items:

Tinned meat or fish	Fruit juice	Soup	Pasta and Rice
Pasta and curry sauces	Pulses	Cereal/porridge	Baked beans
Jam/tinned pudding	Cleaning products	Toiletries and toilet rolls	Long-life milk
Tinned vegetables	Biscuits	Baby food (as appropriate)	Pet Food (as appropriate)

Each week, our packers make up food bags in the warehouse as requested by our referral Agencies. The foodbags are then delivered to the homes of people in crisis by our volunteer drivers. We operate a doorstep delivery using volunteer drivers rather than asking people to pick up their food from a central point, thus enabling us to ensure confidentiality (particularly important when providing support to victims of domestic violence), reduce operating costs and eliminate the need for people referred to carry heavy bags of food.

Our storage and warehouse operations

Our grateful thanks go to Big Yellow Self Storage, Tunbridge Wells, who enable us to be incredibly flexible with our storage solutions. As demand goes up, and when we hold big food collection campaigns, we are able to quickly allocate the necessary resources to store additional food donations. We have also maintained our van contract to enable us to perform our weekly collections from several supermarkets in Tunbridge Wells and Tonbridge.

Office space

With some fantastic grant funding, we moved into our new office in July 2017 and this has proved essential to our operation. Thank you to St. Philips PCC for accommodating us.

Referral process

To qualify for help, families and individuals must be referred to Nourish by a front-line professional care organisation. To date we are working with 115 referral Agencies including Social Services, Domestic Abuse and Volunteer Support Service (DAVSS), local housing groups, Citizens Advice, Tunbridge Wells Job Centre and Age UK. We also work with churches, schools and GP surgeries who identify local people in need.

The need for referral to Nourish is usually caused by a complex combination of events that include: benefits delays, unemployment, illness and, increasingly, domestic abuse or the impact of Universal Credit. Where possible we signpost people to relevant agencies, so they can get additional help. This enables us to more fully understand the impact of these issues and to monitor the longer-term social impact. Nourish is increasingly being asked to form part of case study teams that consider the wider issues affecting individuals.

Our volunteers

Nourish has over 60 active volunteers, all DBS (security) checked. They undertake a wide variety of roles that include administration, stock management, packing and delivering foodbags. Our volunteers are carefully recruited and

trained so that their administration, management, fundraising and marketing skills are used effectively. We created specific volunteer roles to make best use of the skills our volunteers bring to Nourish. These included administration and communication skills relevant to our schools, business and organisations, outreach coordinators, donation tin coordinators and community awareness and fundraising champions. We are pleased that these roles provide our volunteers with opportunities to acquire and develop new skills that they can then transfer into other volunteer roles and paid employment.

Review of the year

Co-Chairs' message

This financial year also marked the fifth anniversary of Nourish Community Foodbank. When we started in November 2012, it was in response to a growing awareness of increasing need within the town. What we did not envisage was the scale of need in a community that is generally perceived as being extremely affluent.

Since then we have expanded to cover a wider area and now encompass the whole of Tunbridge Wells Borough (aside from Paddock Wood, which is covered by another foodbank) and South Tonbridge.

Each year we have been busier than our last, and this year is no different with 2,614 referrals, an increase of 33% on 2016-2017. It is notable over the past year that the number of deliveries we make to rural areas has also increased. We have worked with more referral agencies than ever before, some 115, who identify individuals and families in genuine need so that we can provide them with foodbags. For the first time we undertook a referral agency questionnaire, where 91% of those responding said they were satisfied/very satisfied with the service provided by Nourish and all respondents stating if Nourish did not exist it would have a major negative/very major negative impact on the service they were able to provide to their clients. In addition, all respondents stated that Nourish was very effective in meeting its objective to provide relief for those in financial hardship via the provision of emergency foodbags.

When considering the reasons for referral, for the first time in three years we have seen an increase in clients being referred for benefit changes (36% vs. 32% for 2016-2017 and 33% for 2015-2016) and unemployment (11% vs. 7% for 2016-2017 and 2015-2016). We remain stable for domestic abuse, with 13% of our clients (one in eight bags) distributed for this reason. However, this masks the true scale of this issue as total numbers were still up by 33%. It should be noted that the Trussell Trust data for 2017-2018 states that 1.4% of its referrals are for domestic abuse. The fact that Nourish provides a confidential delivery service is one of the main reasons why our domestic abuse referrals are so high as we can ensure that even the most vulnerable in our society need not go hungry.

None of this happens without the support of our amazing team of volunteers and we have expanded our youth work with dedicated youth sessions. As such, we have benefitted from regular support from those on Duke of Edinburgh Award Scheme, the National Citizen's Service and those undertaking the International Baccalaureate, who have provided warehouse support, street campaign promotion and social media communications.

In addition to our fundraising events, we have built and maintained many local partnerships and worked with corporate and group volunteers, including Childsalon, Maxipay, Markerstudy and local Scouts and Explorers groups who have been kind enough to donate their time to organising collections and helping with warehouse organisation. Increasing partnerships with corporate and group volunteers will continue to be an area of development.

This coming year we are anticipating the introduction of Universal Credit to have an impact on our work. Although Universal Credit has yet to be rolled out, our 2017-2018 data saw 2% of referrals as a result of this change in benefits. We are also anticipating that this may also have an impact on the number of foodbags our clients receive. Last year 81% of our clients received three foodbags or fewer, a maximum of nine days' supply of food. This year the figure has dropped to 65% as we are seeing more complex cases and clients who require support for longer periods. Despite this, the vast majority of our clients only require six foodbags or fewer over the year, further demonstrating that while there is growing need in our community, it is generally short-term in nature.

That Nourish is able to be so effective in responding to this need is thanks to the generosity of the many volunteers, companies, organisations and individual donors that provide support. Together we are making a real difference to those in crisis.

Thank you so much.

Olga Johnson

Paul Haines



Operations Manager's message

Every year I think we cannot get any busier and yet we do, we have seen another substantial increase in referrals and clients. This again is no surprise as the welfare reforms continue and wages do not meet the true cost of living. Our domestic abuse figures continue to steadily rise and we are thankful for the many volunteer and agency workers that tirelessly continue to support those clients living through or with the aftermath of this horrible experience. Unexpected expenses will always hit the shopping budget and we have been ever grateful of our wonderful team who have helped us fulfil our commitment, my volunteers step up to meet the extra demand and luckily our donors of food do too.

This year saw the appointment of a contracted warehouse manager and increased hours allocated to the assistant operations manager role to help run the office. This left me more time to oversee the day to day running and concentrate on key projects.

One of these projects is to increase our youth reach, and we have secured funding for 2018-2019 to help us extend what we already offer. We have monthly under-18 sessions scheduled and additional sessions in the school holidays, we will take university students on during their breaks and have youth groups such as The Noise and The NCS coming down. We will be able to offer the local cubs, scouts, guides and other troops opportunities to visit and help out down at the unit and my involvement in school running workshops and advising on charity volunteering as part of the social responsibility units will also increase. We welcome this opportunity to get out there and speak to those who will become the next generation of volunteer workforce and to help raise awareness of all that is out there to help those in need.

Our Tonbridge area expansion has run smoothly this past year with a steady increase, manageable by the addition of volunteer drivers who live in the area. This will continue over the next year, we link well to other provisions in the area so that clients are well supported and we look to gain more referral agents, work together in a networking group to share ideas and forward links to run the best service for our Tonbridge clients in the way of effective signposting.

I take this time to say thank you, thank you to my ever wonderful team that work tirelessly and with the same passion I have to benefit our clients, to those who place a penny or pound in one of our donation pods or a tin in the supermarket donation point. To those who organise collections or support them. You are what we need to make this work and Nourish would not happen without you.

We are ready for the upcoming year with more passion, more food, more storage and the unwavering dedication to ensure that every donation you give goes to help someone local in crisis.

Dawn Stanford

Our services

In the year April 1st 2017 - March 31st 2018, Nourish Community Foodbank provided three days of emergency food supply for **6,382** people, compared with **4,614** the previous year. This represents a **38%** increase in the number of Nourish clients.

57,438 meals were provided by Nourish which represents a **38%** increase on last year.

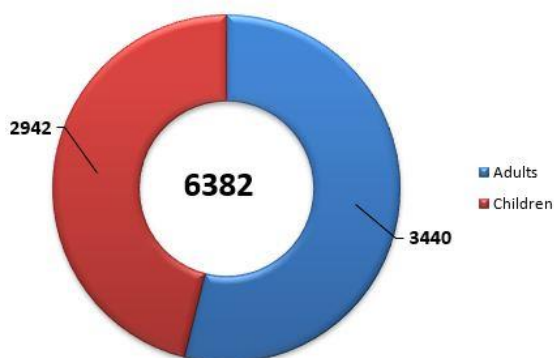
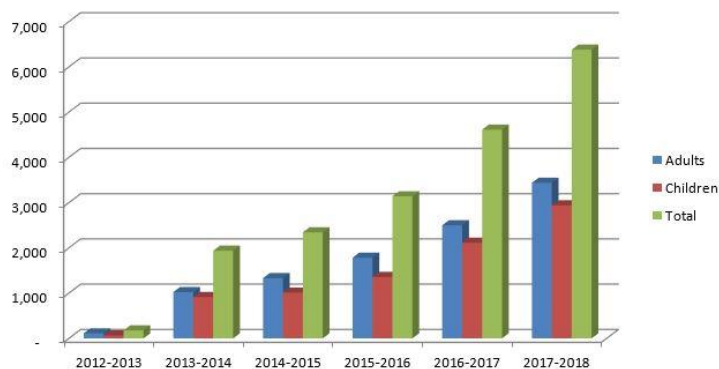
Nourish received **58.6 tonnes** of food donations over the year. We are very pleased to be working in partnership with ASDA, Sainsbury's and TESCO who, with the help of their customers, regularly donate food.

This, coupled with our successful Reverse Advent Calendar campaign and the ongoing support from schools and churches particularly around Harvest Festival, meant that Nourish only needed to purchase a small amount of food to supplement stock in order to meet demand.

We actively encourage people in crisis to eat balanced nutritious meals, so we include vouchers in our food bags that can be exchanged for fresh meat, vegetables and fruit.

We are pleased to be working with **J C Rook & Sons** to provide fresh meat and **Locality** in Tunbridge Wells to provide fresh fruit and vegetables.

Number of people in crisis provided with emergency food

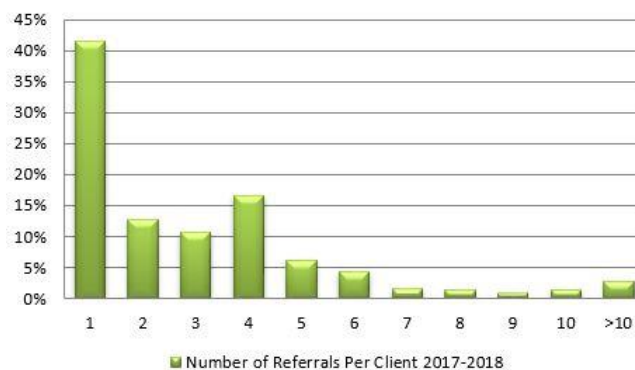


Of the **6,382** people receiving a three-day emergency food bag supply **46%** were **children** under 18.

2,614 separate **referrals** were made to us and just over one-third of our clients – **41%** - needed **only one food bag**. Some **65%** of our referrals were for people using our service **three times or less** (a maximum of nine days food supply over the course of a year, versus 81% last year). This is due to more complex cases and clients needing to be supported for a longer period.

The vast majority of our clients have a short-term crisis, with **92%** receiving six or fewer foodbags; Nourish actively works with referral agencies and signposts onwards to help solve the underlying issues causing the crisis.

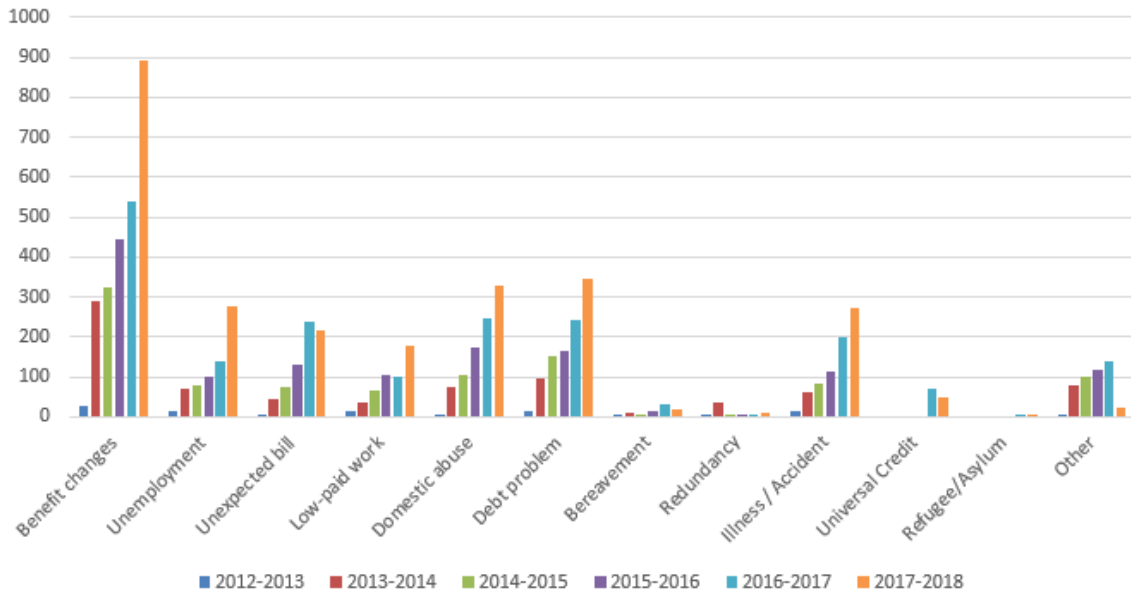
Number of Referrals Per Client



Reasons for referral

Unemployment/redundancy, debt problems and benefit changes tend to follow someone losing their job and all three account for 60% of the reasons why people used our services. As in the previous two years, 1 in 8 foodbags distributed by Nourish are to victims of domestic abuse.

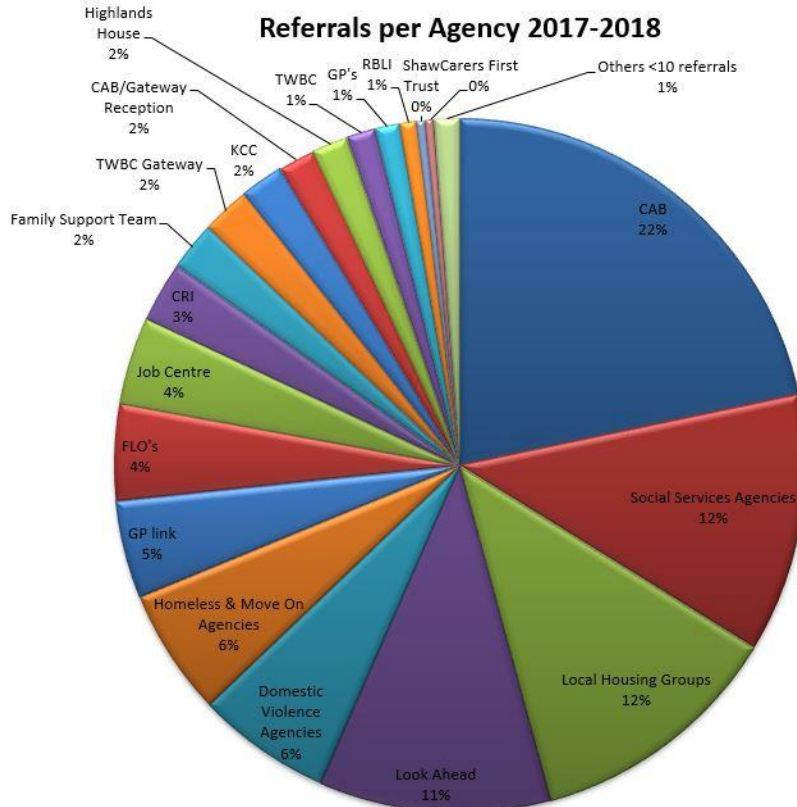
Reasons for referral - Numbers of Referrals over the years



Referral Agencies

During 2017-2018, we worked with 115 frontline referral agencies across Tunbridge Wells and South Tonbridge who made a total of 2,614 referrals to Nourish. Aside from the notable increase in referrals for domestic abuse, increasing numbers of referrals were seen from doctors' surgeries, mental health organisations, the early intervention team and YMCA.

This suggests Nourish is becoming at the forefront of the mind of organisations working in the preventative fields.



Testimonial from our Agencies

Below are some responses from our referral agency network from our annual questionnaire about the impact Nourish has on their clients.

"The food bags really are a lifeline to many clients who are suffering largely as a result of welfare reform and inefficiencies in the benefits agencies. Often after months of painful bureaucracy through the appeals process, with our help, clients do win their case and are slowly able to get their lives back on track. Without this service many would go hungry or slide deeper into debt and depression."

"I think we will struggle without this support as there is little in the community to support families who are struggling in these difficult times."

"For many of our clients, this service is a much needed lifeline."

"Nourish Community Foodbank provides an essential service for households in a crisis situation. For example, for those households who approach the Council for housing advice who are fleeing from a different area and have no access to any money, the service is crucial."

"Nourish is effectively my ONLY resource to support my patients experiencing food poverty - vital in a rural area with very limited public transport and low wages within the local labour market."

"With the roll-out of Universal Credit the wait for people especially families or isolated individuals is too long for them to survive without intervention."

The impact of Nourish

Behind every one of these statistics is a story. They are all different. The following are just some of the stories from people we have helped this past year. Please note, all names have been changed.

Leanne's story



Leanne's partner suffered a heart attack and couldn't work. Leanne used up all her remaining holiday pay and then when she went back to work, had to reduce her hours at work to look after the family. In addition to paying for repeated hospital visits, she had to try and pay all the bills to keep the household going.

Nourish supported her for four weeks and signposted her to a local charity that helped her to apply for some support with travel costs. Leanne texted us after one of our deliveries:

" Thank you so much for the food parcel, I can't tell you how much it means to be able to cook something proper for us to come home to from hospital today, I have been missing meals here and there so I can go and visit Steven, the stress and worry must show because he is now worrying about me! Your driver Marilyn was so sweet and, although I was dreading opening the door, it wasn't awkward at all. You have no idea how much that means to someone, who doesn't feel comfortable having to take help from others. Thank you Thank you Thank you.xx"

James's story

James lived alone with his dog, An unexpected redundancy left him with a gap of no employment for a couple of weeks with no income. James had been on a low income in his previous job that only just covered his living costs so had no savings to cover the unexpected redundancy. We sent food parcels to him for two weeks that included dog food for his faithful friend. James texted us after his first delivery...



..."Thank you, I was not expecting to get food for Stanley! I've been sharing my dinners with

him, he has the meat and I just eat the veg so tonight we shall dine like kings together! I did not know what to expect, I have worked all my life and would never have thought that I would ever have to use a Foodbank. Thank you so much for the kindness and quick delivery. I shall never walk past your donation point in Sainsbury's without putting some dog food in once I am back in work."

Kate's story



Kate was in temporary accommodation with her two girls following a relocation from a domestic abuse situation. She had been offered a flat but was starting from scratch with setting up her new home.

Nourish supplied her with initial help while she was applying for benefits when she first arrived and was seeking work and she was then referred for a parcel for a couple of weeks to help her set up her new home.

We were able to help her with a parcel that gave her all the basic store cupboard essentials and toiletries and home items like washing up liquid, washing powder and cleaning products.

A year of Nourish fundraising

Nourish held several events during 2017-2018 giving people the chance to get involved and help raise money for local people in crisis.

- Thank you to everyone who donated to our #HolidayHunger campaign. We raised **£394.00** in direct donations plus gift aid and we had an increase of over £90 in monthly donations.
- The Nourishers took part for the fourth year in the Dragon Boat Festival at Bewl Water. This year was the 20th Annual Dragon Boat Race held by Funraisers and we managed to raise a fantastic **£2,070.00** so a huge thank you to everyone that took part and who sponsored our rowers!
- Our #LuckyForSome Casino Night in October 2017 in conjunction with Childrensalon raised a fantastic **£9,856.66** so thank you to all the companies that donated prizes and everyone who came along and supported us.



A year of support and donations

Everyone at Nourish Community Foodbank is grateful to all those who have supported us in 2017-2018. Your generosity is inspirational and we are delighted that you continue to support us with donations of food, money, time and facilities such as premises, printing, storage, collection points and general encouragement. Every pound/hour/tin or packet is welcomed and used to help people in crisis. We are able to continue our work thanks to businesses, voluntary groups, charities, churches, local associations, the media, schools and hundreds of individuals who have shown amazing understanding and commitment to the needs we strive to meet.

Special thanks go to our funders and supporters below

TUNBRIDGE WELLS BOROUGH COUNCIL



The Trustees would like to thank Tunbridge Wells Borough Council for making a grant to the charity to help with running costs.

BIG YELLOW SELF STORAGE



We are delighted to be working with the Big Yellow Self Storage Company in Tunbridge Wells who have provided us with free and discounted storage space, allowing us a safe working environment to collect, store and sort our donated items.

WEST KENT YMCA WAREHOUSE



Nourish would like to thank the YMCA warehouse for providing us with a central Tunbridge Wells point for food donations.

THE HENRY SMITH CHARITY: 2016-2018 Grant



Thank you to the The Henry Smith Charity for their grant of £10,000.00 over two years to pay towards running costs.

SIR THOMAS SMYTHE'S CHARITY: 2015-2018 Grant



Thank you to the Sir Thomas Smythe's Charity for their grant of £3,000 payable over three years which will help fund our

fresh food voucher scheme ensuring our beneficiaries receive a healthy and balanced diet.

ROYAL TUNBRIDGE WELLS ROUND TABLE



Huge thanks to the RTWRT for funding towards essential storage at Big Yellow for 2017-2018.

THE GATWICK FOUNDATION FUND: 2017-2018 Grant



Thank you to the Gatwick Foundation Fund through Kent Community Foundation who awarded a grant of £5,000 to Nourish for 2017/2018. The grant helped to fund our voucher scheme and also 6 months funding towards our van.

ONE STOP CARRIERS FOR CAUSES: 2017-2018 Grant



Thank you to One Stop Carriers For Causes who awarded a grant of £700 to Nourish for 2017/2018. The funds paid for 2 new laptops and a new printer to enhance our capabilities on the move.

KENT RELIANCE PROVIDENCE SOCIETY via KENT COMMUNITY FOUNDATION: 2017-2018 Grant



Huge thanks to the Kent Community Foundation and the Kent Reliance Provident Society Fund for awarding us a grant of £4,920 for 2017/2018.

The funds will pay for our new office rental from July 2017 to End of March 2018 and two desktop PCs.

CO-OP LOCAL COMMUNITY FUND: 2017-2018 Grant



Thank you to all the Co-op members who supported us and chose us as their local cause in the Co-op local community fund.

We raised a fantastic **£1,871.53** which helped fund our fresh food voucher scheme.

THE LAWSON ENDOWMENT FUND FOR KENT via KENT COMMUNITY FOUNDATION: 2017-2018 Grant



Thank you to **The Lawson Endowment Fund for Kent** through Kent Community Foundation who awarded a grant of £4,900.00 to Nourish for 2017/2018. The grant helped to fund our voucher scheme and also 3 months funding towards our van.

CHILDRENSALON CHARITABLE FUND



Nourish Community Foodbank continued to receive the amazing help from the newly established Childrensalon charity.

The monthly donation received throughout 2017-2018 enabled us to help plan for the year ahead and continue to provide emergency food and support to people in need in Tunbridge Wells, Tonbridge and the surrounding areas.

Corporate support



Huge thanks to Deeks Evans for providing the independent financial examination of our accounts since 2014 at no cost.



Nourish would like to say a huge thanks to **Maxipay** who have been a regular food donor since 2014. Maxipay have also been kind enough to donate essential items when we are low on stock.



Childrensalon, a local childrenswear retailer who have grown to be the world's largest online store for designer childrenswear has continued to support Nourish throughout 2017-2018. They have a true passion to get involved with everything that Nourish does and have been instrumental in our fundraising. They entered a boat in the 2017 Tonbridge Dragon Boat Race in aid of Nourish which raised an amazing **£607.50** and they were instrumental in our #LuckyForSome Casino Night fundraiser in October 2017 where we raised a fantastic **£9,856.66**. Thank you to Childrensalon for all your support!!

Financial donations

Regular donations enable us to predict future cash flows and plan for the years ahead. Thank you to everyone who supports us with a regular donation.

Thank you also to everyone who has given a one-off donation enabling us to pay for core costs and charitable activities in order to provide emergency foodbags to people in crisis. Special thanks go to:

Don Hanson Charitable Foundation

Southborough Lions

Tonbridge Lions.

Food donations

Nourish would like to say a massive thank you to all our food donors. Without your donations we could not support those in crisis. Thanks go to our corporate partners who have our collection points or who donate close to date supplies.

**Sainsburys Linden Park
Tesco Pembury**

**Tesco TW Stores
Asda Tunbridge Wells**

**Natwest Tunbridge Wells
Lloyds Bank Tonbridge**

**M&S Tonbridge
Sainsbury's Tonbridge**

Nourish Community Foodbank - Food and provisions donated in 2017-2018. All Weights in Kg.

Albany Hill Residents	65.15	Live Expressions	123.50	St Johns School	520.69
All Saints Church Langton Green	413.85	Lloyds Bank Tonbridge	472.35	St Margaret Clitheroe	38.80
Amazon	293.65	M&S Tonbridge	80.30	St Marks Church	28.30
ASDA	1,949.65	M&S Tunbridge Wells	146.80	St Matthews Cubs	20.75
AXA PPP	24.10	Malborough House	968.10	St Matthews School	243.90
Banner Farm Street Collection	2,494.21	Markerstudy	59.30	St Pauls Rusthall	525.40
Bethany School	205.30	Maxipay	1,350.17	St Peter and St Paul Wadhurst	253.45
Broadwater Down School	69.40	Mereworth Road	46.70	St Peters School	573.65
Brockbourne House	52.00	National Westminster Bank	25.80	St Stephens Church Tonbridge	714.90
Brownies	113.90	Neal Bamford - Keyrings	252.50	St Theodores Church & Benenden Chapel	799.75
Cage Green School	99.00	Oakley School	67.00	St. Matthews Church	904.35
Childrensalon	951.84	Ravenswood Avenue Neighbourhood Watch	63.50	Stephens Road & St Lukes	241.40
Christian Fellowship	133.75	REVERSE ADVENT	9,922.52	Temple Grove School	126.32
Christmas Turkeys & Veg	2,037.80	Rose Hill School	7.00	Tesco	4,557.75
Co-Op High Brooms	43.40	Rusthall Cinema	306.98	Tonbridge Baptist Church	369.45
Cranbrook Church	8.35	Sacred Heart Wadhurst	1,605.25	Tonbridge Girls Grammar	3,539.42
Fordcombe Primary School	134.56	Sainsburys	4,520.60	TW Scouts	329.85
Forest Park Day Nursery	62.40	Sainsburys Tonbridge	4,402.80	TWGS	1,256.98
Fosse Bank School	412.92	Salomons Centre for Applied Psychology	171.55	Wadhurst School	422.10
General Donation	3,763.01	Searchpress	960.60	Weald Kent Guides	297.40
Goudhurst & Kilndown Church	70.15	Skidders Kent Academy	220.05	Wells Free School	126.92
Heliocentrix	128.50	Skidders Kent Primary	59.60	West Kent College	61.00
Hillsong	125.15	Slade Primary School	72.90	Woodlands Preschool	348.20
Hillview School	599.88	Speldhurst School	94.85	YMCA	743.94
Holmewood House	581.15	St Augustines School	124.25	Young At Heart	30.15
Hugh Christie	204.50	St Dunstons	73.30		
King Charles The Martyr	253.40	St Johns Beavers	76.05		
				Total	58,640.11

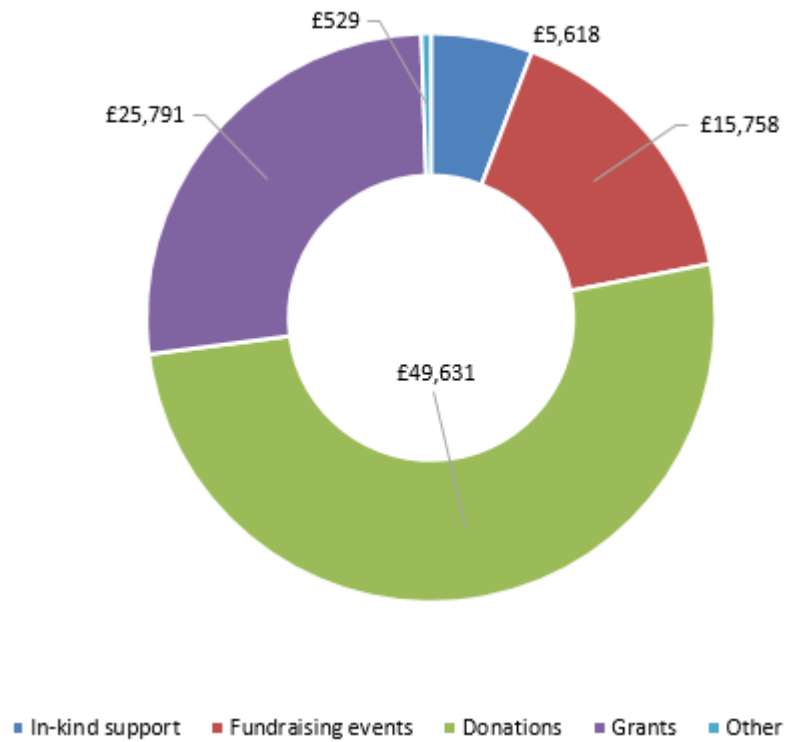
Reverse Advent 2017

We collected an amazing **9.9 tonnes** of food in our 2017 Reverse Advent Campaign. Huge thanks to Royal Victoria Place for allowing us to have a pop up shop in Ely Court and to Tesco for kicking us off with a fantastic in store collection!

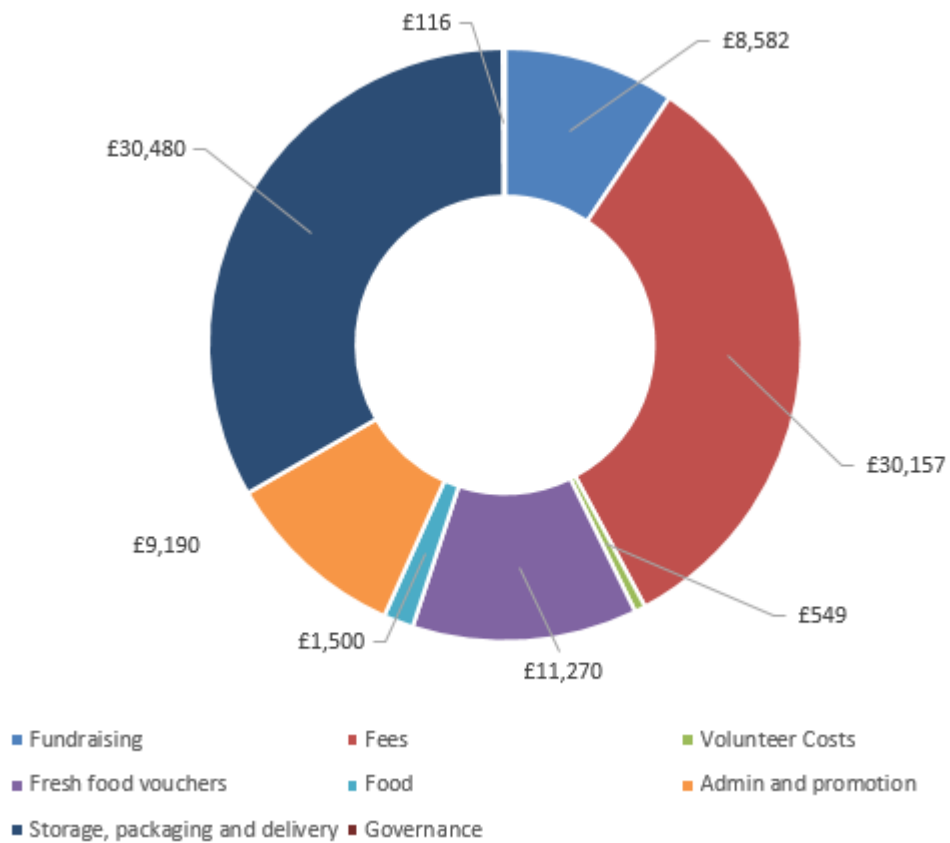


Financial Summary 2017-2018

Income 2017-2018



Expenditure 2017-2018



NOURISH ACCOUNTS

Independent examiner's report on the accounts

Report to the trustees/ members of Nourish Community Foodbank Ltd

Charity Number 1154716 Registered Company Number 8303764

On accounts for the year ended 31 March 2018

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in, any material respect, the requirements:
 - to keep accounting records in accordance with section 130 of the Charities Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Acthave not been met; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: R J Young



Date: 31/10/2018

Name: Richard Young ACA Chartered Accountant

Address: c/o Deeks Evans , 3 Boyne Park, Tunbridge Wells. TN4 8EN.

STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds	Restricted income funds	This year 2017/18	Last year 2016/17
	£	£	£	£
Incoming resources (Note 3)				
Incoming resources from generated funds				
Voluntary income	64,128	17,442	81,570	59,525
Activities for generating funds	15,758	-	15,758	11,707
Incoming resources from charitable activities	79,886	17,442	97,328	71,232
Other incoming resources	-	-	-	-
<i>Total incoming resources</i>	79,886	17,442	97,328	71,232
Resources expended (Notes 4-8)				
Costs of Generating Funds				
Costs of generating voluntary income	8,582	-	8,582	5,182
Charitable activities	65,704	17,442	83,146	62,712
Governance costs	116	-	116	278
Other resources expended	-	-	-	-
<i>Total resources expended</i>	74,402	17,442	91,844	68,171
<i>Net incoming/(outgoing) resources before transfers</i>	5,484	-	5,484	3,601
Gross transfers between funds	-	-	-	-
<i>Net incoming/(outgoing) resources before other recognised gains/(losses)</i>	5,484	-	5,484	3,061
Other recognised gains/(losses)				
<i>Net movement in funds</i>	5,484	-	5,484	3,061
Total funds brought forward	24,572	-	24,572	21,511
<i>Total funds carried forward</i>	30,056	-	30,056	24,572

BALANCE SHEET

	Unrestricted funds	Restricted income funds	This year 2017/18	Last year 2016/17
	£	£	£	£
Fixed assets				
Tangible assets (Note 9)			-	-
Investments (Note 10)			-	-
Total fixed assets	-	-	-	-
Current assets				
Debtors (Note 11)	1,467	-	1,467	443
(Short term) investments				
Cash at bank and in hand	34,011		34,011	33,805
Total current assets	35,478		35,478	34,248
Creditors: amounts falling due within one year (Note 12)	(170)	(5,253)	(5,423)	9,676
Net current assets/(liabilities)	35,308	(5,253)	30,055	24,572
Total assets less current liabilities	35,308	(5,253)	30,055	24,572
Creditors: amounts falling due after one year	-	-	-	-
Provisions for liabilities and charges				
Net assets	35,308	(5,253)	30,055	24,572
Funds of the Charity				
Unrestricted funds	30,055		30,055	24,572
Restricted income funds (Note 13)		-		
Total funds	30,055		30,055	24,572

Audit Exemption Statement

For the year ending 31 March 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- the members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
- the directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts
- these accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Signed on behalf of all the trustees

NAME Paul Haines

SIGNATURE



DATE 31 October 2018

NOTES TO THE ACCOUNTS

Note 1 Basis of preparation

These accounts have been prepared on the basis of historic cost in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005); and with the Charities Act.

Note 2 Accounting policies

This standard list of accounting policies has been applied by the charity

INCOMING RESOURCES

Recognition of incoming resources

These are included in the Statement of Financial Activities (SoFA) when:

- ☐ the charity becomes entitled to the resources;
- ☐ the trustees are virtually certain they will receive the resources; and
- ☐ the monetary value can be measured with sufficient reliability.

Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

Grants and donations

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Tax reclaims on donations and gifts

Incoming resources from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

Contractual income and performance related grants

This is only included in the SoFA once the related goods or services have been delivered.

Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received.

Volunteer help

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

Investment income

This is included in the accounts when receivable.

Investment gains and losses

This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

EXPENDITURE AND LIABILITIES

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance costs

Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

Grants with performance conditions

Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.

Grants payable without performance conditions

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or a reasonable value on receipt.
Investments	Investments quoted on a recognised stock exchange are valued at market value at the year end. Other investment assets are included at trustees' best estimate of market value.
Stocks and work in progress	These are valued at the lower of cost or market value.

Note 3 Analysis of incoming resources

		This year 2017/18	Last year 2016/17
		£	£
Voluntary income	Grants	25,791	28,418
	Donations - from individuals and private organisations	49,631	22,138
	In-kind donations of storage and office space	5,618	7,418
	Events	15,758	11,797
	Awards and other	529	1,551
	Total	97,328	71,232
	Donated food is not included in the SOFA due to being difficult to value accurately.		

Note 4 Analysis of resources expended

		This year 2017/18	Last year 2016/17
		£	£
Charitable activities	Support costs (co-ordination and volunteer costs)	30,706	22,927
	Food supply (food purchased, storage and distribution)	43,250	32,539
	Administration and communication	9,190	7,246
	Total	83,146	62,712
Governance costs	Professional fees	-	-
	Other	116	278
	Total	116	278

Note 5 Support Costs

	Fundraising activity	Charitable Activity	Governance Activity	Total Cost
Support cost type	£	£	£	£
Co-ordination and volunteers	-	30,706	-	30,706
Total	-	30,706	-	30,706

Note 6 Trustee expenses

No trustees were paid any expenses during the period

Note 7 Paid employees

The charity had no paid employees during the period

Note 8 Grantmaking

The charity made no grants

Note 9 Tangible fixed assets

The charity has no tangible fixed assets (ie assets valued at over £500 per item)

Note 10 The charity has no Investment assets

Note 11 Debtors and prepayments

Analysis of debtors	Amounts falling due within one year		Amounts falling due after more than one year	
	17/18	16/17	17/18	16/17
	£	£	£	£
Trade debtors		-	-	-
Amounts due from subsidiary and associated undertakings		-	-	-
Other debtors		-	-	-
Prepayments and accrued income	1,467	443	-	-
Total	1,467	443	-	-

Note 12 Creditors and accruals

12.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	17/18	16/17	17/18	16/17
	£	£	£	£
Loans and overdrafts	-	-	-	-
Trade creditors	170	752	-	-
Amounts due to subsidiary and associated undertakings	-	-	-	-
Other creditors	-	-	-	-
Accruals and deferred income	5,253	8,924	-	-
Total	5,423	9,676	-	-

Note 13 Movement of Restricted Funds

Fund names	Fund balances brought forward	Incoming resources	Outgoing resources	Fund balances carried forward
	£	£	£	£
Round Table	-	1,924	1,924	-
Kent Community Foundation	-	4,900	4,900	-
Gatwick Foundation	-	5,000	5,000	-
Total Funds	-	11,824	11,824	-

Note 14 Transactions with related parties

There have been no transactions with related parties or loans during the period

Trustees personal message

The trustees of Nourish Community Foodbank record their thanks to all those working to support Nourish for the achievements of 2017/18 and are grateful for their continued and dedicated loyalty to those we support and to the organisation.

Structure, Governance and Management

The organisation is a charity and company limited by guarantee, incorporated 22 November 2012 and registered as a charity 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 period to 31 March 2018.

The membership of the board of trustees is intended to reflect the knowledge and skills required to manage a local food bank 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 Co-chairs and invited to attend board meetings as observers before joining the Nourish Board.

The charity has no employees but contracts two freelance managers and a warehouse manager who work with over 30 volunteers to manage food collection and distribution, referrals and administration.

We regularly update our operations handbooks, induction, training and arrangements for meetings (for trustees and all other volunteers) to reflect the current and planned growth of Nourish and good practice for a charity of this size.

The charity relies on grants and donations to fund its work which are liable to fluctuation from year to year. Principal financial management policies will be found in the notes to the financial statements which are available on request. Trustees regard the careful and responsible management of the charity's resources as a primary responsibility.