

The Michael Roberts Charitable Trust developing lives...enriching community

ANNUAL REPORT 2018-19



MRCT is a work driven by faith, guided by love and sustained by hope in our Lord Jesus



CONTENTS

Mission Statement	Page 2
Report by Chief Executive Officer	Page 3-4
MRCT Staff/Trustees	Page 5
Maybury Open Door	Page 6-7
Harlow Foodbank	Page 8-9
Bounty Club	Page 10-11
School Partnerships	Page 12
MRCT Volunteers	Page 13
Community Partnerships	Page 14-15
Acknowledgments	Page 16

Mission Statement

MRCT promotes the value and significance of every person, empowering them to develop their potential and self-confidence. By giving support and encouragement we provide opportunities for community integration, enabling each individual to help meet local social needs in a positive and practical way.





CHIEF EXECUTIVE OFFICER REPORT

wanted to start my report this year by giving my sincere thanks and appreciation to my staff and volunteer teams during 2018/19, as this has been the busiest year to date for the charity and each team member has been very committed in ensuring we continue to meet the challenging and demanding expectation on our services from our local community. Universal Credits have again been a major factor in these increases, with foodbank referrals from Job Centre Plus (DWP) up by an additional 824 people (121%), compared to the same period last year. We have also seen referral numbers increase generally for people on low income, the street homeless and those facing domestic violence. Another factor in these increases is the amount of people moving to Harlow from the London Boroughs, without much planning or support, and with many of them arriving at our satellite centre needing emergency food and other household items, i.e. pots and pans. National increases for the Trussell Trust Foodbank Network have seen an increase in foodbank referrals of 19% this year, whereas Harlow Foodbank has seen a 37% increase, which is the highest we have experienced.

In order to help us support these increases we have been further developing our community partnerships at the store house, which this year has included Stansted Airport (London), Poundland Distribution Centre (Harlow) and The Country Food Trust. We also continue to provide a wide range of surplus fresh food from the Bounty Club to our two foodbank satellite centres, to compliment the non-perishable food boxes given to referred clients, which this year totalled 28.1 tonnes. This is all provided free from a range of our fresh food company partners, for which we are very grateful.

Another way of us being able to provide enough nonperishable food for foodbank referrals has been to continue to work in partnership with the local community, encouraging them to donate via our supermarket collection bins, church and company collection points, or direct to our store house. We have far outweighed expectations for these donations this year and were able to receive and distribute 77.9 tonnes. Harvest donations from churches and schools were the highest they have been in any year, at 9.4 tonnes, and our Christmas Tesco National Customer Food Collections in four local stores, alongside our annual customer donations, totalled 37.7 tonnes over the year. I would like to thank Tesco, Sainsbury's and ASDA in Harlow and Waitrose and Sainsbury's in Bishop's Stortford for their continuing and valuable support of our work and especially say "a big thank you" to the general public, as without your donations we could not be able to provide the service we do to local people in crisis.

Our store house at Matching Tye, Harlow, continues to be the main hub of our work and during the latter part of this year we have been working with Paul Sexton (Managing Director) from our main sponsor Lawsons (Whetstone) Ltd, to assist us in building and developing a new MRCT office and training room on the first floor of the building. On 29th March 2019 the building was complete, and we moved out of the existing office at the Rainbow Centre in Harlow to the store house. Lawsons also provided all of the furnishings for the office, computers, printers, air conditioning, blinds, desks, new external upstairs and downstairs windows, and front door, for which we are very grateful. It is estimated that the new office should be fully operational by the end of May 2019. They also sponsor our Bounty Club and MRCT general purpose van. Special thanks to Paul and his team for this amazing corporate support.

Places for People have again continued to sponsor our foodbank van, and this is a very valuable community partner as it is our busiest vehicle, both picking up and distributing donated food. This sponsorship is in its fifth year and I would like to thank Mary Parsons, Group Director - Placemaking and Regeneration, for her continued support and sponsorship.

In order to maintain our services in the community we need funding and this year has been the most challenging to date, with the need to increase staffing levels at our foodbank satellite centre at St Paul's Church and at our Store House. Appeals for funding support were successful this year, via the Peoples Postcode Lottery alongside other specific funding promotions with Facebook, and general appeals for people to give regularly to the charity. We were also successful with applications to Harlow Council Partnership Grant, Essex Community Foundation and several other Trusts during the year, which has







CHIEF EXECUTIVE OFFICER REPORT

helped us to balance our accounts with a small end of year surplus. I would like to sincerely thank our regular financial donors and those who donate anonymously or ad hoc when we appeal, as again, without you, we would not be able to provide the service we do to the community.

Like any charity we need to have key management people to help steer us through the many challenges we face over the year and for this reason I would like to thank Robert Carrington (Honorary Treasurer) for his commitment and dedication in all that he does for MRCT, ensuring we maintain good streams of income, accurate financial accounts, staff salaries, pensions and other various volunteer roles. Robert has been working with the charity since it was established in 1997 and we are very grateful for his commitment and the impact it has made to the local community. I would also like to thank our team of dedicated Trustees: Jeanette, Teresa, David, Richard, Gill, Jean and Pat, for their work over the year in managing a growing charity; their teamwork, support, encouragement and faith has been an inspiration to me and helped me through when times have been challenging.

Maybury Open Door continues to provide a valuable community service at St Paul's and Harefield churches in Harlow, supporting a wide range of people with complex social needs, which includes the homeless, those vulnerably housed, people with addictions, people who are isolated and live alone, and others with a disability, who want to visit and contribute to their community. We have also had some challenging times at St Paul's Church, with people camping outside and exhibiting some challenging and anti-social behaviour, which has been a challenge to our staff and volunteer teams. This has now been resolved as the tents have been removed and people relocated. Maybury Open Door now continues to provide a warm, safe environment, and gives people the opportunity to make new friends and get the support they need from a team of dedicated community workers, bank staff and volunteers.

Harlow Foodbank fed 5,616 people (3,612 adults & 2,004 children) with emergency food in 2018/19, which is the highest amount of people we have fed in any given financial year. Again this year our foodbank satellite centre at St Paul's has far exceeded the number of stated client referrals seen in any one day (sometimes over

double this amount), and special thanks must go to Duncan Craig and his volunteer team for supporting this need and ensuring people get the emergency food they require when they arrive. On Thursday 26th July 2018 we successfully moved our foodbank satellite centre at St Paul's from the Upper Room on the first floor of the building to the back of the church, to help staff and volunteers eliminate the stairs when delivering and distributing emergency food to referred clients. In line with this we had an appeal for new equipment on Facebook and I would like to thank everyone who contributed.

Bounty Club has again played an important role in providing surplus fresh food from local companies to foodbank clients, front-line professional agencies, school breakfast clubs and other charities, organisations and holiday clubs, all for the benefit of the local community. An average of just over nine tonnes of this food was distributed each month.

We have also been working with Revd Martin Harris at St Paul's Church in Harlow Town Centre to organise an Alpha Group this year, which was well attended and received by both church members and Maybury Open Door visitors. Special thanks to David Evans and David Norkett for their commitment with this new and exciting Christian initiative.

Finally, I would like to thank God for His faithful provision over the year and for providing us with several miracles, which have faithfully brought us through and met all of our needs. We always trust God in all that we do as we know that He too has a real heart for the people in our serving area and beyond. Thank you, Jesus.



Gary Knott – Co-Founder & Chief Executive Officer











MRCT STAFF

Head Office

Gary Knott – Co-Founder & Chief Executive Officer David Evans - Community Services Manager Margaret O'Donovan – Office Manager

Harlow Foodbank

Duncan Craig - Satellite Centre Manager Cherie Smithers - Satellite Centre Coordinator

Store House

Patrick Coppeard – MRCT Project Development Coordinator

Bounty Club

Trevor Stanesby - Bounty Club Coordinator

Maybury Open Door

Clair Forway – Community Worker Suzie Raraty - Community Worker Karolina Sadowska - Community Worker Michael Raven - Assistant Community Worker Liz Bellworthy - Bank Worker Jennifer Gibbs - Bank Worker Moira Howard - Bank Worker Moira Luff - Bank Worker Jean Steele - Bank Worker

Moving Forward Coordinator

Liz Bellworthy – Moving Forward Coordinator

MRCT Trustees

Jeanette Ehlers (Chair of Trustees) Jean Woodward (Vice Chair of Trustees) Pat Balkwill **Gillian Izzard Richard Bowers** David Norkett Teresa Knott (Co-Founder & Trustee)

Company Secretary

Gary Knott

Honorary

Robert Carrington - Honorary Treasurer









5

ANNUAL REPORT 2018-19



Suzie

Liz

Patrick

Clair





Karolina

Margaret

Trevor

Michael



Moira











MAYBURY OPEN DOOR

stablished in Harlow in 1998, Maybury Open Door is based at St Paul's Church on Tuesdays and Fridays, and Harefield Church on Thursdays. The centre is managed by a team of community workers and volunteers. It is an inclusive and unique adult drop-in centre in Harlow which offers support to a wide range of people each week.

The structure is informal with various activities undertaken to enhance people's skills and personal development, thereby enabling them to integrate better with others, both at the centre and in the community. The centre is also supported by the Citizens' Advice Bureau and Peabody (formally Family Mosaic), who provide advice sessions in housing, debt, money management and general welfare matters.

Those attending include people with disabilities, the elderly, homeless and vulnerably housed people, addiction sufferers, people who feel isolated and lonely, foodbank referrals and others who just call in when shopping to enjoy some light refreshments and meet new and old friends.

Maybury Open Door promotes community spirit and integration. It is a place where anyone can come and feel welcome in a safe and warm environment. The centre seeks to promote the ability of all those attending by encouraging them to get involved and take an active role in their local community.

Childlike generosity

Recently, on a Friday, a five-year-old child came into Maybury Open Door at St Paul's Church with a box of groceries and said they were for people who had no food. Earlier that day he had asked his mum to look in the food cupboard to see if they could spare some of their food for people in need. What a wonderful gesture from someone so young.

Partner Feedbau

"It's great to partner with Maybury Open Door, sharing our facilities, enabling us to demonstrate God's love to the local

community." Barry Wales, Pastor, Harefield Church, Harlow

"Maybury drop-in on Tuesdays and Fridays provides a much-valued place of friendship, empowerment, community and support for those with disability, those without hope, and any who are in challenging circumstances – and helps ease their way into the community. It is open to all this helps with integration into the community. The drop-in is also attended by professional agencies e.g. Citizens Advice, Peabody and this provides additional accessibility for their services." Martin Harris, Team Rector St Paul's and St Mary's Church



Sponsored slim

Congratulations to Maybury Open Door fundraiser Wendy who raised £160 for the centre by having a sponsored slim and lost 10lbs 4ozs in June 2018. Well done Wendy and thank you.





MAYBURY OPEN DOOR

Client Feedback

"Maybury is a safe place where I can meet up with my brother as I feel cut off where I live and don't see anybody. I have no support outside Maybury." Vivian

"Having recently undergone cancer treatment, I enjoy the support I get from Maybury from staff and it is good that I am able to be myself when attending, joining in the activities and not being judged for the illness I have had. I enjoy playing pool and hoy." Simon

"I enjoy the friendship here as I get very lonely. I like to think I am not judged. I like talking to people." Robert

"I enjoy the company, the staff been very helpful listening and giving advice." Brenda

"Helps me to integrate with people and helps me to improve my English language. I feel welcome here. Maybury introduced me to Peabody, which is a great service." Teresa

"I like coming here because I can make friends, play games. People are nice and tolerant to other's disabilities. It's the only social place I go to. Thanks to Maybury, I started volunteering at Foodbank." Monika

Thank you, Dee

Dee joined Maybury Open Door in October 2018 and works on Tuesdays and Fridays helping to set up, organise games and craft activities, and helping in the kitchen. Dee does an excellent job and is now an official named volunteer and commented:-

"I like the fact that there is somewhere for people to come and spend time with others. I enjoy doing arts and crafts and talking to people."



Did you know that Maybury Open Door...

- is at Harefield Church and celebrated its 20th anniversary this year
- supports an average of 146 people each week
- is now supporting more young people with challenging needs and behaviour
- gave out 240 free food vouchers to people who are homeless, vulnerably housed or on very low income, to the value of £960
- has a 5 star food hygiene rating from Environmental Health
- out of 19 volunteers, has six with a disability (32%), all working a total of 6,336 unpaid hours in 2018/19
- provides a meeting point for Essex Social Services, Care Direct, U First Care and local occupational therapists staff and clients
- provides a waiting area and free food service to people using the foodbank satellite centre at St Paul's Church
- organises a range of exciting and informative internal and external activities for visitors
- supports work experience placements from All Nations Christian College in Ware
- operated its first Alpha Group this year in partnership with St Paul's Church







HARLOW FOODBANK

P

Debt

he aim of the foodbank is to help individuals and families in crisis until the appropriate agencies are able to help break their cycle of poverty, putting them in touch with relevant agencies who can offer further support and guidance.

Tinned and dried food is collected from the public at supermarkets, churches, schools, banks and other local businesses and organisations, and then banked at our store house in Matching Tye, Harlow, before being given out to people in crisis who have been referred to the foodbank by registered front-line professionals, the Citizens Advice Bureau and Harlow Job Centre Plus, which was the foodbank's largest referral agency in 2018/19.

In addition to tinned and dried food, Harlow Foodbank also offered referred clients over 28 tonnes of surplus fresh food and a range of toiletries and household items through its community partner programme.

The foodbank also provides emergency food and food boxes to front-line agencies working with people in crisis.



Supermarket Sweep

Our staff and volunteers experienced a different kind of food collection at Tesco, Church Langley in Harlow in December 2018 when a member of the local travelling community undertook a supermarket sweep to fill up his trolley with food donations for the foodbank. This was part of a national initiative by travellers to assist foodbanks across the UK.





5,793 (24.4%) of children in Harlow are living below the poverty line (ONS 2018)

"We have been to use the foodbank a couple of times. I've had a rough time with my mental health, a stay in hospital and trying to sort out my benefits. To come here and experience your humanity and christianity, and to feel your love has been like a breath of fresh air. I was at rock bottom and pleased to be treated so nicely and to be given a hug when I needed it. To leave here with all the food I could reedb possibly carry, all of this meant the world to me and my wife. You lifted our hearts and filled our pantry and I felt blessed to be helped by you all. Thank you for all the love you showed to our family" aC

"I was at a very low point in my life, someone from The Red Cross directed me to the foodbank, and they have helped me tremendously. Everyone is so kind and helpful; they don't make me feel like a beggar. Especially Sheila.

Delayed Wages Sickness 1% 2% Child Holiday Meals **Domestic Violence** 1% 7% Benefit Delays No Recourse to Public 15% Funds Homeless 4% **Refused Short Term** Benefit Advances Other. (STBA) 1% 27% Low Income 24% Benefit Changes Debt Benefit Delays 8% 6% Refused Short Term Benefit Advances (STBA) Benefit Changes Low Income Other Homeless No Recourse to Public Funds Harlow Domestic Violence Sickness Delayed Wages Child Holiday Meals

Reasons for HFB referrals 2018-19









HARLOW FOODBANK

Stansted & Poundland Partnerships

These valuable community partners have again been supporting the work of Harlow Foodbank by providing a range of non-perishable food, drinks, toiletries, household items and jarred spreads. These donations were distributed back into the community via our work with Harlow Foodbank and the Bounty Club. In 2018/19 we were able to receive the following donations:

Stansted Airport = 7.3 tonnes Poundland Distribution Centre = 4.5 tonnes



Poundland (



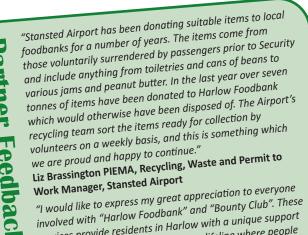
New Partnership

We are pleased to announce our new partnership with The Country Food Trust after working with them on a pilot project since early 2018.

Country Food Trust are a charity food producer making top guality protein-based food that they donate to charities who feed people in need. The charity is funded by individuals, companies, shoots, trusts and other charitable organisations. These additional food sources are now being distributed to local people in crisis by Harlow Foodbank and the Bounty Club.

Did you know that Harlow Foodbank...

- fed 5,616 (3,612 adults & 2,004 children) people in crisis with emergency food in 2018/19
- referrals increased by 37% in 2018-19, compared to the same period last year
- fed 30,135 (19,531 adults & 10,604 children) people in crisis since the foodbank opened in April 2009
- received and distributed 77.9 tonnes of non-perishable food from the local community
- had most referrals from Harlow Job Centre, who referred 1,506 people this year, mainly due to the introduction of Universal Credits in Harlow? Our local branch is very supportive of our work to ensure their clients get the help and support they need
- provides work experience / community placements for local schools, companies, colleges and Duke of Edinburgh Award students



"I would like to express my great appreciation to everyone involved with "Harlow Foodbank" and "Bounty Club". These services provide residents in Harlow with a unique support system which is invaluable and are a lifeline where people gain security from when they need it. None of the above services could work without the volunteers who give of their time and energy to make a difference within our community. So, thank you so very much to all those who assist you in

changing lives for the better". Councillor Maggie Hulcoop, Chair - Harlow District Council



Australian Food Donation

eed

Just before Christmas we had an email from a potential food donor living in Australia who wanted to support us with an Iceland non-perishable food

donation. After sharing the list of food items, we needed, alongside checking that Iceland listed them on their UK website, the order was placed online from the donor's Australian base. Three days later the 81 kg order arrived at our store house in Matching Tye, Harlow. It is good to know that someone so far away can donate to us and care for local people in crisis in Harlow and the surrounding area.





BOUNTY CLUB

The Bounty Club has a dual aim: first, to reduce companies' surplus, low-dated/end-of-line fresh food, which would normally be deemed wastage, and then to distribute it into the local community through front-line professional agencies, all for the benefit of the local community.

These agencies include foodbank satellite centres, school breakfast clubs (children from low-income families), projects for the homeless, children's centres, community drop-in centres, women's refuges, youth hostel services, refugee services, children's holiday clubs, services for the elderly, drug rehabilitation projects, the Salvation Army and many others.

Once the surplus food is picked up by our refrigerated vehicle each day, it is distributed to local people, many of whom are from low-income families, on benefits, homeless or vulnerably housed, as well as those with addictions or others just finding it difficult to make ends meet each week. It also supports our two-foodbank satellite centre clients with fresh food options.

From April 2018 to March 2019 the Bounty Club collected and distributed the following quantities of fresh food from our main suppliers, namely:

Brakes, Harlow = 70.9 tonnes

Bidfood, Harlow = 27.4 tonnes

Swithenbank, Hoddesdon = 5.4 tonnes

Total collected and distributed = 103.7 tonnes

We would like to thank Brakes, Bidfood and Swithenbank for their continued valuable partnership with the Bounty Club in Harlow, which helps the charity support local people in crisis/need and others who are finding it difficult to make ends meet each week, often through no fault of their own.

Community Partnerships

The Bounty Club has continued to develop its local community partnerships this year in order to ensure it can meet the requirements of its customers and, more importantly, give them a wider range of both non-perishable and fresh food. These have included:

Stansted Airport (London)

This valuable partnership has continued at some pace this year and provides us with a wide range of non-perishable food, toiletries, soft drinks, perfumes and other passenger surrendered/restricted items.

This year has seen an increase in donations totalling 7.3 tonnes, which have been distributed into the local community by Bounty Club and Harlow Foodbank. A small amount of this stock is also used for fundraising to help the charity raise much needed funds towards storage costs.

Poundland Distribution Centre (Harlow)

This partnership has continued to progress this year with regular pallet deliveries to our store house of a wide range of non-perishable food, soft drinks, biscuits, household products, sweets, toiletries and various other assorted items. This year we have distributed 4.3 tonnes of these donations back into the local community by Bounty Club and Harlow Foodbank. A small amount is also used for fundraising to help the charity raise much needed funds towards storage costs.

















BOUNTY CLUB

Community Partnerships cont...

Tesco Metro

This partnership has been maintained, picking up and distributing short-dated fresh food to local front-line professional agencies. This year we have distributed 1.42 tonnes of fresh food from Tesco Metro in Harlow Town Centre.

The Country Food Trust

This exciting new initiative has been operating as a pilot project in 2018/19 providing highly nutritious and delicious game meat to Bounty Club and Harlow Foodbank. Due to its success this is now fully operational, and we have distributed over 1000 food pouches to local people in crisis and to front-line professional agencies.

Mayfield Farm Bakery

As a charity we are very keen to explore new initiatives supporting local businesses to help reduce their level of food wastage and have been delighted to be working in partnership with Mayfield Farm Bakery and Rainbow Services to make this happen. This year we have picked up 695kg of bread and rolls from the bakery, which have been distributed to local people in crisis at our foodbank satellite centre.

T









"Bounty Club are a welcome sight on Wednesdays, when we are able to accept such a wide variety of fruit, veg, meat, salads, bread dairy and treats, which we separate and distribute in baskets to many families and activities in our community, who are in need of extra support. Everyone is so thankful and say, 'we could not manage without this, thank you so much'. Bounty has broken down barriers of poverty and hardship and has produced such a friendly, frontline, much needed service in our community. Our efforts feed over 60 people in families per week and provide around 300 afternoon teas each week for our children." **Ann Tierney, The Gateway Centre, Harlow**

"Working in partnership with Michael Roberts Charitable Trust has been so beneficial for our Harlow Seniors. The Bounty project has delivered fresh food to several of our social clubs allowing us to share food in our communities, whilst diverting wonderful produce away from landfill. Bounty also provides for our young people working in our wood workshop once a week. They do look forward to the surprise of what they might get. We will definitely be renewing our membership!" Kelly Tarling, Community Builder, Rainbow Services

ANNUAL REPORT 2018-19 11



SCHOOL PARTNERSHIPS

School partnerships are very important to us as a charity as its helps to develop positive, practical and work experience opportunities for children and older students from various schools and academies in Harlow and the surrounding area. It also helps them to have a better knowledge and understanding of local community issues and the reason why people use our services.

We also have been further developing our school breakfast club partnership programme in Harlow, primarily aimed at supporting pupils from low income families. Many of these children arrive at school having not had a nutritious breakfast, which affects their educational attainment and ability to concentrate. A range of non-perishable and fresh food is provided for these children supplied by Harlow Foodbank and the Bounty Club.

Schools also support Harlow Foodbank with their harvest food collections and this year we are pleased to announce that 34 schools participated in Harlow and the surrounding area, collecting a staggering record breaking 9,477.43 kg of donated food.

"Burnt Mill Academy Trust has a had a partnership with Harlow Foodbank for a few years and throughout that time our pupils have supported the foodbank by collecting donations at supermarkets and in schools. This has helped develop our pupils' community spirit and become actively involved in their community. Our pupils thoroughly enjoyed taking part in all foodbank projects and we are very proud of them for the care they show for others." **Dee Conlon, Burnt Mill Academy Trust**

"The food items we receive from Bounty Club are used for both children and families, this supports the nursery and encourages healthy eating choices. We really appreciate this

service". Karen Bishop, Akhter Early Learning Centre, Harlow.





During 2018/19 Harlow Foodbank and the Bounty Club has been working in partnership with the following 21 schools:

- Abbotsweld Primary School
- Akter Early Learning Centre (Nursery)
- Burnt Mill Academy
- Buzzee Beez Pre School (Nursery)
- Cooks Spinney Primary School
- Downs Primary School & Nursery
- Freshwaters Primary Academy
- Holy Cross Academy & Pre-School
- Henry Moore Primary School
- Katherines Primary Academy
- Kingsmoor Academy
- Little Parndon Primary Academy
- Longwood Primary Academy
- Mark Hall Academy
- Milwards Primary School & Nursery
- Passmores Academy
- Pear Tree Mead Academy
- Pemberley Academy
- Potter Street Academy
- St James C of E Primary School
- William Martin Junior School

From April 2018 to March 2019 Harlow Foodbank/ Bounty Club provided the following quantities of fresh and non-perishable food to local schools:

Harlow Foodbank = 4,518.01 kg (non-perishable)

Bounty Club = 21,399 kg (fresh food)





edback



MRCT VOLUNTEERS

olunteers are at the heart of what we do, and these heroes give their time freely and sacrificially and yet they often tell us how rewarding volunteering can be.

Many come with a wide range of skills and life experiences which help to enhance our work for the benefit of the people using our services. Others with less experience or with a disability volunteer to help build up their confidence and self-esteem as part of our in-house online training and development programme. All volunteers are encouraged to reach their full potential working as part of an inclusive team, knowing they are making a real significant difference in the lives of local people.

Inteer Teedo

"My life has not always been easy, but neither I nor any of my friends and family have ever been without food to eat or somewhere to live. It is a privilege and very humbling to be given the chance to meet with people coping with such difficult circumstances. My Bible reading recently highlighted the way Jesus valued and befriended those on the fringes of society and challenged believers to do the same. It is all too easy for Christians to stay with like-minded people in the safety of our own churches and ignore those outside, so I value the opportunity to follow Jesus' example and show something of God's love to those who need it so badly."

Sheila, Satellite Centre Volunteer

"I have been volunteering at the store house on Tuesday morning for over a year now. I got involved as my friend and fellow volunteer collected for the Foodbank at our local church. Its good fun and there is a lot of laughter. It can be dirty and tiring work but it's so worth it. The Foodbank is a vital lifeline for those who are truly in need, which shows no sign of diminishing, and I am very happy to be involved with

such a worthy cause." Cathy, Fundraiser and Store House Volunteer



Statistics

During this financial year the charity had 145 volunteers undertaking work with Maybury Open Door, Harlow Foodbank, Bounty Club, fundraising, and with other general duties. This represented 16,601 of unpaid hours contributed by our volunteers.

11 volunteers (7.6%) working with the charity have a learning, physical or mental disability and make a valuable contribution to our work and the community.



Geoff - A Store House Volunteer....

Geoff, one of our Store House volunteers, who works each week checking and sorting out donated food. He likes to work independently but also enjoys being part of a team and he does an excellent job. Well done and thank you Geoff for your commitment to our work each week.



Volunteers don't get paid, not because they're worthless, but because they're priceless



Bidfood

brakes

Motors

COUNTRY

FREE

CAKES

FOR KIDS UK

FOOD

Bristol Street

spired by you







COMMUNITY PARTNERSHIPS

ommunity and corporate partnerships are a valuable resource to any charity, as without them charities would not be as effective in supporting the people they serve. MRCT has again been developing these partnerships during this financial year and we would like to thank the companies, churches, local authorities, and organisations below for working with us in 2018/19 all for the benefit of our local community. Partners are listed in alphabetical order::

Bidfood (Harlow):

Has continued to provide a wide variety of surplus, short-dated, fresh food which has been distributed back into the community to front-line professional agencies, charities and community groups working with disadvantaged people, people on low income, all for the benefit of the local community.

Bishop's Stortford Foodbank:

As a charity we really do value our on-going partnership with Bishop's Stortford Foodbank, providing them with food storage and distribution facilities during the year. They also help us by providing a volunteer team for our local Tesco foodbank Neighbourhood Food Collections.

Brakes (Harlow):

Provided a range of surplus, short-dated fresh food for our Bounty Club and Harlow Foodbank, which has been distributed back into the community to front-line professional agencies, charities and other community groups working with disadvantaged people, people on low income, all for the benefit of the local community.

Bristol Street Motors (Harlow):

Continues to support the work of the charity with FREE servicing, advice, and repairs to our foodbank, Bounty Club and MRCT vans. Special thanks to Richard Geary, General Manager, for his on-going help and support of our work.

The Country Food Trust:

This new partnership started in 2018, providing Harlow Foodbank with nutritional pouches of game meat for their referred clients and Bounty Club members. Special thanks to Duncan Clark for his ongoing support with this valuable partnership.

Free Cakes for Kids (Harlow):

Harlow Foodbank has referred 33 families in crisis to Free Cakes for Kids ensuring that each child received a celebration birthday cake on their special day.

Greenways Eggs:

They continue to provide our foodbank satellite centre in Harlow Town Centre with a supply of fresh eggs each week which helps to complement the range of non-perishable food we provide to all of our foodbank referrals. Special thanks to Jenny Fish at Greenways Eggs for her continued support of our work.

Harefield Church (Harlow) & St Paul's Church (Harlow Town Centre):

These churches partner with MRCT by providing the building for our Maybury Open Door drop in centres in Harlow. St Paul's Church also provide a ground floor location for our foodbank satellite centre. Special thanks to the leaders of these churches for their valuable support.

Harlow Council:

Harlow Council continues to support the work of the charity for the next three years, with an annual partnership grant of £10,000 towards the rent at our store house in Matching Tye, Harlow. We would like to thank Harlow Council for maintaining this financial support at a time of funding cutbacks for many local authorities.

High Trees Packers Ltd:

This community partner provides Harlow Foodbank with a supply of fresh potatoes which are distributed to referred foodbank clients at our satellite centre in Harlow Town Centre. Special thanks to Ian Cottam for his support of our work with people in crisis.





14

wrking together for Harlo



COMMUNITY PARTNERSHIPS



Provided a waste disposal location/facility for the charities work.

Lawsons (Whetstone) Ltd:

This company have continued to provide a range of help and support in 2018/19, which has included; the planning and development of a fully fitted MRCT office and training room, new external windows and door, new security/fire system and furnishings at our store house in Matching Tye. They also sponsor both our Bounty Club and MRCT vans each year and provide the charity with additional advice and support when needed. Special thanks to Paul Sexton, Managing Director of Lawsons for arranging this support.

LoknStore (Harlow):

This company have been supporting the work of Harlow Foodbank since it opened in April 2009, with free/subsidised storage space up until it moved to Matching Tye in February 2016. It now provides a drop off point for food donations and is a van keyholder. We would like to thank them for their continued support over many years.

Places for People:

Places for people have sponsored our foodbank van since 2014, helping us to pick up and distribute emergency food to local people in crisis. This sponsorship covers all the van's expenditure and we would like to thank Mary Parsons, Group Director - Placemaking and Regeneration, for her continued support and sponsorship.

Poundland Distribution Centre (Harlow):

Poundland has been a community partner since 2017/18, providing a wide range on non-perishable food, toiletries, household items, sweets and drinks for Harlow Foodbank. These donations are given out to local people in crisis. Special thanks to Geoff Morgan, Distribution Centre Controller, for organising these donations and deliveries.

Salvation Army (Harlow):

For providing a foodbank satellite centre for Harlow Foodbank on Wednesdays at their location in Harlow. Special thanks to Majors Chris and Karen Sandford, and Lorraine Evans and her volunteer team.

Stansted Airport (London):

This partnership continues to be well established since its initial trial in September 2016 and we receive a wide range of recycled/surrendered/restricted non-perishable food, toiletry and perfumes from airline passengers' hand baggage checks. These items are distributed to local people in crisis and front-line professional agencies via the work of Harlow Foodbank and the Bounty Club.

Swithenbank (Hoddesdon):

Provided an assortment of surplus, short-dated fresh food which has been distributed back into the community to front-line professional agencies working with disadvantaged people and people on low income with our work with the Bounty Club and Harlow Foodbank.

Trussell Trust Foodbank Network:

Harlow Foodbank is a member of the Trussell Trust Foodbank Network and we are indebted to them for their help and support in setting up and giving on-going support with Harlow Foodbank since it opened in April 2009.

UK Salads:

Provided an assortment of fresh salad items each week which has been distributed to Harlow Foodbank referred clients in crisis at our foodbank satellite centre in Harlow Town Centre. We would like to thank them for their continued support of our work.



airport



AWSONS.

• K n

Storage

places

people

Poundland (

london stansted

NET OF MAG





ACKNOWLEDGMENTS







The Michael Roberts Charitable Trust

Store House, Unit 8, Housham Hall Farm, Harlow Road, Matching Tye, Harlow CM17 0PB Tel: 01279 724515 Email: enquiries@mrct.org.uk

www.mrct.org.uk Registered Charity No: 1065006 Registered Company No: 3439299





REGISTERED NUMBER: 03439299 (England & Wales) CHARITY NUMBER: 1065006

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31st March 2019

for

The Michael Roberts Charitable Trust

Limited by Guarantee

•

٠

•

<u>Contents of the Financial Statements</u> for the year ended 31st March 2019

	Page
Charity Information	1
Report of the Trustees	2
Statement of Financial Activities	3
Balance Sheet	4
Trustee Statement	5
Notes to the Financial Statements	6 - 7
Income and Expenditure Account	8 - 9
Annual Review Statement	10

э.

•

.

Charity Information for the year ended 31st March 2019

TRUSTEES:

R Bowers J Ehlers (Chair of Trustees) P Balkwill T A Knott D C Norkett J R Woodward G Izzard

NB: Trustees are also Directors of the Company

COMPANY SECRETARY:

.

G Knott

REGISTERED OFFICE:

Unit 8 Housham Hall Farm Harlow Road Matching Tye Harlow CM17 OPB

REGISTERED COMPANY NUMBER: 3439299 (England and Wales)

ACCOUNTANTS:

•

Pigram & Co 2 Burgess Cottages Pound Hill Little Dunmow Essex CM6 3HW

REGISTERED CHARITY NUMBER: 1065006

BANK:

Barclays Bank Pic 14 The Water Gardens Centre Harlow Essex **CM20 1AN**

<u>The Michael Roberts Charitable Trust</u> (Limited by Guarantee)

<u>Report of the Trustees</u> For the year ended 31st March 2019

The Trustees, who are also Directors of the Charity for the purpose of the Companies Act 2006, present their report together with the financial statements of the Company for the year ending 31st March 2019.

PRINCIPAL ACTIVITY

The principal activity of the Company in the year under review was that of a Christian Charity, working in the community with a wide range of people, including people with a learning / physical disability, people vulnerable and / or isolated through homelessness or being vulnerably housed and people in crisis with emergency food. The Company also worked with local fresh food companies assisting them to reduce their surplus food by picking it up and redistributing it into the local community to front-line professional care agencies.

The governing document is the Memorandum and Articles of Association of the Company.

All Trustees offer themselves for election at the forthcoming Annual General Meeting.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

ON BEHALF OF THE BOARD

..... G Knott - COMPANY SECRETARY

Dated: 12th July 2019

UST	
ILE TT	
RITAE	
CHAI	<u>(1</u>
BERTS	ANTI
LROBE	GUAF
CHAE	CD BY
HE MI	IMITTH
Ĩ	Э

STATEMENT OF FINANCIAL ACTIVITIES for the Year Ended 31 March 2019

2010		4 4		7	_		855 677 169,134 157,791		1,068 1,068	112 161 05 224			6 2		1,483 1,430					4,049 1,592	100	000'Z 000c'	4,515 4,521		160.497 150.260		-			118,766 110,129
	Redundancy	everve F		_						-	ŝ		2	e	-					7			4		- 16		24,863 110			26,554 11
	Bounty	а 4	0 972				9,873			8.532							1,400	000 1	767,1		•		4,500		15,664	(2,791)	10,805	J		5,014
Restricted Funds	Foodbank Storehouse	01010	4 774	hait.			4,724						16,600	(8,000)											8,600	(3,876)	1,675	2,201		1
	Harlow Foodbank	48	94, 837				94,832	108	100	74,399	T	816	1,136	088	009	1,891 1 455	1,400 C	202,1	102 5	4,049					96,702	(1,870)	12,930	ı		11,060
	Maybury Open Door	41	22.361	0.681	10012	<u>845</u>	32,897	267		25,258	437	15 15	1,476	107	101	700	1 417	555							29,732	3,165	1	а	17.0	3,100
Unrestricted	<u>Notes</u> General Fund	48	26,402		406		26,808	ŗ		3,972	ł	50,50	2,894	487	110	117				100	1,500			6UU	662,6	17,009	59,856	(3,892)	10.070	CI 6'71
	Z	INCOME and ENDOWMENTS FROM:	Donations & Legacies	Income from Charitable Activities Maybury Open Door	Investment Income	Other Income Sales	TOTAL INCOME and ENDOWMENTS EXPENDITIRE ON-	Raising Funds	Expenditure on Charitable Activities	Salarics	Training Travel & Subatanan Ermanne	LIAVEL & SUUSISCENCE EXPENSES	VAT Refind	Telephone & Internet	Printing, Postage & Stationery	Motoring Costs	Purchases - Craft. Cleaning. Food. Dav-to-Dav	Insurance & Professional	New Equipment & Renewals	Bank Charges	Charitable Donations	OTHER EXPENDITURE	Depreciation	countancy rees	TOTAL EXPENDITURE ON:	NET MOVEMENT IN FUNDS FOR THE YEAR	Balances brought forward at 1 April 2018	I ransfer between Funds	BALANCES CARRIED FORWARD AT 31 MARCH 2010	

Page 3

•

•

<u>The Michael Roberts Charitable Trust</u> (Limited by Guarantee)

Balance Sheet As at 31st March 2019

FIXED ASSETS	Notes 4	31 st Marc £	հ 2019 £	31 st Marc £	h 2018 £
Fixtures & Fittings Cost Less: Depreciation		6,242 6,196		6,242 <u>6,181</u>	
			46		61
Computer Equipment Cost Less: Depreciation		615 615		615 615	
Motor vehicles			-		*
Cost Less: Depreciation		26,931 26,931		26,931 22,431	
					4,500
			46		4,561
CURRENT ASSETS Debtors Cash at bank and in hand	5	4,944 118,685	·	5,813 105,430	
CREDITORS		123,629		111,243	
Amounts falling due within one year	6	4,909		5,675	
NET CURRENT ASSETS			118,720		105,568
NET ASSETS	L.		118,766		110,129
FINDS					
<u>FUNDS</u> UNRESTRICTED FUNDS General			72,973		59,856
RESTRICTED FUNDS Foodbank			11,060		12,930
Storehouse Rent Redundancy Reserve Maybury Open Door			26,554		1,675 24,863
Bounty Club			3,165 5,014		10,805
			118,766		110,129

This page forms part of these financial statements

Page 4

.

<u>The Michael Roberts Charitable Trust</u> (Limited by Guarantee)

<u>Trustees Statement</u> For the year ended 31st March 2019

The charity is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2019.

The members have not required the Company to obtain an audit of its financial statements for the year ended 31st March 2019 in accordance with Section 476 of the Companies Act 2006.

The Trustees acknowledge their responsibilities for:

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

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Trustees on Friday the 12th July 2019 and were signed on their behalf by:

bodan

abgard Gill Izzard

This page forms part of these financial statements

The Michael Roberts Charitable Trust (Limited by Guarantee)

<u>Notes to the Financial Statements</u> for the year ended 31st March 2019

1. STATUTORY INFORMATION

The Michael Roberts Charitable Trust is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address can be found on the Charity Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover represents donations and gifts, as analysed in the Statement of Financial Activities, measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

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

Fixtures and fittings Computer equipment Motor vehicles

25% on reducing balance
25% on reducing balance

- 33.3% on cost

Taxation

The Company is a registered charity as defined by the Charities Act 1960 and as such no taxation has been provided for in these accounts.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to profit or loss on a straight-line basis over the period of the lease.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 5.

4. TANGIBLE FIXED ASSETS

COST: At 1 st April 2018 Additions At 31 st March 2019	<u>Fixtures &</u> <u>Fittings</u> <u>£</u> 6,242 - <u>6,242</u>	<u>Motor</u> <u>Vehicles</u> <u>£</u> 26,931 - 26,931	Computer Equipment £ 615 - 615	<u>Total</u> <u>£</u> 33,788 33,788
DEPRECIATION: At 1 st April 2018 Charge for Year At 31 st March 2019	6,181 <u>15</u> 6,196	22,431 4,500 26,931	615	29,227 4,515 33,742
NET BOOK VALUE At 31 st March 2019 At 31 st March 2018	4661	4,500		46

These notes form part of these financial statements

Page 6

continued ...

<u>Notes to the Financial Statements</u> for the year ended 31st March 2019

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	15	31" March 19	31 st March 18
Tax recoverable		£	£
		1,194	1,313
Rent deposit		3,750	4,500
		4,944	5,813

-

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

DANCE and NEC	31** March 19 £	31 st March 18 £
PAYE and NIC Other creditors and accruals	3,066 1,843	3,124 1,951
	4,909	5,075

7. RESTRICTED FUNDS

A full description of the restricted funds is contained in the Report of the Trustees. Financial details are contained in the Statement of Financial Activities on page 3.

8. HARLOW FOODBANK

Harlow Foodbank received non-perishable food donations totalling 79,924.05 Kgs. During the year 77,919.02 Kgs of non-perishable food was distributed to people in crisis and front-line professional agencies and at the Balance Sheet date 22,181.78 Kgs of non-perishable food was held for distribution in 2019/20.

9. BOUNTY CLUB

The Bounty Club received and distributed 157,688.49 Kgs of fresh chilled surplus food to front-line professional agencies, organisations, foodbank clients and charities in Harlow during the financial year. At the Balance Sheet date none was held for redistribution.

10. RECYCLING PROJECT

MRCT has continued to develop positive partnership relationships in 2018/19 with Stansted Airport (London) and Poundland Distribution Centre (Harlow). During this financial year the charity has received the following from these two partners which has been distributed back into the community:

Stansted Airport = 7,377 Kgs

Poundland Distribution Centre (Harlow) = 4,531 Kgs

Items being recycled include non-perishable food, toiletries, household products, soft drinks, perfumes, sweets and other assorted miscellaneous products which have been distributed to front-line professional agencies, charities, foodbank clients and other local organisations.

These notes form part of these financial statements

<u>The Michael Roberts Charitable Trust</u> (Limited by Guarantee)

Income and Expenditure Account for the year ended 31st March 2019

•

	31 st Marcl £	h 2019 £	31 st Marc £	h 2018 £
Income VOLUNTARY SOURCES General Donations Maybury Open Door Harlow Foodbank Harlow Foodbank Transport Bounty Club Harlow Foodbank Storehouse Recycle Project Sales	26,402 32,042 94,672 160 9,873 4,724 855		27,365 27,114 53,787 3,600 15,366 19,675 9,831 <u>677</u>	
GROSS PROFIT		168,728		157,415
Other income Bank interest	406	<u>406</u> 169,134	<u>376</u>	<u> </u>
Expenses DIRECT CHARITABLE EXPENDITURE Salary Employers NIC	109,983 2,178		94,636 1,248	
COMMUNITY SERVICES PROJECTS Maybury Open Door Harlow Foodbank New Equipment & Renewals	1,417 7,285 4,049	124,912	1,139 7,811 1,592	106,426
PROFIT/(LOSS) CARRIED FORWARD		44,222		51,365

This page does not form part of these financial statements

<u>The Michael Roberts Charitable Trust</u> (<u>Limited by Guarantee</u>)

<u>Income and Expenditure Account</u> for the year ended 31st March 2019

•

	31 st March 2 £	2019 £	31 st March £	2018 £
Brought forward		44,222		51,365
OTHER EXPENDITURE Rent Telephone Printing, postage and stationery Motoring costs Training Accountancy Donations Publicity & fund raising Insurance Bank charges Travelling	14,106 1,483 2,302 2,855 437 600 1,500 1,068 5,768 100 851	31,070 13,152	22,952 1,430 1,734 2,910 642 600 2,000 1,068 5,092 	39,313 12,052
Depreciation Fixtures and fittings Motor vehicles	15 4,500		21 4,500	
NET SURPLUS/(DEFICIT)		<u>4,515</u> <u>8,637</u>		<u>4,521</u>

•

.

This page does not form part of these financial statements

<u>The Michael Roberts Charitable Trust</u> (Limited by Guarantee)

Annual Review Statement

The attached Accounts for the year ended 31st March 2019 have been prepared from information, records and explanations supplied and in accordance with current guidelines.

No issues worthy of being reported to the Treasurer have arisen during the year.

I am satisfied that the surplus of Income over Expenditure of £8,637 represents the charity's activities for the period and that the carried forward monetary balances agree with the bank and building society accounts of the charity.

2 F (

Date: 19 Jun 2019

Pigram & Co 2 Burgess Cottages Pound Hill Little Dunmow Essex CM6 3HW

This page does not form part of the statutory financial statements



CHARITY COMMISSION FOR ENGLAND AND WALES

Section A Ir	ndependent Examiner's Report	
Report to the trustees/ members of	THE MICHAEL POLETS	HARMASLE JRST
On accounts for the year ended	31 ST MARCH 2019	Charity no (if any) 1065006
Set out on pages	3-9 (remember	to include the page numbers of additional sheets)
	I report to the trustees on my examination charity ("the Trust") for the year ended	n of the accounts of the above
Responsibilities and basis of report	As the charity's trustees, you are response accounts in accordance with the requiren ("the Act").	sible for the preparation of the nents of the Charities Act 2011
	I report in respect of my examination of t under section 145 of the 2011 Act and in have followed all the applicable Direction under section 145(5)(b) of the Act.	carrying out my examination, I
Independent examiner's statement	[T he charity's gross income exceeded £2 undertake the examination by being a qu a pplicable listed body]]. <i>Delete</i> [] <i>if not a</i>	alified member of [insert name of AccA
	I have completed my examination. I con come to my attention in connection with t disclosed below *) which gives me cause respect:	the examination (other than that
	 of the Charities Act; or the accounts did not accord with the accounts did not comply with the accounts did not comply with the concerning the form and content of the accounts and content of the accounts are accounted at the accoun	he applicable requirements of accounts set out in the Charities ns 2008 other than any requirement fair' view which is not a matter
	I have no concerns and have come and with the examination to which attention order to enable a proper understandir	n should be drawn in this report in
	* Please delete the words in the brackets	s if they do not apply.
Signed:	Um	Date: 31st Juny 2019
Name:	Justin Pianan	
Relevant professional qualification(s) or body	FCCA - FELLOW OF	THE ACCA
IER	1	Oct 2018

Address:	26	2	1-	 1	0	1
ridarooo.	20	NGESS	GITAGES	 LITTLE	Langar	, Es
	Cal	34W				·
-	C-10	0,1		 		

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.