

Colchester
foodbank

Annual Report
2017





Colchester Foodbank info@colchester.foodbank.org.uk
33 Moorside Business Park, Eastgates, Colchester, CO1 2ZF
Tel: 01206 621998 www.colchester.Foodbank.org.uk
Register Charity in England and Wales (No: 1152387)

What we want to see happen in the longer term (Our vision)

To end hunger and poverty in the UK.

What we intend to do to help make this happen (Our Aims)

The prevention or relief of poverty in Colchester and the surrounding area, in particular, but not exclusively, by providing emergency food supplies to individuals in need and/or charities or other organisations working to prevent or relieve poverty.

What we do (Our Mission)

The Foodbank exists to prevent or relieve poverty in Colchester and the surrounding area, in particular, but not exclusively, by providing emergency food supplies to individuals with assessed short-term need and/or to charities or other organisations working towards the same aims.

How we help (Delivering for the common good /public benefit)

Colchester Foodbank provides short-term emergency support to individuals and families in a crisis within Colchester and the surrounding area, including Brightlingsea. We also work with other local food banks and regularly review our areas of coverage in response to need. To qualify for help, families and individuals must be referred by a professional from a partner organisation, such as Social Services, One Support, Community Mental Health Team, local housing groups, Citizens Advice Bureau and Age UK. We also work with Churches, Schools, GP Surgeries, philanthropic individuals and businesses. The need for referral to Colchester Foodbank is usually caused by a complex combination of events that may include factors like benefits delays, unemployment, illness and domestic violence. Where possible we refer or signpost people to relevant agencies, so they can get the additional help they need. This enables them to more fully understand the reality of their issues and how to get through them, seeking appropriate support and targeted transitional intervention. Also for us, to be able to monitor our longer term social impact.

The way we behave while doing what we do (Our values)

Colchester Foodbank is committed to **community** built on **diversity, tolerance, cooperation, and mutual respect**; we want to contribute to society and demonstrate social responsibility. Our values are important to us, and we aim to live them out in all areas of our work.

We are **passionate** about what we do and the difference it makes in the lives of others

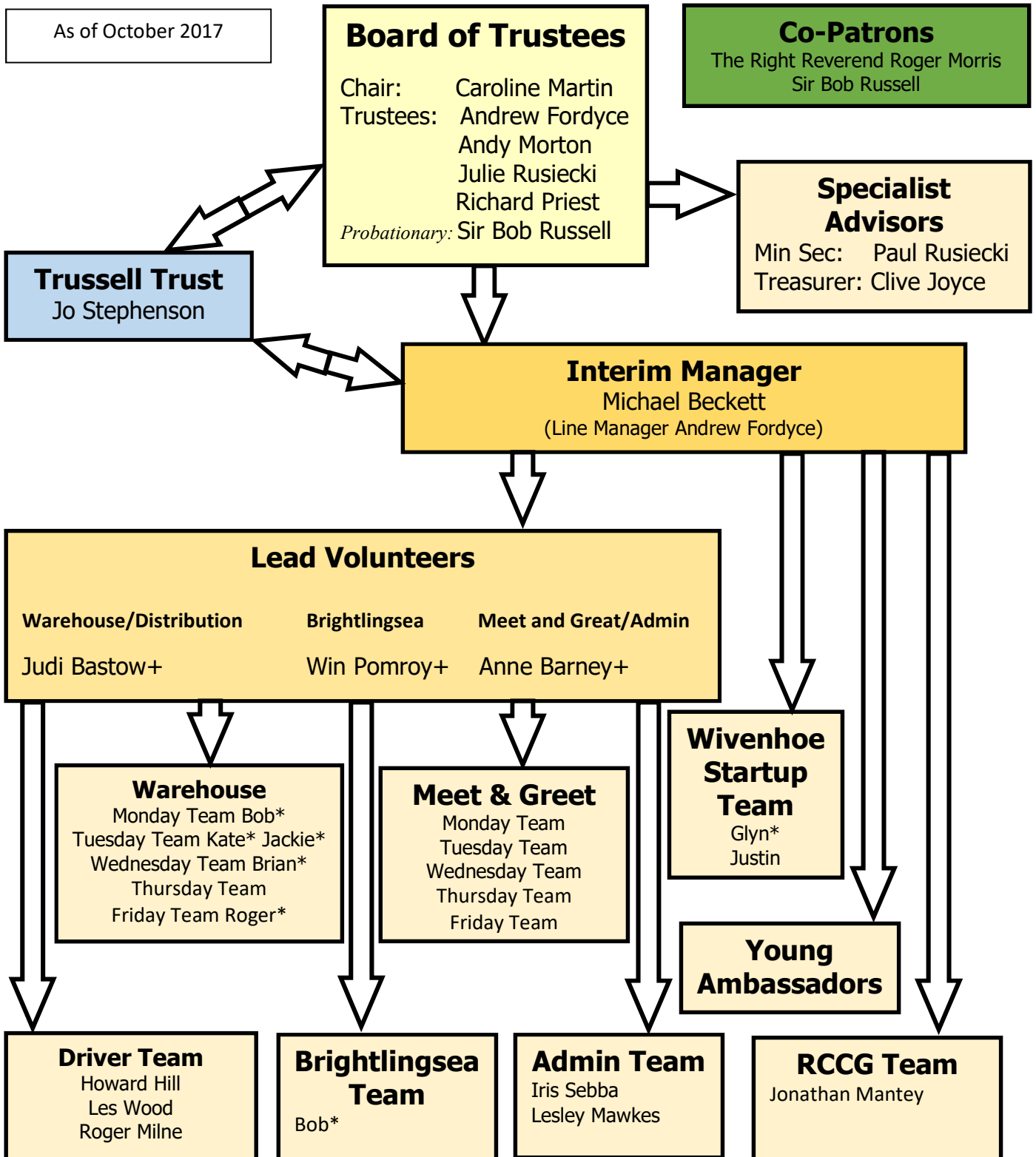
We are **compassionate**; we give selflessly and put others before ourselves

We hold ourselves **accountable**: we acknowledge and assume responsibility for actions, decisions, and consequences – as individuals and as an organisation.

We are **innovative**, with the ambition to pursue new and creative ideas that have the potential to change lives for the better.

We **empower** and **encourage** staff, volunteers and clients to take the initiative and achieve their best, in a safe environment where mistakes are viewed as learning opportunities.

Colchester Foodbank organisational structure



Who are our Trustees? (Colchester Foodbank Trustee profiles)

Andrew Fordyce



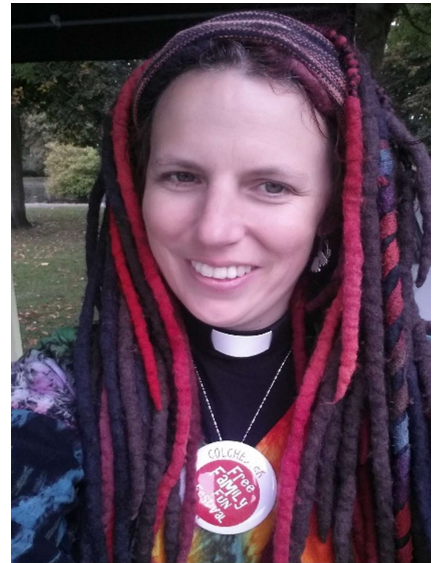
Rev Andrew Fordyce has been Vicar at St Margaret's Berechurch, since the summer of 2007. He is married to Cathy with 2 girls at Junior school - Isobelle and Abigail.

"In 2008 I started a journey of faith to see if we could do something to address an economic down turn, and the Trussell Trust model seemed the best fit. After conversations across the Churches and with Hilary Le Seve and Brian Ford, we launched at the end of 2009.

I continue to feel its a privilege to be associated with Colchester Foodbank and have been amazed by the changes and wonderful people who have supported.

Caroline Martin

My name is Rev. Caroline Martin and I am curate at St. Margaret's Church, Chair of Trustees at Colchester Foodbank, Chair of 'Colchester Citizens' (an alliance of local civic sector organisations such as faith groups, educational establishments, unions and charities, part of Citizens UK), and a trustee of another charity 'Gifts For Romania' working with community leaders to combat poverty and isolation in rural communities. I was honoured to be asked to take on this role and hope to serve Colchester Foodbank well. I am mum to two lovely children – Danielle (14) who is one of Foodbank's Young Ambassadors and Thomas (12).



I enjoy singing, writing, spending time with loved ones, long walks in the countryside, sailing and volunteer work. I love being a minister because I get to meet so many extraordinary and interesting people and have the privilege of helping those going through difficult times and sharing in the joy of those who are celebrating. Being the widow of Rev. Rhys Martin, a local minister for a decade, and born in Old Heath and growing up in Alresford, I have lived in the Colchester area on and off for most of my life, so I know it quite well.

For me, Foodbank is good news in action: doing on a grand scale what some of us used to do from our home kitchens for people in need; reaching so many who are going through a vulnerable time in their lives. It's sobering to think we are all only a few months' salary away from a food parcel. Life is fragile, beautiful, challenging and tough and we are all in it together. It's been lovely to meet so many of the Foodbank volunteers and to be part of this important work in our community. Feeding the hungry is central to my faith but what we do in Foodbank goes beyond supplying food to enabling people to transform their circumstances.



Andy Morton

Born in Sudbury, Suffolk in 1944, (The Luftwaffe was bombing London where my parents were living), I was brought up in post-war Southend-on-sea. On leaving school in 1958 I entertained the idea of becoming a Catholic priest and spent 4 years at a Junior Seminary in Sussex. Then I met girls! More specifically, I met Michele to whom I have been happily married for 48 years and we have acquired 4 wonderful children plus 5 equally wonderful grandchildren.

I pursued a more or less successful career in banking, progressing from office junior to Regional Manager. The Bank moved me and my growing family about the Country as I progressed through the ranks at various

Branches, the last of which was in Ashford, Kent whilst we were living in Folkestone. I was then transferred to a specialist Department where, although we had offices in London, Leeds and Gateshead, I worked mainly from home. My job took me all over the country and 27 years ago, Michele and I decided to move away from Folkestone to our native East Anglia to make my travelling a bit easier. Not very happy with the way the banking industry was going, I opted for early retirement in 2001 but retirement did not really suit so I took a short term job at a local Golf Club. Short term turned into more than 6 most enjoyable years but, sadly, did nothing to improve my handicap which never got below 24! During this time my latent thoughts about the priesthood re-surfaced and I began to study for the Permanent Diaconate, the lowest form of ordained life in the Catholic Church. (Unlike the Priesthood, this is open to married men.) To my great joy I was ordained Deacon for the Catholic Diocese of East Anglia in 2004 and now I exercise my non-stipendiary ministry by assisting my Parish Priest in the combined parish of Sudbury with Hadleigh.

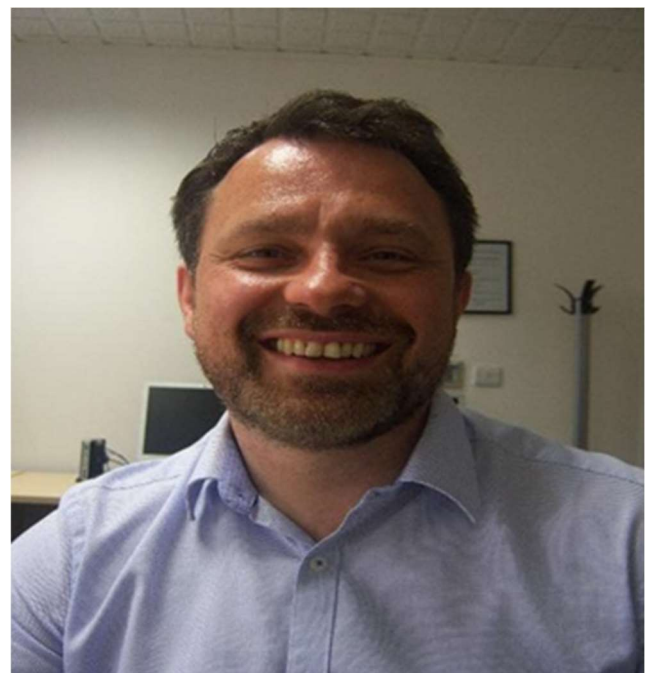
Some six years ago I attended a Christian Men's breakfast in Great Horkesley when the guest speaker was one Brian Ford, Foodbank co-founder, Trustee and warehouse Manager. Two days later I turned up at the FB's then warehouse at Big Yellow, making up food parcels and sorting tins of baked beans into date order. The rest, as they say, is history!

Richard Priest

My name is Richard Priest, and I was born in Colchester military hospital in 1972. I have lived in Colchester most of my life although I now live in Tendering by the sea. I am married and have three children, one son and two daughters.

I have been actively involved in serving people all my life and I have run various clubs and societies, mainly for young people. I was chairman of Colchester korban a local homelessness charity, and have recently joined as a temporary trustee by invitation.

I currently work for a large registered social landlord called Family Mosaic, and I am responsible for services in the County which include homelessness accommodation, vulnerable families, young people services, floating support, acquired brain injury services, learning disability services and mental health. I have worked as a support worker delivering front line services to all of these client groups, and as a manager at various different grades. Currently I have the privilege of being the director of these services in Essex.

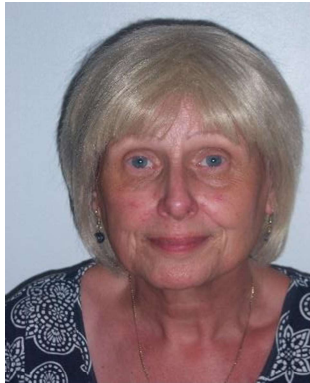


What might I bring to the foodbank? Perhaps strategic planning, some legal compliance in terms of HR, health and safety, building management etc. but also strategic planning regarding finance and governance. That said I think I also bring a wealth of general knowledge about our sector in understanding and supporting vulnerable people. I think foodbank is a fantastic charity and I feel very privileged to be involved.

On a personal level I am a Christian and my faith means a great deal to me. My hobbies include gaming, reading, fencing (that's with swords not erecting fences) and I also enjoy gardening.

Why am I involved? Beyond the invitation many of our customers use the foodbank and it makes such a tremendous difference to people as you all know. Not just the obvious practical benefits of some food for the family but often people have multiple issues going on and this takes a lot of pressure off them and I know that the act of kindness and generosity that we facilitate is a very meaningful and gratefully received experience for our customers. The need for food banks is going to increase, universal credit, local housing allowance caps, rising costs, and a housing shortage are all increasing the pressure on families. Homelessness is on the rise and things are certainly going to get tougher. Foodbank needs to be ready for what will come and carefully consider its remit now and in the future, because I believe in supporting vulnerable people I hope that I might be able to help foodbank with some of its planning and goals.

Julie Rusiecki



My name is Julie Rusiecki and I was born in Colchester on 02/08/1951. I lived in Colchester with my family until 1969 when I left to read History and Politics at Sheffield University. When I graduated in 1972, I added a husband, Paul, as well as an Honours Degree. I taught in London as a History and Humanities at Secondary level, where I became acting Head of the History Department and Head of Sixth Form. We left London for the birth of our son, Marcus, in 1978 and returned to Colchester. Paul became Head of History and Examinations at East Bergholt High and I had a daughter, Helen, in 1980. I ran a Playgroup before becoming Head of the Constantine Road Nursery School, and returned to full-time teaching as a Primary teacher, where, apart from a short break, I remained until my retirement seven years ago.

I am churchwarden of St Anne's church and have been actively involved in the Foodbank as a volunteer for many years. When Paul and I retired, we chose, as Christians, to use our time to benefit others. I would describe myself as 'a people person' and my skills all revolve around that perception. I am always prepared to listen, will offer advice if it asked for – and sometimes when it is not – (a relic of the bossy teacher I'm afraid), but I love to serve and have a great respect for all the people I meet and know. My hobbies include baking, cake-making and organising community events. I'm a bit arty and crafty, love to dabble in the garden and think I can arrange flowers - as long as wild and over-the-top is all that is required. I enjoy archaeology, Ancient History and my favourite film is 'Lord of the Rings'!

I chose to become a Trustee for Colchester Foodbank, not because I know better than anyone else, but because I believe in the value of the work the Foodbank does in the community. If I can contribute to the success of this wonderful venture, then it is time and effort well spent and I am privileged to be part of it.

Great Charity and very thankful for the donation of food and toiletries. Very friendly staff and well looked after. Made to feel at home. Carl (August 2017)

Chair's Report

This year has seen some change at Foodbank, but the standard of care and support offered by our volunteers has remained consistently high. Leaving most of the operational detail to others' reports and instead sketch out some of the bigger changes and the positives from the year just gone, as well as looking ahead. One thing that consistently impresses me is the effort put in by Foodbank volunteers to work with and co-ordinate with other agencies to ensure the needs of those in poverty are not only met, but met effectively, and that there is ongoing support in place. I believe this is one of our greatest strengths: that we look beyond symptoms to causes. Partnership with CAP, among other groups, is enabling transformation in the lives of families crippled by debt.

We have a wonderful volunteer team and visitors often comment that they are amazed by the scale of the operation, how efficient and organised everything is, and by the warmth of the welcome offered. Our comments book bears this out and visits by representatives from the armed forces and by Sir Bob Russell one of our patrons and our current MP Will Quince for which I was present are just some of the moments I have witnessed jaws dropping as the reality of the need we face and of what we accomplish together week on week sank in.

We now have satellite foodbanks at Brightlingsea, the black majority church RCCG and are moving towards another at Wivenhoe. While we would all rather they were not needed, it is good to know that people are being reached effectively. Having the option to offer bus vouchers for clients as required at our discretion thanks to First Bus has also made a big difference.

Like almost every charity in the current economic climate, funding remains a big issue. The people of Colchester are consistently generous in donations of food, but donations of money to help run the warehouse and distribution centre necessary to turn that food into parcels and get it to those in need are less common and as grant funding is often tied to new projects it is hard to get funding for running costs. This continues to be a focus for us. We continue to receive invitations to speak at a variety of events and the Fair Lent Challenge, Free Family fun Day and Pound£Aid have all helped to build our supporter base and raise funds and awareness but there is much still to be done.

A couple of in-house changes have involved staff and volunteer roles, as we became victims of our own success and the workload grew as our reach grew. Jeannette was needing to use increasing amounts of her time on tasks better done outside the Foodbank site, such as grants, policies, administration and organising the launch and initial support of the satellites, so Anne Barney took over temporarily as co-ordinator of the café side of operations, and Judi Bastow as warehouse co-ordinator. We are immensely grateful to both of them for the way they shouldered a lot of extra work to ensure things ran smoothly in Jeannette's absence and they continue to hold these roles and extra duties for us as we seek a new manager.

Thanks also to Frank and Win Pomroy for their sterling fund raising work as well as raising the profile of the Foodbank in Brightlingsea. They worked tirelessly at the Music Festival from early in the morning to late in the evening both days as well as making many of the refreshments. And they were involved in the Carnival day resulting in the carnival committee making a donation. Further thanks to those at RCCG running the satellite there.

There have been changes to our Trustee team too, as we say goodbye to Patsi, Matthew and Richard who, for various reasons, have needed to step down as trustees, although they remain supporters of the Foodbank and indeed Richard has now returned to our Trustee board. Thanks to them for their dedication, commitment and hard work. We are actively seeking new trustees and Sir Bob Russell has already agreed to join our trustee team as well as remaining one of our Patrons and Win Pomroy has also accepted a place among us. Of course, no report of this year would be complete without acknowledging the immense amount of work put in by outgoing manager Jeannette (often well beyond her paid hours) and the wealth of experience she brought to the role. So much of it has been behind the scenes but the Trussell Trust has both praised her work and used aspects of what we do at Colchester Foodbank as an example to others.

This was no small accomplishment and she left big shoes to fill, but all continued to run smoothly under Judi and Anne's watchful eyes and with the support of the trustee team until my fellow trustees called an extraordinary meeting with regard to this and, without my presence, decided on an internal secondment for manager. Their choice, Michael Beckett, was a current volunteer with a wealth of previous experience in heading up charities (and a person whom I disclosed from the beginning was connected to me, to whom I subsequently became engaged and will be married). I recused myself from discussions as soon as my fellow trustees suggested this possibility and, having checked regulations and guidelines, my fellow trustees approached Michael, who accepted the secondment as an interim measure to guide the Foodbank through the vital and busy period of Harvest and the Christmas season with Rev. Andrew Fordyce as line manager.

For the future, formal interviews for the post of manager will need to take place. Finding volunteers willing to help fundraise for us by running events is definitely on our wish list, as is increasing our income to help with running costs. The Wivenhoe satellite is another aspect of our expanding work that will occupy us in the coming year. We are grateful for the continued support of so many individuals and organisations, without which we could not offer all that we do to those in need in the Colchester area.

Manager's Profile



I am the new Interim Manager of Colchester Foodbank. Having previously been a Hostel Manager in Kings Cross, my other former roles have included a Citizens Advice Bureau Manager, Street Homeless Shelter Manager, local Mind charity CEO, local Mencap Chair, Credit Union Chair, Trade Union Shop Steward, Chair of School Governors and local Councillor. I am also experienced in working with the Traveller community and as both an NHS Governor and NHS nursing assistant earlier in my career.

The Trustees have asked me temporarily in partnership with other local agencies to try to solve or at least ameliorate food poverty in Colchester and the surrounding area. This is a most serious and necessary challenge: one I feel unable to resist.

While I undertake this internal secondment, the most important thing I can do is, to take this opportunity to offer a 'Great Big thank you' to all the volunteers and

supporters, for all that they are doing giving their time, money, and food to make Colchester Foodbank the lifeline it is for people in crisis. Colchester Foodbank, Interim Manager, Michael Beckett BA DipIoD [Linkedin.com/in/MichaelBeckettEsq](https://www.linkedin.com/in/MichaelBeckettEsq) manager@colchester.foodbank.org.uk

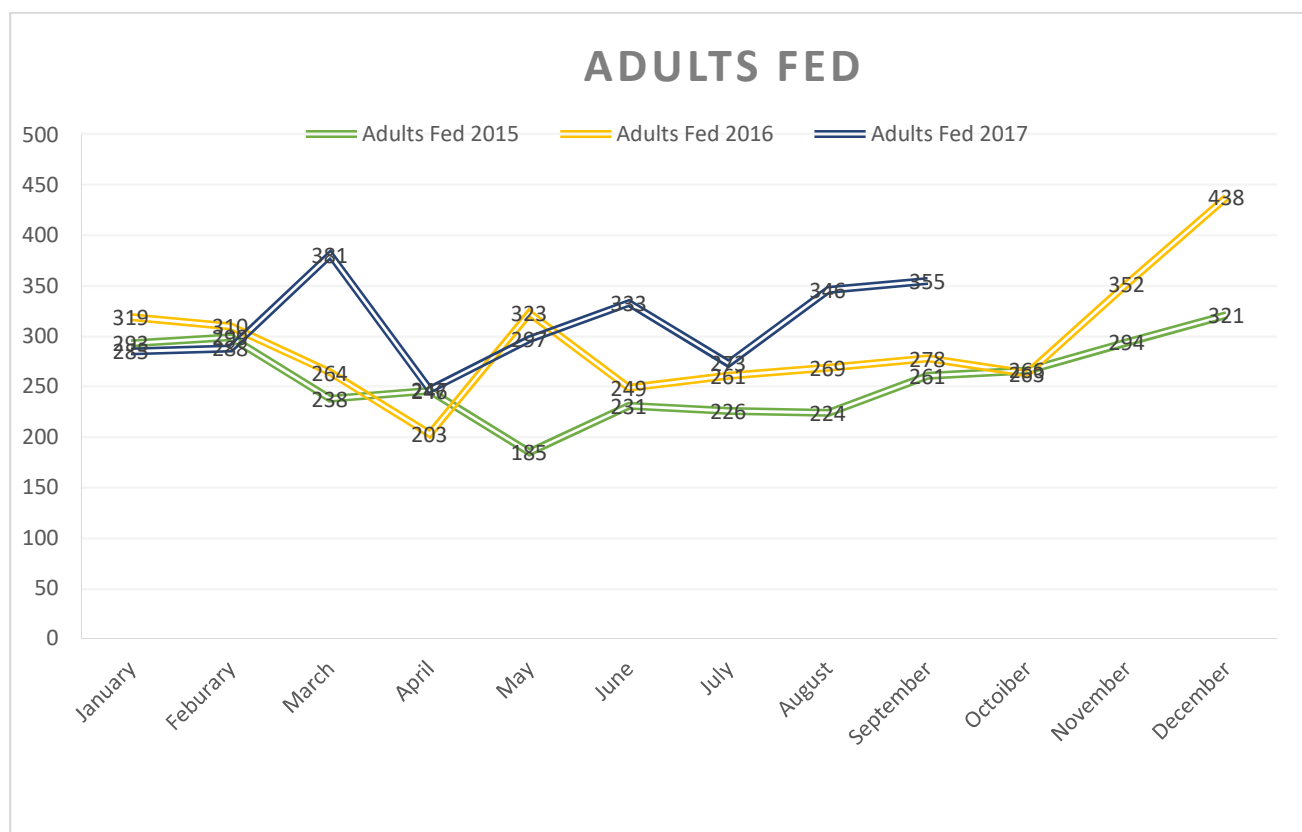
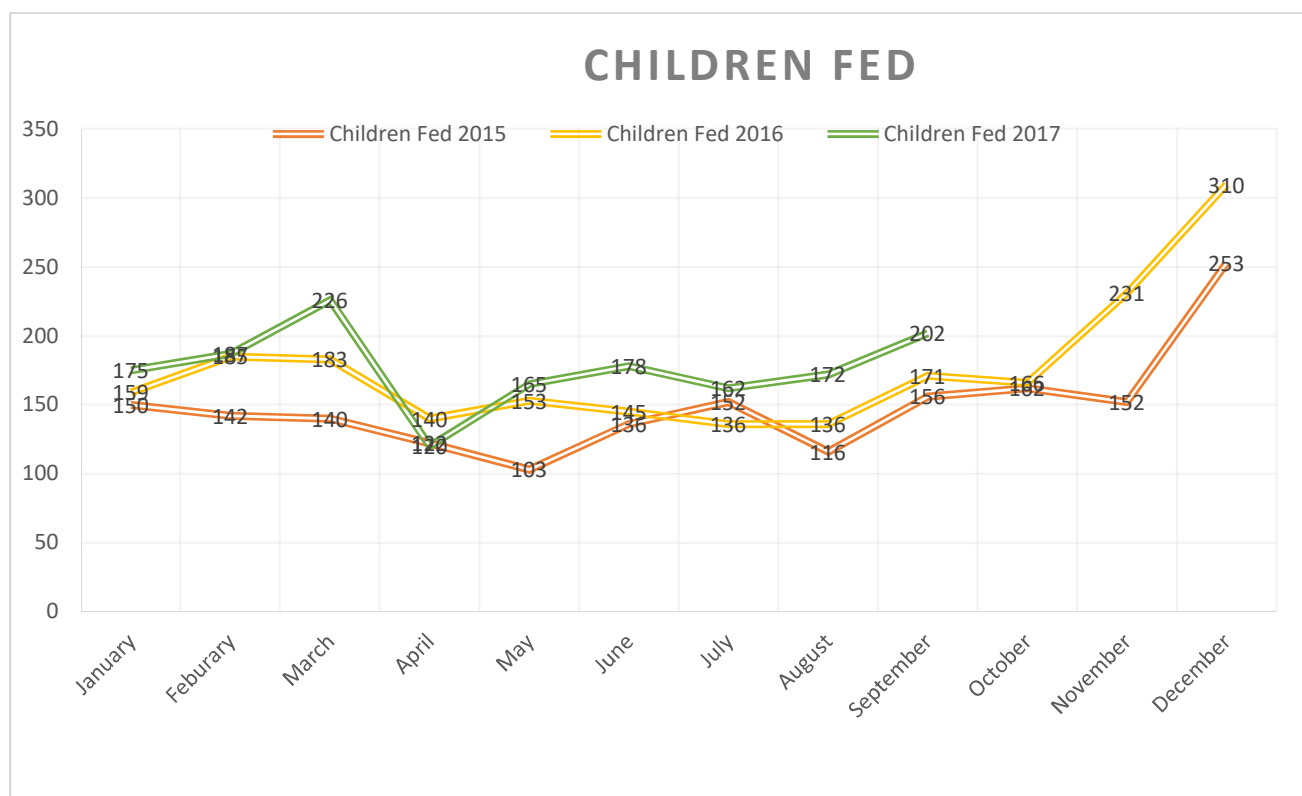
Manager's Report

There have been many changes at Colchester Foodbank since our last Annual General Meeting but we continue to focus on delivering our mission. We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of over 400 foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. We continue to provide more than just food also a place of welcome and comfort, signposting to our clients to the agencies who can help give them the support they need. We have over 40 volunteers who willingly give their time and commitment to make this all happen. With over 100 partner agencies we work closely to assist people in crisis to be able to carry on.

Tracking our 2017 outcomes

People Fed	Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec
Adults	285 (319)	288 (310)	381 (264)	247 (203)	297 (323)	333 (249)	273 (261)	346 (269)	355 (278)	(263)	(354)	(438)
Children	175 (159)	187 (185)	226 (183)	120 (140)	165 (153)	178 (145)	162 (136)	172 (136)	202 (171)	(166)	(231)	(310)

2017 (2016 comparison data in brackets)

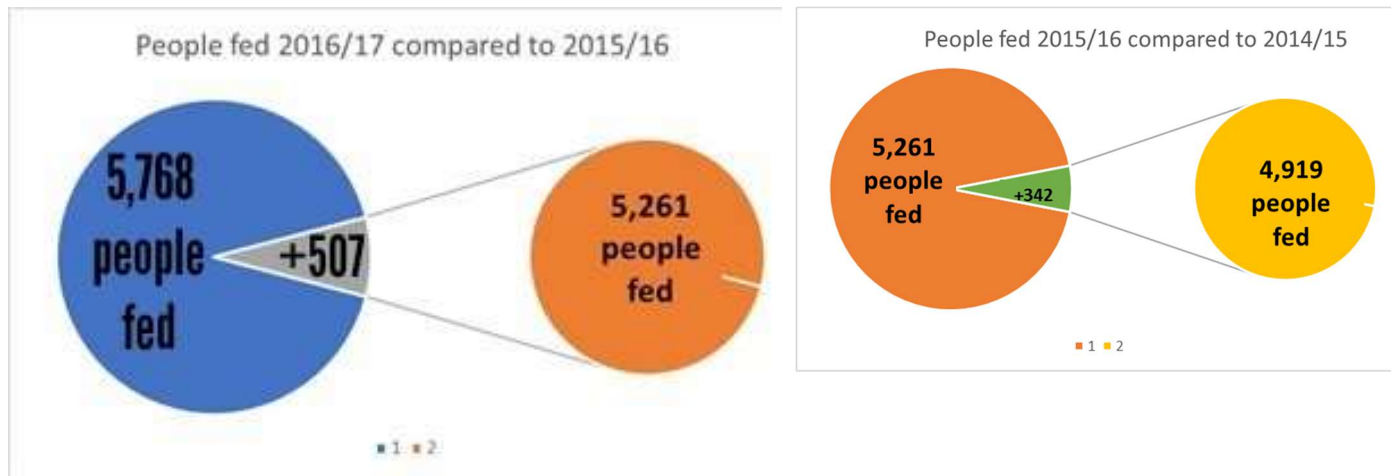


Tracking our 2017 outputs

	Jan	Feb	March	April	May	June	July	August	Sept	Oct	Nov	Dec
Standard parcels	137 (150)	143 (154)	192 (138)	131 (124)	158 (136)	169 (135)	154 (134)	176 (144)	185 (142)	(128)	(176)	(197)
Family Parcels	69 (57)	62 (76)	78 (75)	33 (55)	49 (32)	45 (69)	61 (34)	55 (40)	64 (55)	(61)	(63)	(108)

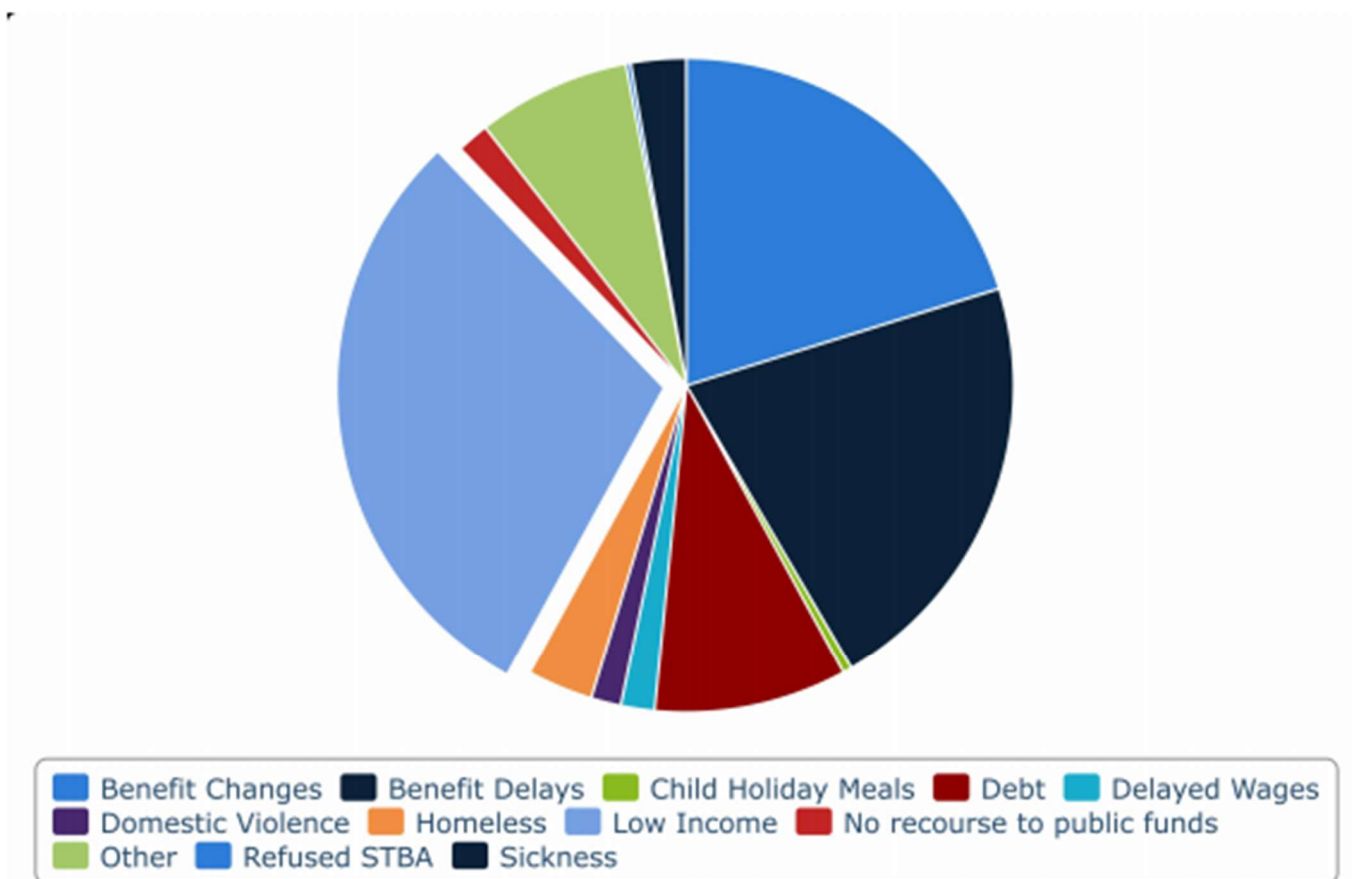
2017 (2016 comparison data in brackets)

Two year ago, we provided individuals and families in crisis with three day emergency food parcels, specifically to support 4,919 people. Last year the demand for our service increased by 342, so we fed 5,261 people. This year, demand has increased by a further 507 people, so we fed 5,768 people.



Why our clients need our service

Crisis Types Share



This year has seen an increase in demand for our service compared to last year. Those of you working on the frontline will not be at all surprised by this. Universal Credit roll out, low pay and poor employment conditions have had a foreseeable effect on so many people and the unpredictable expenses of washing machine/car repair bills, ill health, and enduring crime will always come from the only flexible budget in a household: the food. Our committed and hardworking teams of volunteers are essential to the smooth functioning of our charity and have ensured that Colchester Foodbank is able to respond and meet the increasing flow of people needing emergency food parcels

each day. We have increased storage through the rental of two shipping containers to hold the growing amount of food we need to store to meet demand. As we move from one busy year to yet another we would especially like to thank our supporters and volunteers for all their ongoing support, dedication and commitment that they have given and continue to give so that we had another successful year literally keeping people alive. Our supporters and volunteers are all amazing lifesavers! Honourable mentions to Good Gym for their clean up help and First Bus for their support. We are delighted with our partnership working with Cakes4kids, Josie's Breakfast, Make Lunch and Colchester Soup Kitchen helping them to feed more people.

An enormous "Thank you!" to the wonderful Muslim community of Colchester who have contributed both financially, and with a donation of over 600 kilos of food and toiletries, collected during the holy month of Ramadan. Their generosity continues to make a huge difference for the needy!

To keep up to date with us, like our facebook page, follow us on twitter and sign up to our Newsletter on the front page of our website.

I offer a special thank you to Win Pomroy our lead volunteer at Brightlingsea Satellite and her husband Frank and the team for all they do for the people of Brightlingsea.

Excluding the manager's cost, it costs £1500 every month to run our operation at Moorside Business Park. We need 500 people to sponsor just 30 minutes of the Foodbank per month, costing them £1 a month or just £12 per year. We need 100 people to sponsor just 5 hours of the Foodbank per month, costing them £10 a month or just £120 per year. We are delighted with our fundraising project, Pound£Aid which helps to meet this goal.

May I end with a big thank you to the kind people of Colchester, donating food which enables us to give well over 200 emergency food parcels every month, feeding about 500 people every month.

My mother and I are so grateful to the food bank. Without this help we would have struggled beyond our means. To make you feel so welcome like the volunteers do is amazing. It is lovely to be treated so nice with a smile everytime. We are always in debt and when in a position to will give back what we can whole heartedly. ☺. xxx

Very friendly and helpful staff
thank you
A lifesaver I would be stuck without - thank you

I have had a really hard time over the last 3 months with finances. I would never have been able to survive without you. Thanks for your help. Merry Christmas. Happy New Year. Bless you and your work.

Message
I would like to say how wonderful the staff and all I met at the food bank were. I was not only made extremely welcome but they also made me feel respected and at ease. It is never easy asking for help in times of need but they helped me so much. Thank you. Paul

Message
even with all my dietary problems, you have still been able to help me out. THANK YOU.

Massive thanks to food bank really lovely people you have helped me feel my tummy

Thank you very much for all the kind work that every one does at the food bank without you I would have gone to bed on an empty stomach

Treasurer's Report (Financial Report for Year Ended 31 December 2016)

The accounts have been prepared by the Treasurer, reviewed and approved by the Trustees and Independent Examiners by Nick Taylor, Director of Chartered Accountants Taylor Rushby.

Summary

An increase in income and a small reduction in expenditure, compared to the previous financial year, has resulted in both a surplus of receipts over payments during 2016 and an increase in cash held at the bank at the end of the year.

Receipts

A year on year comparison of "Donations" shows the following:-

	<u>£ in 2016</u>	<u>£ in 2015</u>
Pound Aid (new initiative)	272	0
Other Regular Giving	4,193	3,730
Fundraising and other Donations	30,082	30,010

The successful acquisition of grant funding has been a significant factor in meeting operational costs associated with

- the employment of a part-time manager, superseded in-year by the post of Warehouse/Distribution Manager,
- the purchasing of fresh fruit and vegetables for clients,
- the setting-up and running expenses of Satellite Centres, and
- the provision of training and development opportunities for volunteers.

Charity status has allowed the Foodbank to register for Gift Aid relief thereby claiming for amounts due for the first time and covering a period of three financial years.

There has been a further reduction in income attributable to the Essential Living Fund (ELF), reflecting the changes to support criteria operating within this scheme.

Payments

All expenditure relating to 2016 has been accounted for during the financial year.

Expenses have generally remained consistent for the second consecutive year although appear to have dropped merely because storage costs in 2015 included an element of back-dated rental for the warehouse/distribution premises at Moorside.

Other points to note are

- Salary costs reflect the decision to subsume managerial duties within the post of Warehouse/Distribution manager, also the engagement of a Bidwriter (admin staff) to prepare applications for Grant funding,
- Subscriptions include a monthly fee to enable supporters to contribute through "Just Giving" (circa £6,700 has been given during the year through this method),
- The availability of fresh produce has been a valued addition to the service offered. The cost is shown in the accounts as "ELF specific costs" although fruit and vegetable is made available to all clients.

Assets

The service has accumulated a financial buffer of £18,711 to safeguard operations and to contribute towards any unexpected expenses. Evidence suggests that the acquisition of Grant funding will become more challenging during 2017 as sponsors look to encourage new start-ups and service initiatives as opposed to on-going operations.

CLIVE JOYCE, Treasurer

COLCHESTER FOODBANK

Receipts and payments account for the year ended 31 December 2016

		2016		2015	
		£	£	£	£
Income	Donations	34,547		33,749	
	ELF Scheme	400		3,292	
	Bank interest	7		11	
	Bank compensation for loss	-		700	
	Gift Aid Relief	1,051		-	
	Grants received	13,500		-	
			49,505		37,752
Expenditure	Storage costs	18,098		21,521	
	Managerial services	2,155		13,089	
	Warehouse/distribution manager	14,475		4,072	
	Social Security costs	2,793		1,801	
	Admin Staff	1,785		-	
	Rates & water	128		139	
	Training & support	51		962	
	Computer and telephone costs	399		948	
	Stationery and postage	1,215		849	
	ELF specific costs	587		173	
	Advertising	-		409	
	Insurance	411		397	
	Trussell Trust charges	360		360	
	Subscriptions	284		63	
	Light & heat	829		712	
	Sundry expense	325		271	
	Payroll processing costs	298		502	
	Satellite Centre	128		-	
	Accounts	200		240	
			44,521		46,510
Surplus/(deficit) for year			<u>4,984</u>		<u>(8,758)</u>

Statement of assets and liabilities as at 31 December 2016

		2016	2015
		£	£
Cash funds	Cash at bank	18,711	14,606
Other assets	Shelving, scales and equipment	6,539	6,539
	Computer Equipment	880	-
	Other debtors - lost money at end of 2014	60	700
		<u>7,479</u>	<u>7,239</u>

Grants received Included in the figure for grants received is £10,000 from Essex Community Foundation towards the continuing cost of a part-time manager over the period 1st July 2016 to 30th June 2017.

Approved by the Management Committee on

.....
 Revd Caroline Martin, Trustee

OK IT WAS A REAL TRENT TO SEE
 PEOPLE WHO REALLY DID CARE,
 REAL COMPASSION.

Message

THANKYOU SO MUCH FOR ALL
 YOUR HELP TODAY, I COULDN'T
 OF GOT THROUGH THE NEXT
 FEW WEEKS WITHOUT FOOD!!

Without the generous help from food donors
 and the workers at the food bank people would
 find it hard to survive. In a country full of wealth
 it saddens me but also lights up my soul to know
 there is still nice, warm + welcoming people in the
 world. I can't thank you enough.
 Thank you, just isn't enough but thank you all
 known + unknown donors.

Colchester Foodbank

Independent examiner's report to the trustees of Colchester Foodbank

I report on the accounts of the organisation for the year ended 31st December 2016 which have been prepared on a Receipt and Payments basis. A Receipts and Payments basis does not account for debtors, creditors, accruals and prepayments but such a presentation is permitted by law for smaller charities.

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(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the General Directions given by the Charity Commissioner under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioner. 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 the seeking of explanations from you as 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:

which gives me reasonable cause to believe that, in any material respect, the requirements:

- (a) to keep accounting records in accordance with section 130 of the 2011 Act; and
- (b) to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the 2011 Act have not been met; or

to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Nick Taylor
Chartered Accountant
Blackburn House
32 Crouch Street
Colchester
CO3 3HH

The date upon which my opinion is expressed is:
April 2017

Warehouse Report

Stock in from September 2016 to September 2017: 74532.2Kgs
(Stock in 2015/16: 65529.15kg)

Stock out from September 2016 to September 2017: 64850.5Kgs
[which included 869.15 Kgs of damaged or out of date food]
(Stock out 2015/16: 41129.81kg)



Judi has ensured that the warehouse has run smoothly and efficiently. We have now become the hub of free food provision in Colchester, working with organisations such as Beacon House and the Night Shelter. The container is currently empty except for 20 crates of tea. In March we had 871 crates of food, now we have 445. We await the Harvest collections to boost our stock. Anne contacts donors- supermarkets, schools, churches and businesses in order to highlight what we are short of. At present we are short of – fruit juice, puddings, rice, kitchen utensils, toiletries (although we are well stocked with nappies and sanitary products).

Judi noted an increasing tendency for people to donate out of date food. Every week two or three carrier bags of such stuff appears in the Supermarket collections. One tip run recently took 87 kilos from the warehouse.

Next Saturday (7 September) the annual stock take will be carried out by a small band of volunteers supervised by Judi.

If Harvest donations follow the pattern of previous years extra autumn sessions out of regular working hours may be needed.

Judi expresses her thanks to all the warehouse volunteers.

Meet and Greet (front of house) Report

Between August 2016 and July 2017 the Foodbank provided 743 family parcels and 1879 standard parcels. This fed 6090 people, of which 3478 were adults and 2612 were children. Our volunteers make our clients feel welcome when they arrive at the Foodbank. They listen to their stories and signpost them to other agencies where they can.

We have seen an increase in clients using the Foodbank because of the introduction of universal credit. Some clients have found themselves in debt because of the changes and have struggled to manage their finances. Unexpected bills and rent increases have also caused hardship. We are getting more phone calls from people who want to know how to get a food voucher as they think they can just come to the Foodbank, sometimes people do just turn up.

The Trussell Trust recommend that clients should only have 3 vouchers in a 6 month period, however for some families this has not been enough to get them through a difficult period of debt. In one case an agreement was made with CAP and the Foodbank to support a single family over a period of a number of weeks, we were delighted that with our support she was no longer in debt and is now able to budget her monies. Win Pomroy, leader at Brightlingsea, had another family who benefited from the additional parcels during a very difficult phase, now there is employment in the family, there is no need for food parcels. If a client has gone over the 3/4 parcels limit, often the referring agency will contact us to discuss the hardship.

We continue to have One Support assist in helping our clients on a weekly basis: clients can make appointments. Since the changes made to One Support we do not see many of the agency staff and wonder how the people they were supporting are managing. POHWER, an advocacy agency, support once a month. It is hoped that a representative from Citizens Advice Bureau may also be able to join us in the future. An increased number of Support agencies have contacted the Foodbank during the year to become voucher holders. Recently, the Citizens Advice Bureau as well as Age U.K. have become involved.

We are grateful to GoodGym who continue to carry out a deep clean of the Foodbank every few months. Furthermore, many clients have benefited from the bus vouchers provided by First Bus Company. Many clients have to go some distance with their food parcels and are very grateful for the help of a bus voucher. Some vouchers have also been given to people who need to attend meetings with the council or who have medical appointments.

Christmas 2016, not only saw a rise in the number of clients visiting the Foodbank, but it also meant we made up approximately 500 Christmas parcels which were received in many cases with tears from the clients.

A number of School groups, cubs and scouts have visited the Foodbank to see what we do...from being volunteers and clients...to weighing in their donations, sorting the foods and making up parcels. We have also been delighted to be asked by an increasing number of schools and colleges to talk at their assemblies, as well as a variety of organisations and businesses. To keep our supporters a monthly newsletter is produced.

Volunteer's Report

Julie paid tribute to all the Foodbank volunteers for their hard work and dedication, and particularly to Judi and Anne, who have run the place so efficiently this year. This year Julie has maintained contact with volunteers with her Friday volunteers email, highlighting gaps in the warehouse needing cover and sharing news about volunteers. She particularly thanked those who stepped in during school holidays, when some volunteers are absent on parental and grandparental duties.

The kind people of Colchester donate food which enables up to give well over 200 emergency food parcels every month feeding about 500 people every month.

We have over 40 volunteers and only one paid member of staff

- We store the food items,
- We welcome clients providing tea, coffee, cakes and biscuits.
- We signpost them to agencies who can help them.

It now costs £1,500 a month to provide this vital service.

We are looking for 500 people to give just £1 per month, and 100 people to £10 per month, by standing order, so that we can continue to meet the needs of those who are struggling to feed themselves and their families

**Your £1 will enable the Foodbank to run for almost half an hour.
Can you help us?**

https://youtube.com/watch?v=9ekH4r3_lh4

What's in a typical food parcel?

Tinned soup; beans; vegetables; fish; & Meat; pasta, rice & spaghetti; cook-in sauces; Cer long-life milk; sugar; tea and coffee; fruit juices/squash; biscuits; jams; tinned fruit and pu

Additional optional items (Specifically single item packs that are small and easy to carry)

- Toiletry items such as: toothpaste; shower gel; shampoo; deodorant
- Baby items as required: food; wipes and nappies
- Small Washing up liquid and small washing powder packs
- Some cooking utensils as sometimes clients do not have access to these, plus tin openers.
- Pet food as required

Plus "Bags for life", we use 3 for every adult emergency food parcel, 6 for a family emergency food parcel.

We provide a small number of homeless parcels which include food items that don't require a kitchen including just add hot water packets (pot noodles/ porridge), ring pulled tins (fruit, ham, corned beef) our main partner agency in distributing these is Beacon House.

Our parcels are generically made up but we then work with each client, to make them bespoke to their personal needs. Be it food that doesn't require cooking, gluten free, Kosher, Halal, vegetarian, vegan, apescatarian or if they just don't like something in particular we will remove it from the parcel and try to exchange it.



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