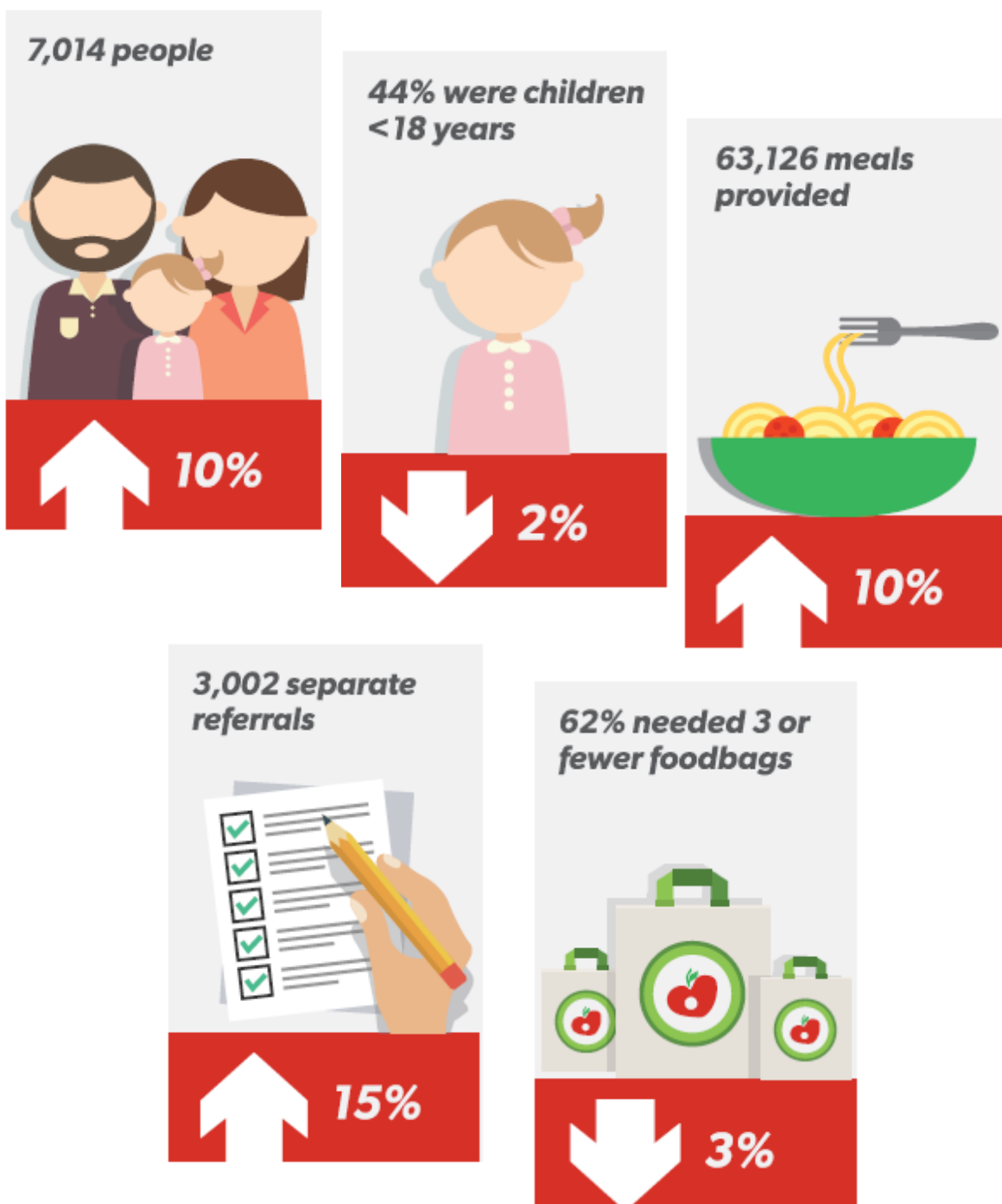


Annual review for the year ending 31 March 2019

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)

Peter Wooster (Hon Treasurer – From October 2018)

Adrian Tofts

Carol Wilson

Marianne Mac Donald

Islay O'Hara

Graham Jones

Sue Smith

Christopher Leaning (From November 2018)

Nancy Mansfield (From November 2018)

Viv Packer (From February 2019)

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:

Thomson, Snell and Passmore LLP, Heathervale House, 2-4 Vale Avenue, Tunbridge Wells, TN1 1DJ

Bankers:

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

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

Accounts certified by:

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

How we deliver public benefit

Nourish was founded in 2012 as a volunteer-led charity and company limited by guarantee. Since then we have grown at a rapid rate and we are now providing an average of 1,214 meals each week to 135 people. Our remit is to simple: to provide a three-day emergency supply of non-perishable food to those in crisis.

Since 2012, we have seen the need for Nourish increase for several reasons:

- There is increased demand
- We have expanded our geographic reach from initially Tunbridge Wells town, to the wider boroughs, South Tonbridge and the surrounding areas
- We have substantially increased our network of referring agencies.

All of this aims to ensure we achieve our mission that: “No one need be hungry in South Tonbridge and the Borough of Tunbridge Wells.”

Referral process

The decision regarding eligibility for a Nourish foodbag is made by our referral agencies. To date we are working with 118 referral Agencies (see Page 6 for more information). 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 (see Page 6 for more details).

We work collaboratively with these organisations and, in doing so, this permits us to refer clients for additional support and advice to help them alleviate their temporary financial hardship and move forward with their lives. 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.

It is important to us that our referring agencies abide by our policy to make no distinction of sex or age or political, religious or other opinions, so that we can meet local needs, challenge social exclusion and deliver an effective and much-needed community service. By working in partnership with other local foodbanks and those across Kent we can ensure we are following best practice and are responsive in identifying pockets of unmet need.

Our foodbags

A Nourish foodbag contains sufficient non-perishable food to enable clients to make three meals a day for three days. It typically contains the following, although this is amended to accommodate specific dietary preferences, such as being vegetarian/vegan and dietary intolerances/allergies such as gluten, dairy or nuts.

Soup	Beans	Potatoes	Vegetables and tomatoes
Fish	Pulses	Cereal/porridge	Pasta and sauce
Rice and sauce	Household items	Toiletries and toilet rolls	Long-life milk
Fruit juice	Treat items	Baby food (as appropriate)	Pet Food (as appropriate)

Unlike most other foodbanks, we have opted to use grant funding and donations to provide vouchers that allow clients living within Tunbridge Wells to buy £5 of fresh meat and £5 of fruit and vegetables from local businesses.

This past year has seen us partner with another local charity, the Hygiene Bank, to be recipients of their toiletries collections. This has been enormously helpful as these are among the items least likely to be donated when someone considers the contents of a food bag.

Our service

Each week, our packers make up foodbags in the warehouse as requested by our referral Agencies. Another unique point in the Nourish service is that these foodbags are then delivered to the homes of people in crisis by our volunteer drivers, rather than asking people to pick up their food from a central point. This enables us to ensure confidentiality (particularly important when providing support to victims of domestic violence), reduce operating

costs and eliminate the need for clients to carry several heavy bags of food. As our geographic reach has expanded, having one central collection point would no longer be a feasible means of providing our service.

Our storage and warehouse operations

Our grateful thanks go to Big Yellow Self Storage, Tunbridge Wells, who have enabled us to be incredibly flexible with our storage solutions. This year we made the decision to expand our warehouse facilities to eliminate the need for regularly taking on additional short-term storage to manage busy donation periods, such as Harvest and our Christmas campaign. We now have 1200 sq. feet of storage and this has helped us ensure adequate stock rotation and predict stock shortages before they become more pressing. We have also taken on board a part-time contractor as Warehouse Manager to control this growing operation and manage all large supermarket and school collections using our leased van.

Our office space

We continue to fund office space at St Philip's Church and this is now essential for our operation to succeed. We thank the team there for their support in also providing space for monthly Trustee and volunteer meetings.

Our staff

As Nourish has grown we have recognised the need to expand the number of part-time contractors required to run the service efficiently. We now employ an Operations Manager, Operations Assistant and Warehouse Manager. This has allowed us to continue to provide the high level of service we pride ourselves on.

Our volunteers

Nourish has over 50 active volunteers, with all drivers DBS-checked. They undertake a wide variety of roles including administration, stock management, packing and delivering foodbags, providing IT support and assisting at fundraising events. We are pleased that this variety of roles provides our volunteers with opportunities to acquire and develop new skills that they can then transfer into other volunteer roles and paid employment. Regular monthly meetings mean that there is very much a 'Team Nourish' spirit.

Our impact

Although set up to meet a short-term need, we know from anecdotal follow-up from clients that our foodbags help people get back on track to pull themselves out of financial hardship. Quantifying this is a struggle: despite the growing awareness and acceptance of foodbanks being a common part of everyday life, even in wealthy areas such as Tunbridge Wells, the shame clients feel at having to turn to use for support does not diminish and they are reluctant to be followed up to track ongoing benefits.

All we can hope is that there is a time when we are no longer needed, but unfortunately, given these annual figures, we continue to plan for year-on-year expansion.

Review of the year

Co-Chairs' message

Thanks to our brilliant volunteers we were able to provide food for over 7,000 people in crisis in the 12 months of 2018-2019, an increase of around 10% on last year. A large section of incoming referrals was due to benefit changes but the most worrying was still the rise in domestic abuse and debt problems.

We continue to receive increasing numbers of referrals and following regular discussions with referral Agencies we are now able to more accurately predict future demand.

We are also continuing to expand our areas of operation outside Tunbridge Wells as demand grows. Partnerships with other foodbanks to deliver our food bags has been very effective in meeting demand.

Childrensalon continue to provide amazing support and we are also very grateful to local schools, Scout groups and Explorers who have organised collections for Nourish. Our partnerships with local companies have also been very successful and we are keen to develop these further.

Universal Credit referrals are slowly on the increase and we are getting increasingly concerned about holiday hunger for children during school holidays when free school meals are not available. Many parents cannot afford child care so are unable to continue in paid employment in order to look after their children in school holidays. These issues together with fewer part time jobs that are frequently low paid are creating huge stress for families.

Our longer-term plans include building closer relationships with our Referral Agencies who do an amazing job to ensure we are operating to maximum effectiveness. We will also be working in partnership and in total confidence with our referral Agencies to monitor the impact we are having on their lives of those receiving foodbags. This will help us to more fully understand how we can help to make sustained difference to their quality of life.

Olga Johnson

Paul Haines



Operations Manager's message

Just when I think we are as busy as we can be... another Christmas rolls up! Christmas 2019 was our busiest yet and the new 12 Days of Christmas campaign very popular! Thank you to all those who got involved and helped us to deliver to 169 household over Christmas.

We have had a fantastic year both with fundraising and events and structuring within Nourish in both the office and the warehouse. It has been really good to be chosen as a as the charity for the year with supporters like Sweetwoods and they helped us in turn to raise a very tidy sum at the Round Table fireworks, and the Assembly Halls where our volunteers have collected and had a chance to speak to people about what we do, this has been the theme of the year, getting the word out.

Opportunities like the food festivals and having the pop-up shop for Christmas have given us the chance to speak to people about our work, for the public to speak to us and ask questions and for lots of new volunteers to get involved.

This time each year I thank my brilliant team and my passionate set of volunteers and this year is no different, Nourish couldn't work without them and my job is so much easier with the incredible team I have working with me.

We head into 19/20 with the same determination to deliver our mission and with the same passion to help our clients.

Dawn Stanford

Our services

In the year April 1st 2018 - March 31st 2019, Nourish Community Foodbank provided three days of emergency food supply for **7,014** people, compared with **6,382** the previous year. This represents a **9.9%** increase in the number of Nourish clients.

63,126 meals were provided by Nourish which represents a **9.9%** increase on last year.

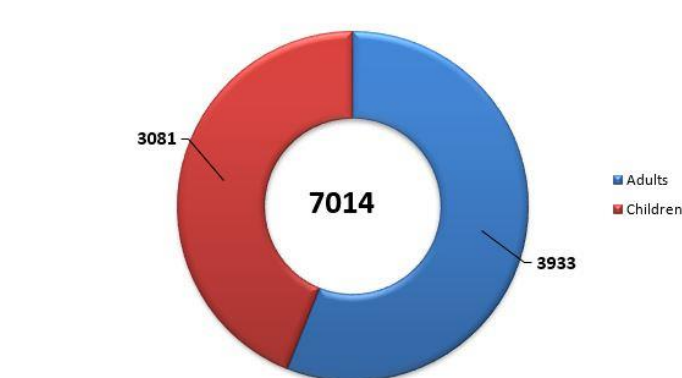
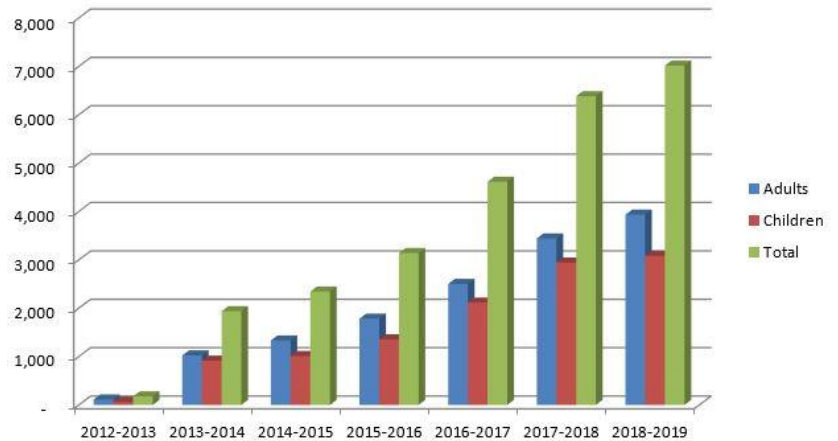
Nourish received **55.6 tonnes** of food donations over the year. We are very pleased to be working in partnership with ASDA, Sainsbury's and TESCO who, with the help of their customers, regularly donate food.

This, coupled with our successful **12 Days of Christmas** campaign and the ongoing support from schools and churches particularly around Harvest Festival, meant that Nourish did not need to purchase any food to supplement stock and this is a huge milestone for Nourish. Thank you to everyone that donated in 2018-2019.

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.

Once again in 2018-2019, we were delighted 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

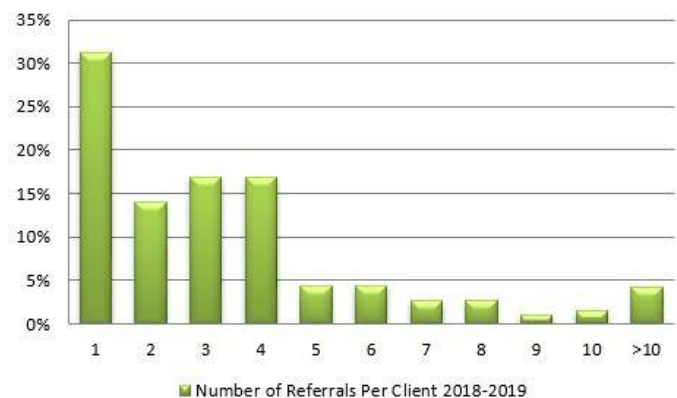


Of the **7,014** people receiving a three-day emergency food bag supply **44%** were **children** under 18.

3,002 separate **referrals** were made to us and just under one-third of our clients – **31%** - needed **only one food bag**. Some **62%** 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 65% last year). This is due to more complex cases and clients needing to be supported for a longer period.

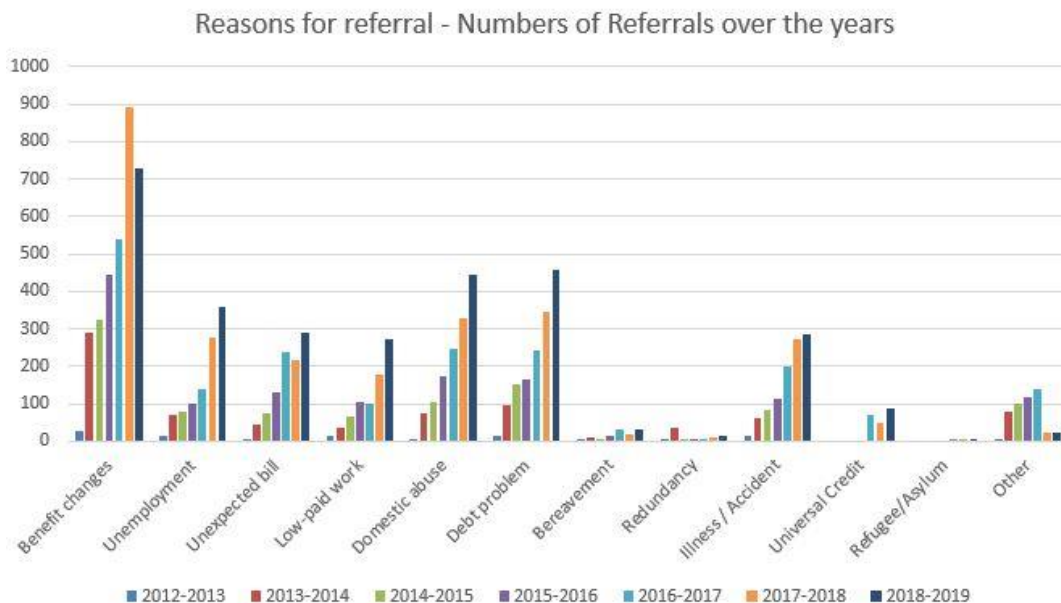
The vast majority of our clients have a short-term crisis, with **88%** receiving six or fewer foodbags; Nourish actively works with referral agencies and signposts onwards to help solve the underlying issues causing the crisis.

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 52% of the reasons why people used our services. Slightly higher than in the previous two years, 1 in 7 foodbags distributed by Nourish are to victims of domestic abuse.

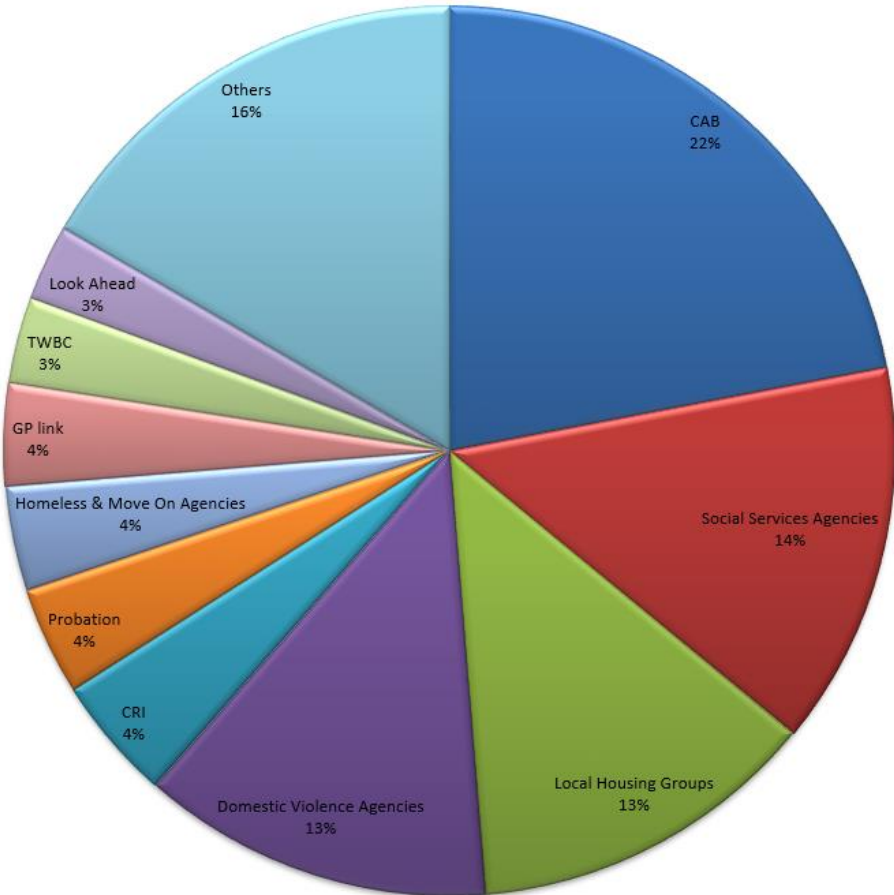


Referral Agencies

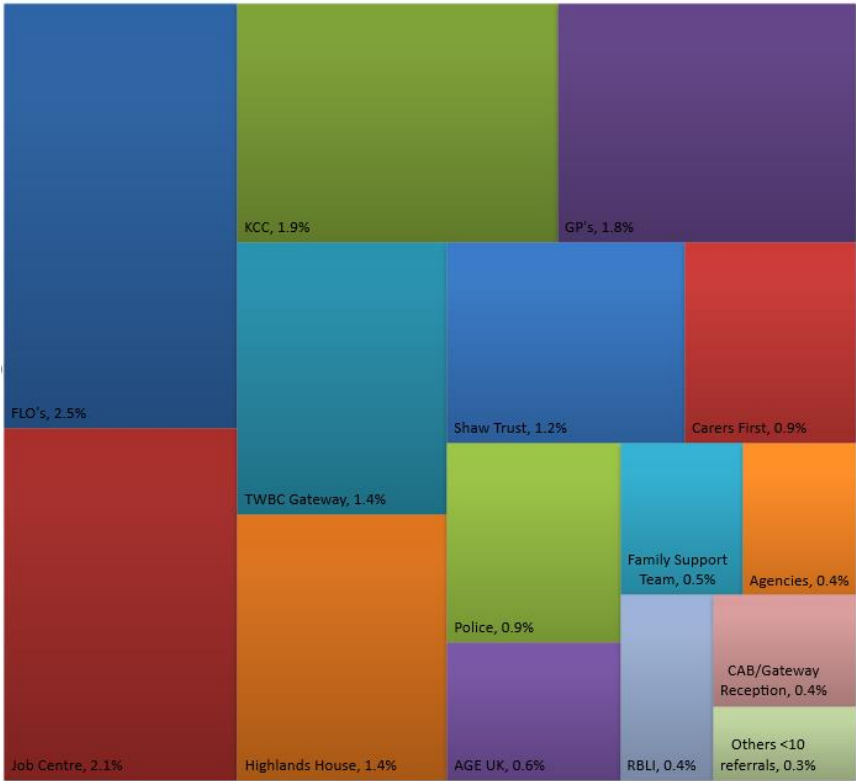
During 2018-2019, we worked with 118 frontline referral agencies across Tunbridge Wells and South Tonbridge who made a total of 3,002 referrals to Nourish. Aside from the notable increase in referrals for domestic abuse, increasing numbers of referrals were seen from doctors' surgeries, mental health 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.

Referrals per Agency 2018-2019



Breakdown of Others - 2018-2019



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.

Richard's story



"You never think it's going to happen to you. I mean, I've worked hard all my life but this bad back means I've had to give up work. It's not easy finding a new job at my age and I was struggling to get by.

I cut back on as much as I could. But it still wasn't enough. Then I started falling behind on my rent. Luckily my housing association was understanding and helped me find ways to manage and, in the meantime, they got Nourish to bring me foodbags for a couple of weeks until things were sorted.

I couldn't believe it when their driver arrived. It wasn't just food, there was a little packet of chocolate biscuits, washing up liquid and deodorant too. You don't know how much difference those little things made. Sitting with a biscuit and a cup of tea felt like I was starting to get back to normal again."

Ken and Margaret's story

"We've both worked all our lives. I was a nurse and Ken was a foreman in factory. When we retired our pension didn't seem to go as far as we liked, but we managed. But things seem to be getting more and more expensive and the pension doesn't cover as much as it used to.



We did the usual things, we cut back on heating and food. We didn't have any meat for six months – if you know Ken, you couldn't imagine he'd survive without food. I suppose that's it really, you survive but you don't live when you're struggling like we were. And you can't talk to anyone about it, because it's embarrassing isn't it?

We had a bad winter with both of us getting bronchitis and it was my GP who asked if things were all right as he'd noticed we'd both lost weight. I didn't want to say much but I mentioned that it was hard to get by on a pension. He asked if we would like a foodbag from the foodbank. Oh no, I said, that's for people who have nothing. But he insisted.

We're glad he did. Not only did we get deliveries for a few weeks, we even got fresh food vouchers. Ken's face when I did a roast chicken! The woman from the foodbank also talked to us about other benefits we could get and contacted other people to help. We're doing so much better now. And I always make sure I put a meat pie in the foodbank's supermarket collection now, for all the other Kens out there."

Gemma's story



It's tough being a single mum with two kids. We just about manage, but it's not easy. Summer holidays are the worst. I need to work so I can't take six weeks off to look after the kids. My mum helps out a couple of days a week, but I have to send them to a kids' club for the other days. Even the cheapest club adds up a lot when you have two to pay for and it's for most of the holidays.

The kids go to breakfast club at school so I can get to work, so the school know how things are for us. They asked if I would like to get foodbags to help out over the summer. At first I said no, I was so embarrassed. But then I thought, even if it helps with packed lunches for the kids' club that would be something.

I cried when the driver delivered the first bag. Mainly because of the shame. Bad enough that you can't take your kids on holiday like their friends, but to have to have a foodbag too? I cried again when I opened the bag. I thought it would just be tins of beans but there was Marmite, peanut butter, sandwich spread, little packets of crisps, Barney biscuits – all the stuff I could use to make their packed lunch. I saved the nicest bits each week so we would go on a Sunday picnic. Somehow Nourish turned something that could have been a rubbish summer into something special for us as a family.

A year of Nourish fundraising

Nourish held several events during 2018-2019 giving people the chance to get involved and help raise money for local people in crisis.




- Huge thanks to everyone who donated to our bucket collection at the Dunorlan Fireworks on 3rd November 2018. You donated an amazing **£1,343.49**. Thanks so much **Royal Tunbridge Wells Round Table** and **Buss Murton Law** for your support
- The Nourishers took part for the fifth year in the Dragon Boat Festival at Bewl Water. This year was the 21st Anniversary Annual Dragon Boat Race held by Funraisers and we managed to raise a fantastic **£2,902.25** so a huge thank you to everyone that took part and who sponsored our rowers!
- A huge thank you to **Kent Skinners Academy** for hosting A Christmas Affair, **their staff & amazing student volunteers, Childrensalon, The Games Pod, Adam Smith Magician, Taylor Made Dreams & Nourish Food bank volunteers, SKA PTA & special thanks to all the generous designer donors!** We raised a FANTASTIC £2,400 which was equally split between Nourish and Taylor-Made Dreams. Thank You!!










A year of support and donations

Everyone at Nourish is grateful to all those who have supported us in 2018-2019. 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

Nourish Grants for 2018-2019		
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.
THE MARTELLO FUND		Thank you to The Martello Fund through Kent Community Foundation who awarded a grant of £3,000.00 to Nourish. The grant helped to pay towards core costs and ensure we can deliver our charitable activities.
THE BROOK TRUST FUND FOR KENT		Thank you to The Brook Trust Fund for Kent through Kent Community Foundation who awarded a grant of £4,995.00 to Nourish. The funding enabled us to fund our Warehouse Manager for 2018-2019 and helped towards funding of our fresh food voucher system.
MRS SMITH AND MOUNT TRUST		Thank you to The Mount Fund from the Mrs Smith & Mount Trust who awarded a grant of £5,000.00 to Nourish. The grant helped pay towards core costs and ensure we can deliver our charitable activities.
ROYAL TUNBRIDGE WELLS ROUND TABLE		Huge thanks to the RTWRT who funded an essential events package that helps us promote awareness and raise funds when out and about and when holding events.
THE NATIONAL LOTTERY		Thank you to the Big Lottery Fund for their grant of £9,090. The funding was used to fund our office and van for a period of 9 months from July 1st 2018 to 31 March 2019.
GARFIELD WESTON FOUNDATION		Thank you to The Garfield Weston Foundation who awarded a grant of £7,500.00 to Nourish. The grant helped pay towards core costs and ensure we can deliver our charitable activities.
THE PETTERIDGE FUND		Thank you to The Petteridge Fund through Kent Community Foundation who awarded a grant of £1,750.00 to Nourish. The grant helped to pay towards core storage costs and ensure we can deliver our charitable activities.
THE GLENN & PHYLLIDA EARLE FAMILY FUND		Thank you to The Glenn & Phyllida Earle Family Fund through Kent Community Foundation who awarded a grant of £2,000.00 to Nourish. The grant helped to pay towards core storage costs and ensure we can deliver our charitable activities.

THE POLEBROOK FUND		Thank you to The Polebrook Fund through Kent Community Foundation who awarded a grant of £1,750.00 to Nourish for 2018/2019. The grant helped to pay towards core storage costs and ensure we can deliver our charitable activities.
SIR THOMAS SMYTHE'S CHARITY		Thank you to the Sir Thomas Smythe's Charity for their grant of £1,000 which helped fund our fresh food voucher scheme ensuring our beneficiaries receive a healthy and balanced diet.
CHILDRENSALON CHARITABLE FUND		Nourish continued to receive the amazing help from the Childrensalon Charitable Fund . The monthly donation 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 in 2018-2019

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.
DEEKS EVANS CHARTERED ACCOUNTANTS		Huge thanks to Deeks Evans for providing the independent financial examination of our accounts since 2014 at no cost.
MAXIPAY ACCOUNTING SERVICES		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.
ID&C		A massive thank you to everyone at ID&C for their amazing donation to Nourish. They sponsored some essential storage for Nourish at Big Yellow Self Storage up until 31 March 2019
CHILDRENSALON		Childrensalon has continued to support Nourish throughout 2018-2019. They have a true passion to get involved with everything that Nourish does and have been instrumental in our fundraising. 2018-2019 saw three joint events being held with another local charity Taylor Made Dreams with Childrensalon staff supporting us all the way. We held the Jeans Family Fiesta, a designer clothes sale at the Forum and the fantastic Christmas Affair. Thank you to Childrensalon for all your support!!
INFINTY GROUP		Nourish is extremely grateful to the fantastic team at Infinity Group who supported us in 2018-2019 with free IT support.

Charity of The Year Case Studies 2018-2019

SWEETWOODS PARK GOLF CLUB



Huge thanks to the Men's and Ladies' Captains of **Sweetwoods Park Golf Club**, who selected Nourish Community Foodbank as their chosen Charity for 2018-2019. They ran various fun events and activities throughout the year to raise funds for Nourish and raised an amazing £12,067.36 including gift aid.



Of note was the fantastic feat by Paul Eames who undertook an epic 630 mile walk along the South West Coastal Path on behalf of Sweetwoods Golf Club in order to raise money for Nourish and he did it in an amazing 41 days without a rest day!! Paul raised an amazing £2,563.50 which went into the final total above.

ASSEMBLY HALL THEATRE



Nourish was delighted to have been chosen by the **Assembly Hall Theatre** as their Charity of the Year for 2018-2019. We held many collections throughout the year including the amazing Fame and of course the fantastic Pantomime.



We raised an amazing **£7,254.47**.

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:

Tunbridge Wells, Tonbridge & District Law Society for raising £1,224.10 for Nourish

Leaningstock for the continued support and donations in 2018-2019

Southborough Lions

Tonbridge Lions

Food donations

Nourish would like to say a huge thank you to 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

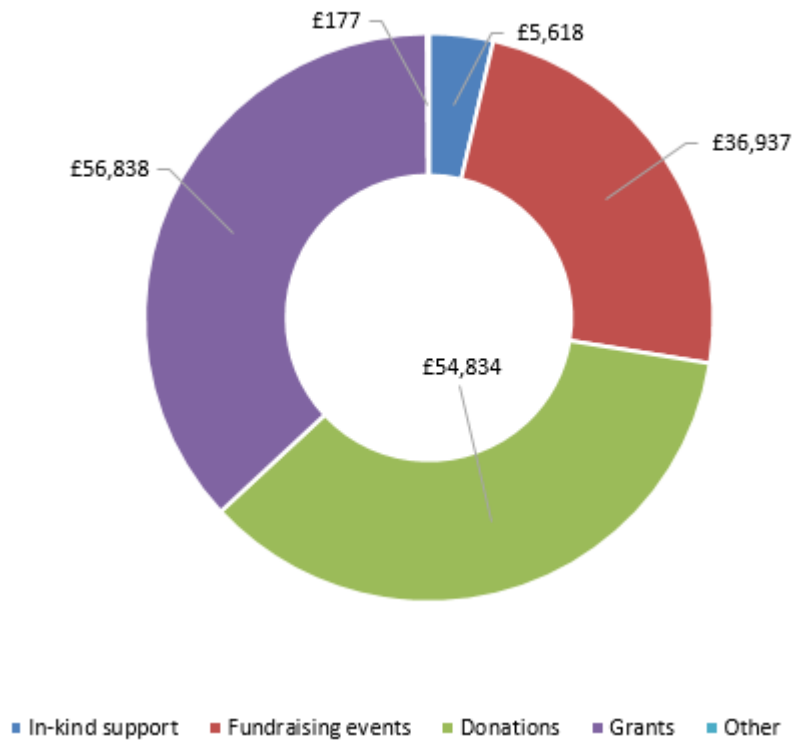
Natwest Tunbridge Wells
Lloyds Bank Tonbridge

M&S Tonbridge
Sainsbury's Tonbridge

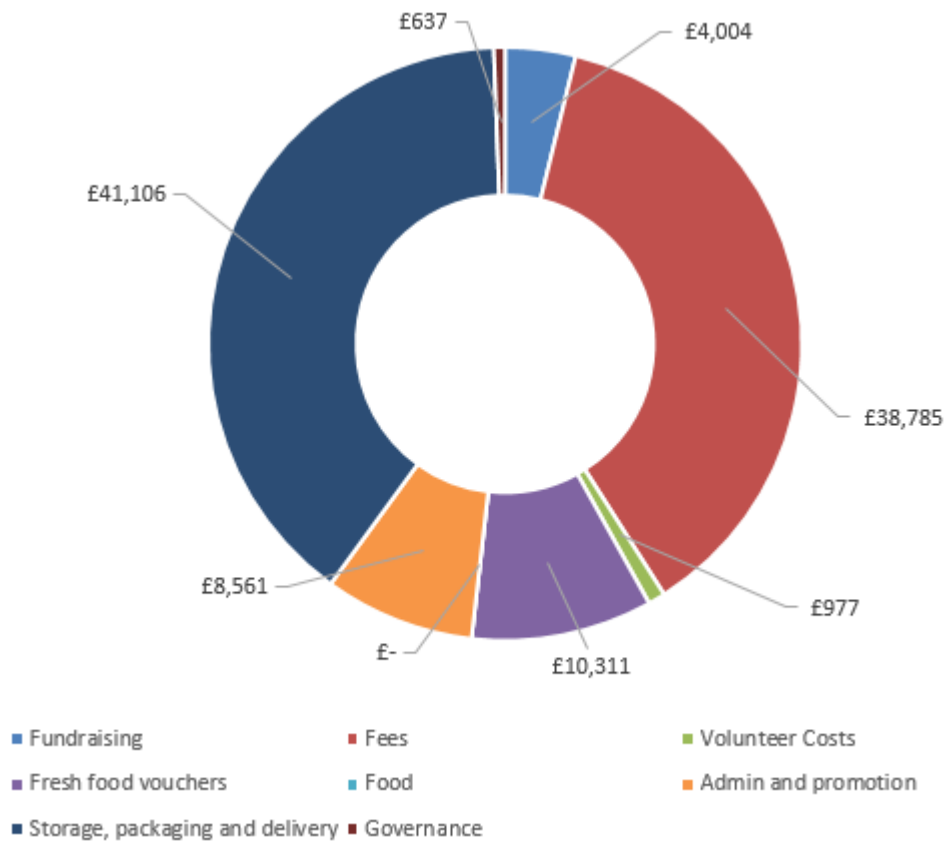
Nourish Community Foodbank - Food and provisions donated in 2018-2019. All Weights in Kg.					
All Saints Church Langton Green	348.25	National Westminster Bank	23.65	Stephens Road & St Lukes	75.45
Amazon	3.70	Neal Bamford - Keyrings	184.60	Sussex Road School	60.00
ASDA	1,861.40	Penshurst School	65.45	Sweetwoods Golf Club	327.45
AXA PPP	87.50	Ravenswood Avenue Neighbourhood Watch	107.25	Temple Grove School	25.45
Banner Farm Street Collection	2,040.20	RTW Together	11.00	Tesco	4,314.65
Benenden Primary School	100.10	Sacred Heart School Wadhurst	628.15	Thomson Snell & Passmore	145.00
Black Dog Café	56.65	Sacred Heart Wadhurst	1,225.20	Tonbridge Girls Grammar	846.00
Bridge Trust	150.45	Sainsburys	7,015.15	Tonbridge Park Run	9.25
Broadwater Down School	40.00	Sainsburys Tonbridge	3,529.20	Tonbridge School	1,075.00
Broomhill Bank School	25.45	Salomons Centre for Applied Psychology	796.10	TW Scouts	399.55
Brownies	40.40	Searchpress	957.90	TWGGGS	1,138.50
Calverley Cubs	49.95	Skinners Kent Academy	339.85	YMCA	155.90
Childrensalon	10.25	Skinners Kent Primary	129.40	Young At Heart	101.85
Christmas - 12 Days Appeal	10,960.66	Soroptimists	95.80		
General Donation	5,794.75	Southborough Primary School	250.75		
Hilden Grange School	50.00	Speldhurst School	60.35		
Hillview School	400.60	Speldhurst WI	29.50		
Holmewood House	490.70	St Dunstons	578.25		
Hygiene Bank	1,068.62	St James School	20.15		
Infinity	38.40	St Johns School	383.15		
Kilndown Village	170.55	St Matthews Pre School	100.70		
King Charles The Martyr	194.40	St Matthews School	278.75		
Lloyds Bank Tonbridge	236.75	St Pauls Rusthall	99.00		
Lumbercats Explorers	21.25	St Peter and St Paul Wadhurst	219.85		
Marlborough House School	382.00	St Peters School	265.50		
Maxipay	3,835.85	St Theodores Church & Benenden Chapel	797.63		
Meaningful Recruitment	24.55	St. Matthews Church	308.60		
				Total	55,658.31

Financial Summary 2018-2019

Income 2018-2019



Expenditure 2018-2019



NOURISH ACCOUNTS

Independent examiner's report on the accounts

Report to the trustees of Nourish Community Foodbank Ltd for accounts year ended 31 March 2019

Charity Number 1154716 Registered Company Number 8303764

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 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:

19/11/2019

Name: Richard Young ACA Chartered Accountant

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

STATEMENT OF FINANCIAL ACTIVITIES

Income & expenditure

Incoming resources from generated funds (note 3)	Unrestricted funds	Restricted funds	Current year 2018/19	Previous year 2017/18
	£	£	£	£
Voluntary income	86,881	30,585	117,466	81,570
Activities for generating funds	<u>36,937</u>	<u>0</u>	<u>36,937</u>	<u>15,758</u>
Total	123,818	30,585	154,403	97,328
Resources expended (Notes 4-7)				
Cost of generating voluntary income	4,633	0	4,633	8,582
Charitable activities	65,619	30,585	96,204	83,146
Governance activities	637	0	637	115
Equipment	<u>2,904</u>	<u>0</u>	<u>2,904</u>	<u>0</u>
Total	73,793	30,585	104,378	91,844
Net incoming/(outgoing) resources)	50,025	0	50,025	5,484
<u>Funds bought forward</u>	<u>30,056</u>	<u>0</u>	<u>30,056</u>	<u>24,572</u>
Funds carried forward	<u>80,081</u>	<u>0</u>	<u>80,081</u>	<u>30,055</u>

Balance sheet

	Unrestricted funds	Restricted funds	Current year 2018/19	Previous year 2017/18
	£	£	£	£
Fixed asset & Investments (note 8&9)	0	0	0	0
Current assets				
Debtors (note 10)	26,051	0	26,051	1,467
Cash at bank	56,393	0	56,393	34,011
Total current assets	82,444	0	82,444	35,478
Creditors falling due within one year (note 11)	<u>(2,363)</u>	<u>0</u>	<u>(2,363)</u>	<u>(5,423)</u>
Net current assets	<u>80,081</u>	<u>0</u>	<u>80,081</u>	<u>30,055</u>
Unrestricted funds	28,081	0	28,081	30,055
Reserve for cessation of activities (note 13)	26,000	0	26,000	
Reserve for funding shortfall (note 13)	<u>26,000</u>		<u>26,000</u>	<u>0</u>
Funds for the charity	<u>80,081</u>	<u>0</u>	<u>80,081</u>	<u>30,055</u>

Audit Exemption Statement

For the year ending 31 March 2019 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: P J Wooster

SIGNATURE



DATE 18th November 2019

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

These 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 included when the charity has unconditional entitlement to the resources.

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. The cost of donated food is not included in the SOFA due to being challenging to value accurately.

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, e.g. 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 Fixed assets 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.

Note 3 Analysis of incoming resources

		This year 2018/19	Last year 2017/18
		£	£
Voluntary income	Grants	38,338	25,791
	Donations - from individuals and private organisations	78,951	49,631
	In-kind donations of storage	5,618	5,618
	Events	36,937	15,758
	Awards and other	<u>177</u>	<u>529</u>
	Total	<u>160,021</u>	<u>97,328</u>

Note 4 Analysis of resources expended

		This year 2018/19	Last year 2017/18
		£	£
Charitable activities	Support costs (co-ordination and volunteer costs)	39,762	30,706
	Food supply (food purchased, storage and distribution)	48,512	43,250
	Administration and communication	<u>7,930</u>	<u>9,190</u>
		<u>96,204</u>	<u>83,146</u>

Note 5 **Trustee expenses:** no trustees were paid any expenses during the period

Note 6 **Paid employees:** the charity had no paid employees during the period

Note 7 **Grant making:** the charity made no grants

Note 8 **Tangible fixed assets:** the charity has no tangible fixed assets (i.e. assets valued at over £500 per item)

Note 9 **Investment assets:** the charity has no investment assets

Note 10 Debtors and prepayments	Amounts falling due within one year	
	18/19	17/18
Prepayments and accrued income	<u>£26,051</u>	<u>£1,467</u>

Note 11 Creditors and accruals		
Trade creditors	-	170
Accruals and deferred income	<u>2,363</u>	<u>5,253</u>
Total	<u>£2,363</u>	<u>£5,423</u>

Note 12 Movement of Restricted Funds

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Fund balances carried forward £
The Brook Trust for Kent		4,995	4,995	
IDC Storage		10,000	10,000	
National Lottery		9,090	9,090	
The Betteridge Fund		1,750	1,750	
The Glenn & Phyllida Earle Family Fund		2,000	2,000	
The Polebrook Fund		1,750	1,750	
Sir Thomas Smythe's Charity		<u>1,000</u>	<u>1,000</u>	
Total Funds		<u>£30,585</u>	<u>£30,585</u>	

Note 13 The reserves for 'cessation of activities' have been provided to ensure an orderly hand over of the charity's activities in the event that the charity for any reason has to be wound up. The 'cessation reserve' is calculated as 3 months of the annual operating costs. The reserve for a 'funding shortfall' has been provided in the light of an increased risk that income may not be received as budgeted. The 'funding shortfall' is calculated as 3 months of the annual operating costs. These reserves are reviewed annually.

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 2018/19 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 2019.

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.