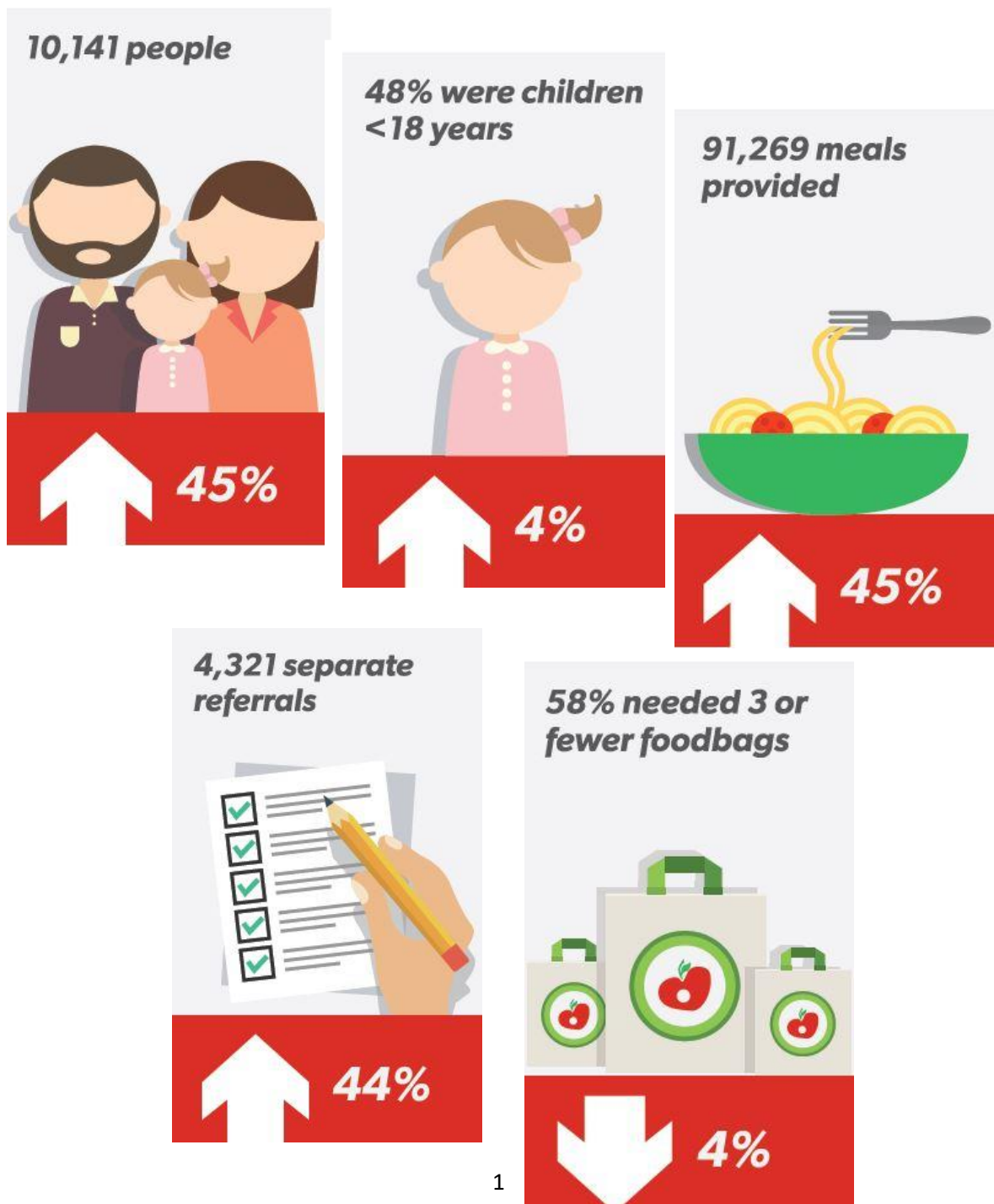


Annual review for the year ending 31 March 2020

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)

Adrian Tofts

Carol Wilson

Sue Smith

Christopher Leaning

Viv Packer

Marianne MacDonald (Until January 2020)

Nancy Mansfield (Until January 2020)

Islay O'Hara (Until September 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 1,755 meals each week to 195 people. Our remit is 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. We work on a strict referral only basis, including front line professionals, such as health professionals, social workers, family liaison officers, housing support workers, keyworkers, police, voluntary agencies such as CAB and Age UK TW and community referrers. To date we are working with over 150 referral agencies. The need for referral to Nourish is usually caused by a complex combination of events that include benefits delays, debt, unemployment, illness and, increasingly, domestic abuse or the impact of Universal Credit (see Page 8 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.

In March of 2020 the country went into lockdown due to the Covid-19 pandemic. Tunbridge Wells Borough Council set up a Crisis Committee, which included our Operations Manager, to help to lead and coordinate a response to the Covid-19 pandemic to support those in crisis and an anticipated increase in demand for help.

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 varies to accommodate specific dietary preferences, such as 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 from local businesses.

Our service

Each week, our volunteer packers make up foodbags in the warehouse as requested by our referral agencies. A quite 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 continue to allow us to be incredibly flexible with our storage solutions. This year it was necessary to expand our warehouse facilities further, to manage an extremely busy Christmas period and to ensure that we had enough room, at the start of lockdown in March 2020, to store bulk purchased food.

Our van continues to be essential to our operations and is used daily to collect food donations from all our public donation points, local schools, churches and businesses. During the pandemic, it has also allowed us to restrict certain donation drop-offs opting for a socially distanced collection instead.

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 a not only our full-time Operations Manager, but also an Operations Assistant and Warehouse Manager on a part-time basis. This has allowed us to continue to provide the high level of service on which we pride ourselves.

Our volunteers

Nourish has over 50 active volunteers, (including the Trustees) 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.

As government letters landed on doormats in March 2020, a significant percentage of Nourish volunteers were told to shield or were stood down due to being in vulnerable groups. Huge thanks to Tunbridge Wells Rugby Club and Tunbridge Wells Scouts, who offered DBS-checked drivers to help us maintain an ever-increasing demand.

Our impact

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

We continue to hope 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 increases in demand.

Review of the year

Co-Chairs' message

Thanks to our brilliant volunteers we were able to provide food for over 10,100 people in crisis, in the 12 months of 2019-2020, an increase of around 45% on the previous year. This unprecedented increase in referrals was due to benefit changes, increased debt, domestic violence and the very real immediate impact of the first lockdown in March 2020 as the result of COVID-19.

The impact of COVID-19 means that we will receive increasing numbers of referrals but following more regular discussions with referral agencies we are now able to more accurately predict needs. This, together with our close working relationships with other local foodbanks, has ensured that nobody falls through the gaps and everyone in crisis has someone to turn to.

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.

The impact of Covid-19 will create huge stress for families, so we are developing longer-term plans and closer relationships with our referral agencies. This is to help us monitor the impact of COVID-19 and how Nourish is helping those receiving food bags to manage their impending crisis and to make a sustained difference to their quality of life.

Olga Johnson

Paul Haines



Operations Manager's message

This year will stand out for me for some amazing friends and supporters and the stepping up of our youth provision.

Collaboration and support especially stood out for me this past year. We always enjoy joint events with other charities and this year was no different; standing alongside Pickering and Trinity at the Hugmany was a wonderful way for us to see in the New Year and we look forward to more collaborative events in the future with our local charity friends.

We have again been blessed with ongoing corporate support each year and, alongside the corporate volunteering days, it is really good to attend events held in aid of Nourish. On a brisk evening, a very friendly but competitive football match, with lots of local corporates raising money for us, was held in Southborough, hopefully the first of many. Huge thanks to Carl and the team at JVIP for starting something at which I look forward to cheering you all on again next time!

We are really lucky to have such wonderful and ongoing support from so many. Our corporate partners and organisations are invaluable in enabling Nourish to continue to meet demand year after year..

Providing youth opportunities has always been very important to us, and we have run a monthly session for many years now, alongside having groups in for day and afternoon sessions. We were lucky enough to have The Noise back again this year and it always brings equal amounts of fun and hard work to our bustling distribution point. It was especially nice to be able to litter pick and sweep up for Big Yellow, as a thank you for all their support. We also started having sixth form students in weekly for volunteer sessions from Beechwood School, and it has been really

good to see these develop, and the passion and understanding of our mission really being taken on board by the next generation of charity volunteers.

We look forward to inviting other schools to set up similar sessions.

At Nourish we are used to rising to new challenges and our motto of "being there for this crisis and the next" is only possible with the support of Nourish's wonderful friends of Nourish.

Dawn Stanford

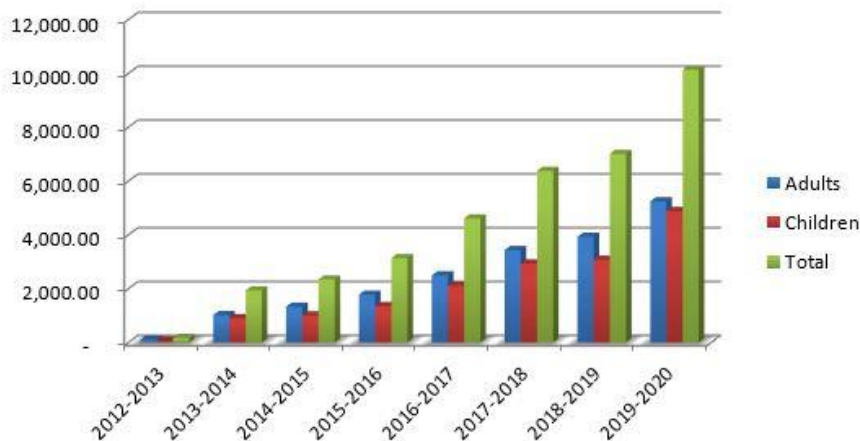


Our services

In the year April 1st2019 - March 31st2020, Nourish Community Foodbank provided three days of emergency food supply for **10,141** people, compared with 7,014 the previous year. This represents a **45%** increase in the number of Nourish clients.

91,269 meals were provided by Nourish which represents a **45%** increase on last year.

Number of people in crisis provided with emergency food

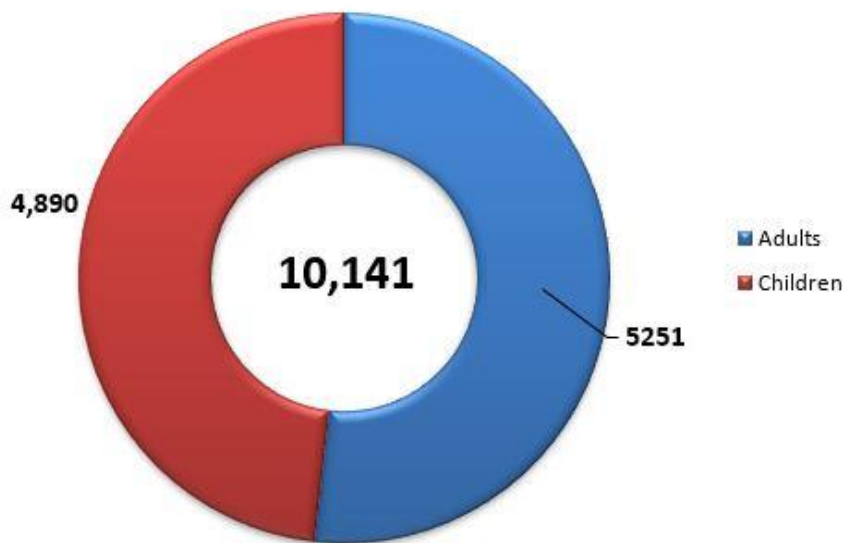


Nourish received an amazing **114.2 tonnes** of food donations over the year. We are very pleased to be working in partnership with ASDA, Sainsbury's and TESCO who, with the help of their customers, regularly donate food.

This, alongside the most incredible **12 Days of Christmas** campaign, which brought in over **47 tonnes** of food, and the ongoing support from schools and churches, particularly around Harvest Festival, meant that Nourish maintained good stock levels throughout the year. It was only at the end of March 2020, once the majority of our donation points were inaccessible, due to the lockdown, that we needed to purchase food to supplement stock. **Thank you to everyone that donated in 2019-2020.**

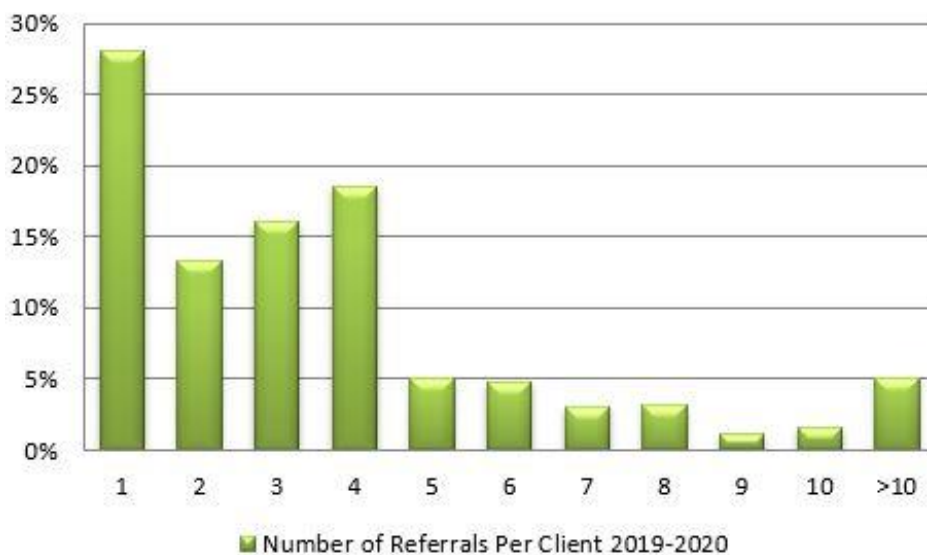
We actively encourage people in crisis to eat balanced nutritious meals, so we included vouchers in our food bags that could be exchanged for fresh meat, vegetables and fruit, and we continued our relationship in 2019-2020 with **J C Rook & Sons**. Thank you!

Of the **10,141** people receiving a three-day emergency food bag supply, **48%** were **children** under 18.



4,321 separate **referrals** were made to us and just under one-third of our clients (**28%**) needed **only one food bag**. Some **58%** 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 62% last year). This is due to more complex cases and clients needing to be supported for a longer period.

Number of Referrals Per Client

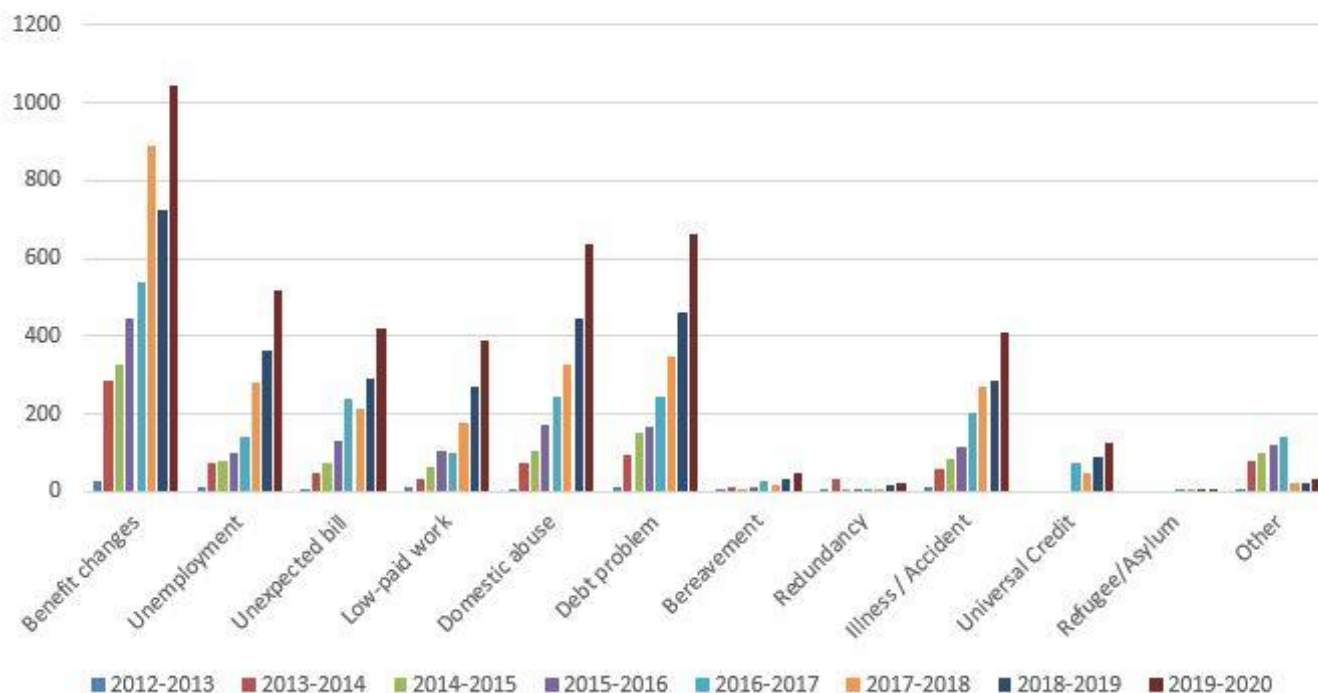


The vast majority of our clients have a short-term crisis, with **86%** receiving **six or fewer foodbags**; Nourish actively works with referral agencies and signposts onwards to help solve the underlying issues causing the crisis.

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. In line with previous years, 1 in 7 foodbags distributed by Nourish are to victims of domestic abuse.

Reasons for referral - Numbers of Referrals over the years



Referral Agencies

During 2019-2020, we increased our referral base to 151 frontline referral agencies across Tunbridge Wells and South Tonbridge, who made a total of 4,321 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 Local Authority Services.

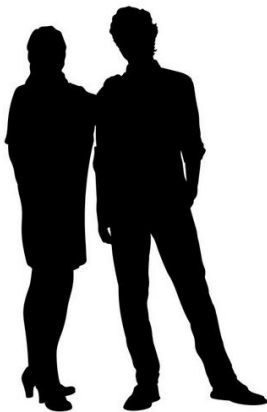
Nourish is now at the forefront of the minds of organisations working in the preventative fields, and this became ever more apparent with the invitation to join the **Covid Response Group** set up by Tunbridge Wells Borough Council in March 2020

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.

Around 1 in 10 people. are referred to Nourish because of illness or an accident.

Carol's story



Carol was in her 40s with a teenage son. She had been diagnosed with cancer and the debilitating side effects of her ongoing chemotherapy meant she was no longer able to work. With no income and worried how she could cope, she turned to her local vicar for help. His referral to Nourish in October 2019 was a turning point.

As Carol had little appetite or energy to cook and was very frail, we knew using the contents of a food bag to make a meal would be impossible. Fortunately, we have great support from 'Cook', which kindly supplied a week's worth of frozen meals for Carol and her son. Although, at first, she could only manage half a meal, her appetite slowly returned. "I think it was Cook's ginger sponge with custard that really helped," says our Operations Manager, Dawn Stanford. "It was the only thing she could taste, and it was so nice, it got her wanting to eat more."

By the end of the eight-week referral period, Carol had regained enough strength to be able to engage with other agencies. "We contacted other agencies, as we knew that she was entitled to financial support, and they were able to help her get access to these much-needed funds. Just making life a little bit easier for Carol and her son meant she could focus on what she needed to do in dealing with her cancer," Dawn adds.

Around 1% of people are referred to Nourish as a result of a bereavement.

Matt's story

Matt's wife died, unexpectedly, and he was suddenly faced with sole responsibility for bringing up his three daughters. Managing this and a full-time job proved impossible, so he had to give up work. The Family Support Team referred to Nourish for a six-week referral in November 2019.

That spanned the Christmas period, so we knew there wouldn't be much for the girls that year. Dawn contacted the Mayor's Toy Appeal, and local company Childsalon, who were organising gifts and toys for children and families, respectively. Thanks to kind donations over the Christmas period, we were able to provide them with a full Christmas dinner with all the trimmings, plus treats.



Because of the kindness of strangers, the girls were just like every other child in the country on Christmas morning, waking to chocolate coins in their stockings and a selection box by their beds. They messaged Dawn on Christmas Day: "They were thrilled, they couldn't believe the presents and food. They said it had been the best Christmas ever. So, it shows, you never know how much of a difference something as simple as a little bag of chocolate coins can make to someone."

Around 15% of people are referred to Nourish because of domestic abuse.

Abby's story



A call from the women's refuge, Look Ahead, in May 2019, brought Abby to Dawn's attention. She had been living with domestic abuse for 28 years, had finally left her husband and was now in a safe house.

Abby was one of the worst cases of abuse Dawn had encountered, having been subjected to extreme domestic violence and starvation. Her husband refused to let her socialise or work and cut her off from family and friends. He deprived her of food, only allowing alcohol, so she would be incapacitated. Unsurprisingly, Abby was malnourished and had an alcohol problem when she began to rebuild her life.

In the first week, we arranged for some frozen meals from Cook to boost her nutritional intake, in addition to her foodbag. "She didn't even know what she liked to eat," says Dawn. "At first all she could stomach was a Pot Noodle. Her first proper meal in months was a fish pie from Cook. She couldn't remember how many years it had been since she had last had fish."

It was clear that Abby needed more support than just six weeks of foodbags from Nourish. Dawn worked alongside Look Ahead and Change Grow Live, the drug and alcohol service, to help Abby with rehab and to find her own private rented accommodation. Dawn became her mentor, in a role she took on at a personal level, outside of Nourish: "Seeing Abby's excitement at having her own place, helping her choose her own furniture, having her mum over, these were all things she had been denied for so long. It was wonderful to see," says Dawn.

Around 12% of people are referred to Nourish due to redundancy and unemployment

Jack's story

Jack was in his 20s and life was pretty good. He had a good job and he'd just signed the rental lease on a new flat. Yes, he had had to use all his money for the deposit and the first month's rent, but that was fine. It was March 20th 2020, and Jack was the first person, referred to us, to have lost his job due to the coronavirus, even before the first lockdown had been implemented.

The housing team referred Jack for four weeks, just enough time to help him get back on his feet. "At the time it was such a shock, to him and to us," says Dawn. "He was not the type of person who ever expected to use a foodbank. He had always worked, and he was so embarrassed to find himself in this situation."

He had also never had to negotiate the benefits system, so Dawn, along with the housing team, helped Jack apply for Universal Credit. They also spoke with his private landlord, who didn't want to have any tenant on benefits, to persuade him to let Jack stay in his new flat.

"He was so grateful and incredibly humbled for all the help we could give. At the time it was a shock to us too, but now it wouldn't shock us in the slightest, it's become so common since the virus hit," says Dawn.



A year of Nourish fundraising

Nourish and our supporters held several events during 2019 -2020 (prior to the onset of Covid-19 restrictions), giving people the chance to get involved and help raise money for local people in crisis. Our thanks go to all those organisations, businesses, clubs, schools and individuals, who helped us by raising much-needed funds and collecting food for us.

- Once again, we had a team in the **Dragon Boat Festival at Bewl Water** and raised **£1184.00**. A huge thank you to everyone who took part, and those who sponsored our rowers.
- Thanks to the **Guinea Butt** for organising the quizzes they hold regularly for us and raising a phenomenal **£2,380.00**
- Thanks to **Royal Victoria Place (RVP)** for allowing Nourish to take over the Giant Teddy Bear over the Christmas period. We had a lot of fun helping people take pictures with the Teddy and raised an amazing **£2980.00**.
- Thanks to **Rachel and Steve Daly** for organising Christmas carols and a pub crawl in Christmas jumpers, which raised **£975.00**.
- Thanks to **Chris Sams**, who ran the **Royal Parks Half Marathon** for us and raised **£365.00**
- **Mark Holborrow** organised a local pub crawl and raised **£400.00**
- Thanks to **Ian Andrew**, whose **Hugmany** event on The Pantiles on New Year's Eve raised **£1007.00**.
- Thanks to **Chris Leaning** and his family who organised a rock festival - **Leaningstock** - which raised **£880.00** in the summer.
- **The Forum** did a 'David Bowie Tribute' evening which raised **£800.00**.










Thank you. These and many more fundraising events all raised much needed funds to enable us to provide our service.





THANK YOU to everyone who took part in events to raise money for Nourish.





A year of support and donations

Everyone at Nourish is grateful to all those who have supported us in 2019-2020. 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 can 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 2019-2020		
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 ALCHEMY FOUNDATION		Thank you to The Alchemy Foundation Trust which awarded a grant of £750.00 to Nourish for 2019/2020. The grant helped pay towards core costs and ensured we delivered our charitable activities
THE COLYER-FERGUSON CHARITABLE TRUST		Thank you to The Colyer-Ferguson Charitable Trust which awarded a grant of £3,000.00 to Nourish for 2019/2020. The grant helped to pay towards Marketing, Promotion and Website costs.
THE COLE CHARITABLE TRUST		Thank you to The Cole Charitable Trust which awarded a grant of £1,000.00 to Nourish for 2019/2020. The grant helped pay towards core costs and ensured we delivered our charitable activities.
GATWICK AIRPORT COMMUNITY TRUST		Huge thanks to The Gatwick Airport Community Trust which awarded a grant of £1,250.00 to Nourish for 2019/2020. The grant helped pay towards core costs and ensured we delivered our charitable activities
THE DULVERTON TRUST FUND		Thank you to The Dulverton Trust Fund through Kent Community Foundation which awarded a grant of £5,000.00 to Nourish for 2019/2020. The grant helped to pay towards core storage costs and ensured we can deliver our charitable activities.
THE GATWICK FOUNDATION FUND		Thank you to The Gatwick Foundation Fund , through Kent Community Foundation, which awarded a grant of £5,000.00 to Nourish for 2019/2020. The grant helped to pay towards core storage costs and ensured 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 fuel and van hire charges.
THE KENT RELIANCE PROVIDENT SOCIETY COMMUNITY FUND		Thank you to The Kent Reliance Provident Society Community Fund , through Kent Community Foundation, which awarded a grant of £3,000.00 to Nourish for 2019/2020. The grant helped to pay towards core costs and ensured we can deliver our charitable activities









<p>KENT COMMUNITY FOUNDATION</p>		<p>Thank you to Kent Community Foundation which awarded a grant of £2,000.00 to Nourish for 2019/2020 from the Children, Young People and Families Theme. The grant helped to pay towards core costs and ensured we can deliver our charitable activities.</p>
<p>HIGH HILDEN FUND</p>		<p>Thank you to the High Hilden Fund, through Kent Community Foundation, for their amazing multi-year grant, starting in 2020 and lasting for 3 years. The grant will help to pay towards core costs and ensure we can deliver our charitable activities.</p>
<p>THE BROOK TRUST FUND FOR KENT</p>		<p>Thank you to The Brook Trust Fund for Kent, through Kent Community Foundation, which awarded a grant of £5,000.00 to Nourish for 2019/2020. The funds helped pay towards essential storage and van hire so that we can fulfil our core operations.</p>
<p>CHILDRENSALON CHARITABLE FUND</p>		<p>Nourish continued to receive the amazing help from the Childrensalon Charitable Fund. The monthly donation assisted us to plan for the year ahead, and to continue to provide emergency food and support to people in need in Tunbridge Wells, Tonbridge and the surrounding areas.</p>

<p>Corporate Support in 2019-2020</p>		
<p>BIG YELLOW SELF STORAGE</p>		<p>We continued to use the Big Yellow Self Storage Company in Tunbridge Wells to collect, store and sort our donated items. They provided us with free and discounted storage space and the staff team are always helpful.</p>
<p>WEST KENT YMCA WAREHOUSE</p>		<p>Nourish would like to thank the YMCA warehouse for providing us with a central Tunbridge Wells point for food donations.</p>
<p>DEEKS EVANS CHARTERED ACCOUNTANTS</p>		<p>Many thanks to Deeks Evans who continue to undertake the independent financial examination of our accounts at no cost.</p>
<p>MAXIPAY ACCOUNTING SERVICES</p>		<p>A huge thank you to Maxipay Accounting Services, which has been a regular food donor since 2014. They also donate essential items when we are low on stock, and provide some Christmas dinners for the people we help during the festive period.</p>
<p>CHILDRENSALON</p>		<p>Childrensalon has continued to support Nourish throughout 2019-2020 and are passionate about everything that Nourish does. In June 2019 we put a shout out to the community to help us, as we were dangerously low on stocks for the busy Summer period. Childrensalon took our Operations Manager shopping to a local supermarket, and purchased nearly a week's worth of food. Thank you to Childrensalon for all that you do for Nourish.</p>
<p>INFINITY GROUP</p>		<p>Nourish is extremely grateful to the fantastic team at Infinity Group who again provided us with free IT support in 2019-2020.</p>

JVIP		Thank you to JVIP for organising a charity football match, for donating Christmas dinners, and for providing volunteers.
MASLINS CHARTERED ACCOUNTANTS		Maslins gave us a very substantial one-off donation in 2019-2020 and continue to regularly contribute on a monthly basis. This has enabled us to help more people in crisis.
FLOW YOGA		Flow Yoga donate a percentage of their profits from each class and collect food for us.
YO JIMBO FILMS		Thank you to Yo Jimbo Films for all our animation work during 2019-2020. Jim helped us put together Gemma's story which can be seen on our YouTube channel and he did this at no cost. Thank You!
COLLEY RAINE		Colley Raine are employed by Nourish for fundraising, marketing and social media and they do an amazing job raising awareness around everything Nourish does. The team donate time pro bono and give us a fantastic charity discount which was the equivalent of 175 hours of work during the year!

Food donations

Nourish would like to say a huge thank you to all our amazing 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.

Public Donation Points 2019-2020			
	Sainsburys Linden Park Sainsburys Tonbridge		Lloyds bank Tonbridge Lloyds bank Tunbridge Wells
	Asda Tunbridge Wells		Hunni Homes
	Tesco Superstore Pembury Tesco Metro Tesco St. Johns		NatWest Tunbridge Wells
	Christ Church Tunbridge Wells		The Superfood Company Tunbridge Wells

Nourish Community Foodbank - Food and provisions donated in 2019-2020. All weights in Kg.					
Albany Hill Residents	180.30	KCC Montague House	47.55	Soroptimists	22.90
All Saints Church Langton Green	226.80	Kilndown village	186.00	Speldhurst School	130.80
Amazon	16.30	King Charles Martyr	139.10	Speldhurst village hall	28.90
Argos	211.55	Lloyds Bank Tonbridge	163.80	St Augustines Church	150.20
ASDA	2,486.36	Manor Farm	183.00	St Dunstans Church	525.00
AXA PPP	191.85	Mark Cross Garden Centre	60.45	St Giles Church Shipbourne	51.80
Banner Farm street Collection	1,293.40	Masonic Hall	226.00	St Johns School	558.85
Beechwood School	49.05	Maxipay	4,299.95	St Lukes Church	607.16
Benenden School	73.00	Molyneux Park	63.05	St Marks Church Broadwater Down	116.15
BNI	72.45	National Citizens Service	319.00	St Marks School	167.20
Broadwater Down School	88.85	Nationwide	15.70	St Marys Church Chiddingstone	69.50
Camden Centre	16.85	NatWest Bank	76.75	St Matthews Church	580.60
Chiddingstone School	158.00	Neal Bamford - Keyrings	129.35	St Pauls Church	251.25
Childrensalon	674.10	No.6 Beauty	6.45	St Peters & St Pauls Wadhurst	228.05
Christchurch (Manna)	446.05	Nottcutts	20.00	St Peters School	204.45
Christmas - 12 days of Christmas appeal	47,724.12	Oakley School	67.50	St Phillips Church	25.00
Claremont Primary School	474.90	Ocado	16.00	St Theodores Church,Cranbrook	881.65
Colebrook Road Residents	26.25	Peter Gregory	850.45	St Thomas School, Groombridge	14.70
Countryside Properties Sevenoaks	65.45	Pro Search	126.40	St Thomas's Groombridge	23.00
Elysium	45.75	Psychology Unit	287.80	Stephens Road	25.50
Energie Fitness	17.30	Pure Gym	45.90	T.Wells Grammar School for Boys	162.65
Fidelity H.Boro	354.00	Randalls	48.12	T.Wells Inner Wheel	44.00
Flow Yoga	37.75	Rosehill School	200.00	Tesco	6,571.26
Fountains Lodge care home	5.35	Rubicon	792.75	The George pub TWells	185.00
FTA	52.00	Sacred Heart Church Wadhurst	2,949.95	The Net	11.55
General Donations	9,534.50	Sacred Heart School Wadhurst	124.60	TK Maxx	52.50
Hazeldene House	8.00	Sainsbury Tonbridge	3,771.40	TOGGS	311.60
Hillview Girls School	664.25	Sainsbury Tunbridge Wells	11,798.35	Tonbridge School	750.00
Holmewood House School	800.40	Sandhurst School	156.00	Trinity Theatre	45.00
Homesense	350.95	Scouts - 1st Barnabas +?	100.20	Tun Wells Hospital	191.00
Horsemonden store (TWTO)	16.80	Searchpress	1,277.65	Tunbridge Wells Free school	246.30
Hunni Homes (JVIP)	203.56	Servomex	116.00	Tunbridge Wells station	20.45
Hygiene Bank	36.90	Sevenoaks Foodbank	110.60	TW Scouts	434.00
ID&C	1,079.80	Sevenoaks School	872.40	TWGS	980.50
Jo Murphy	165.10	Sherbourne Close Res.	57.90	Wadhurst Parish Churches	261.70
John Lewis	31.25	Skinners Primary School	74.70	Wadhurst Together	36.90
Judd School	371.10	Skinners School	583.25	Wilman Road	173.50
JVIP	332.00	Slim World	82.00	Young at Heart	15.30
				Total	114,184.33

Financial donations

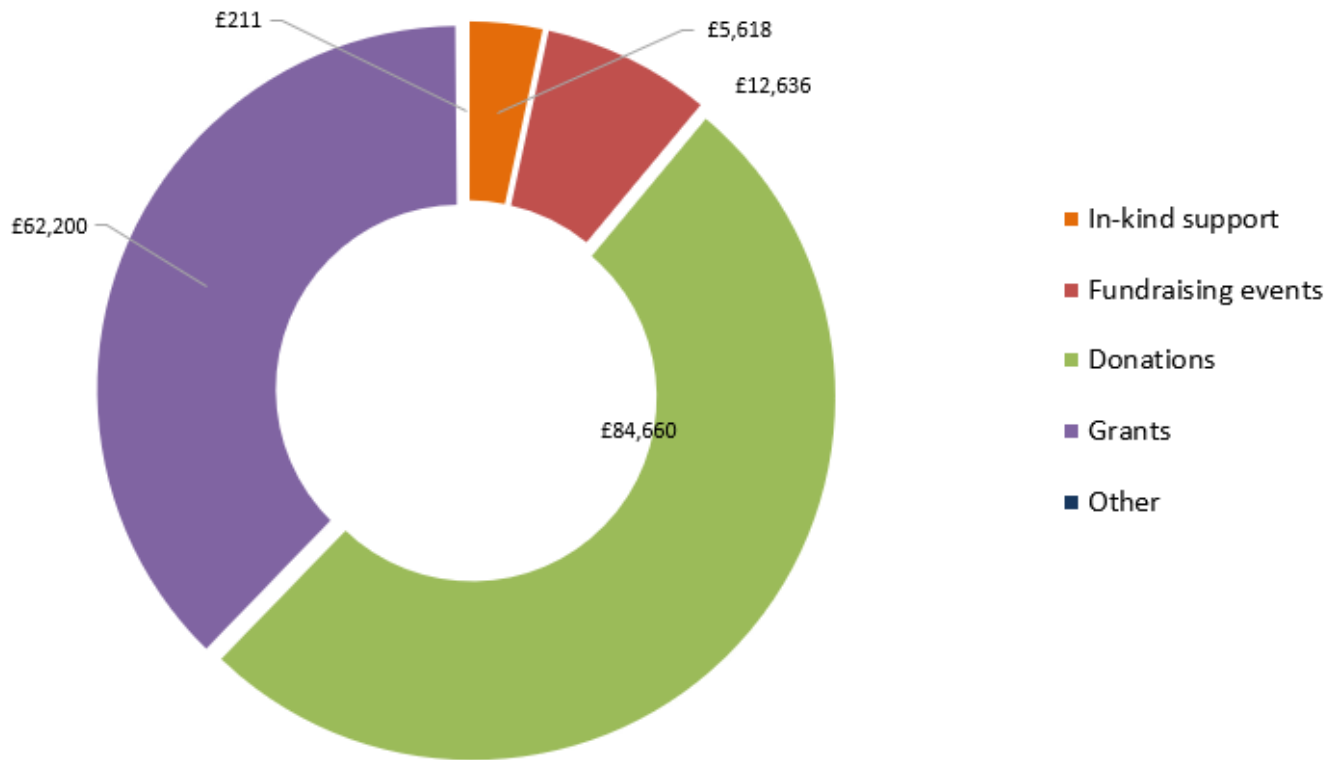
Regular donations enable us to predict future cash flows and plan for the years ahead. Thank you to everyone who supports us with a regular donation. Thank you also to everyone, who has given a one-off donation enabling us to pay for core costs and charitable activities, in order to provide emergency foodbags to people in crisis.

Special thanks go to:

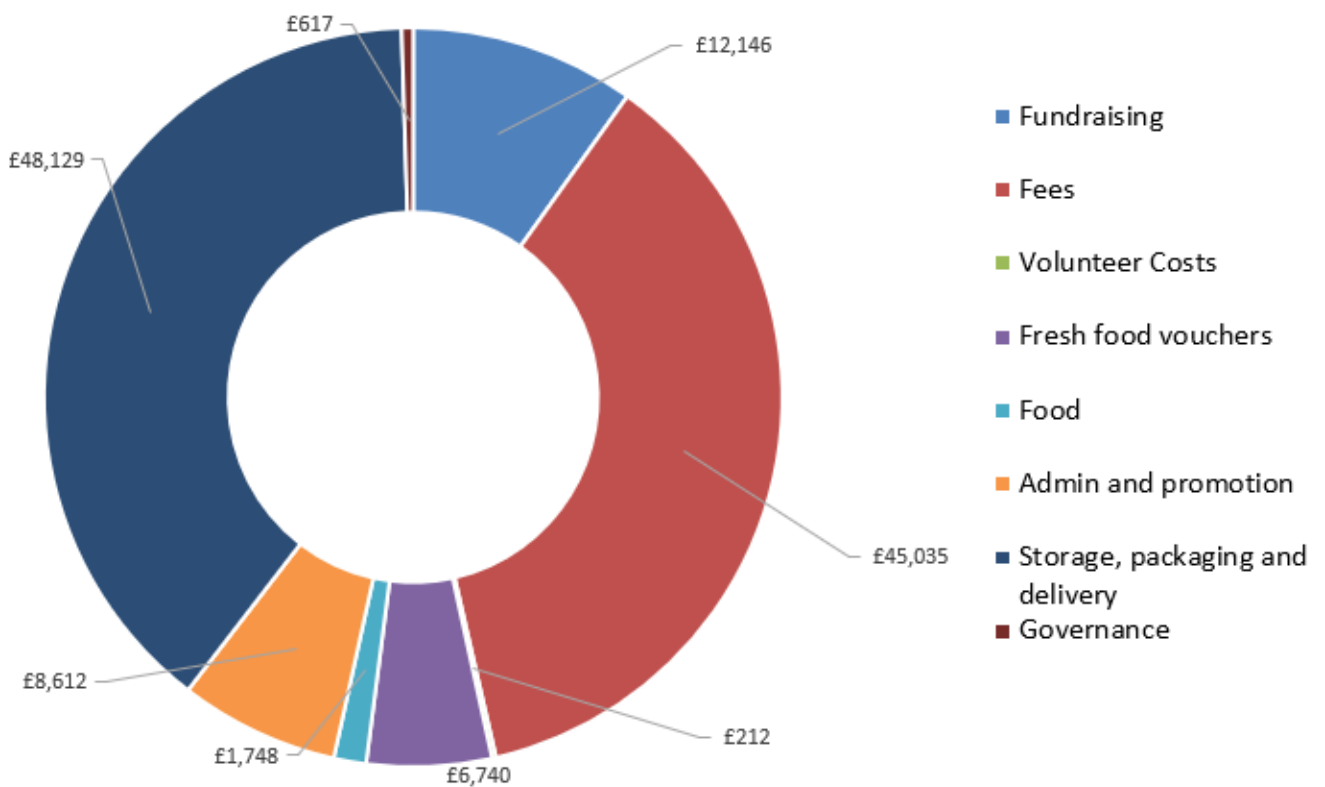
Bethany School	Marlborough House	The Mead School
Bishops Down School & Tai chi donations	Molyneux Park Gardens	Tonbridge Lions
The John Lewis Partnership	Oddfellows	UNITE
King Charles the Martyr	Southborough Lions	The White Bear

Financial Summary 2019-2020

Income 2019-2020



Expenditure 2019-2020



NOURISH ACCOUNTS

Independent examiner's report on the accounts

Report to the trustees of Nourish Community Foodbank Ltd for accounts year ended 31 March 2020

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: 30/10/20

Name: Richard Young ACA Chartered Accountant

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

STATEMENT OF FINANCIAL ACTIVITIES

Income & expenditure	Unrestricted funds	Restricted funds	Current year 2019/20	Previous year 2018/19
Incoming resources from generated funds (note 3)	£	£	£	£
Voluntary income	134,489	13,000	147,489	123,084
Events for generating funds	<u>17,836</u>	<u>0</u>	<u>17,836</u>	<u>36,937</u>
Total	152,325	13,000	165,325	160,021
Resources expended (Notes 4-7)				
Cost of generating voluntary income	12,235	0	12,235	4,633
Charitable activities	102,386	13,000	110,386	101,822
Governance activities	617	0	617	637
Equipment	<u>0</u>	<u>0</u>	<u>0</u>	<u>2,904</u>
Total	115,238	13,000	123,238	109,996
Net incoming/(outgoing) resources)	37,087	5,000	42,087	50,025
<u>Funds bought forward</u>	<u>80,081</u>	<u>0</u>	<u>80,081</u>	<u>30,056</u>
Funds carried forward	<u>117,168</u>	<u>5,000</u>	<u>122,168</u>	<u>80,081</u>
Balance sheet				
	Unrestricted funds	Restricted funds	Current year 2019/20	Previous year 2018/19
	£	£	£	£
Fixed asset & Investments (note 8 & 9)	0	0	0	0
Current assets				
Debtors (note 10)	28,829	0	28,829	26,051
Cash at bank	90,339	5,000	95,339	56,393
Total current assets	119,168	0	124,168	82,444
Creditors falling due within one year (note 11)	<u>(2,000)</u>	<u>0</u>	<u>(2,000)</u>	<u>(2,363)</u>
Net current assets	<u>117,168</u>	<u>0</u>	<u>122,168</u>	<u>80,081</u>
Funds	55,168	5,000	60,168	28,081
Reserve for cessation of activities (note 13)	31,000	0	31,000	26,000
Reserve for funding shortfall (note 13)	<u>31,000</u>		<u>31,000</u>	<u>26,000</u>
Funds for the charity	<u>117,168</u>	<u>5,000</u>	<u>122,168</u>	<u>80,081</u>

Audit Exemption Statement

For the year ending 31 March 2020 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 30th October 2020

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, 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 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 2019/20	Last year 2018/19
		£	£
Voluntary income	Grants	57,000	38,338
	Donations - from individuals and private organisations	83,669	78,951
	In-kind donations of storage	5,618	5,618
	Events	17,836	36,937
	Awards and other	<u>1,202</u>	<u>177</u>
	Total	<u>165,325</u>	<u>160,021</u>

Note 4 Analysis of resources expended

		This year 2019/20	Last year 2018/19
		£	£
Charitable activities	Support costs (co-ordination and volunteer costs)	45,246	39,762
	Food supply (food purchased, storage and distribution)	56,617	53,130
	Administration and communication	<u>8,523</u>	<u>7,930</u>
		<u>110,386</u>	<u>101,822</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	
	19/20	18/19
Prepayments and accrued income	<u>£28,829</u>	<u>£26,051</u>
Note 11 Creditors and accruals		
Trade creditors	619	0
Accruals and deferred income	<u>1,381</u>	<u>2,363</u>
Total	<u>£2,000</u>	<u>£2,363</u>

Note 12 Movement of Restricted Funds

Fund names	Fund balances brought forward £	Incoming resources £	Outgoing resources £	Fund balances carried forward £
Colyer Ferguson		3,000	3,000	
Gatwick Foundation Fund		5,000	5,000	
Kent Community Foundation - The Brook Trust		5,000	0	5,000
Total Restricted Funds		<u>£13,000</u>	<u>£8,000</u>	<u>£5,000</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 wish to record their thanks to all those working to support Nourish for the achievements of 2019/20, 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 at least monthly during the period to 31 March 2020.

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.

Covid-19 Update

The coronavirus is having an unprecedented impact on the number of people needing our services. We have had an almost 175% increase in referrals and numbers are increasing week on week. We are working in partnership with **Tunbridge Wells Borough Council's COVID Response Team** to make sure that no one in crisis goes without food during this difficult time.

What is Nourish doing differently during the crisis?

Keeping our volunteers safe is a priority for Nourish.

We have over 2000 sq. feet of storage space, spread across five units at the **Big Yellow Self Storage**. We have a skeleton team of volunteers in the unit, in order to implement social distancing measures. All volunteers have gloves, hand sanitisers and wipe down communal workspaces before and after each shift. Access to washing facilities is also available.

Our drivers operate a contactless delivery service and clients are advised in advance that a driver will be making a delivery on that day between certain times