



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



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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

I 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 non-perishable 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



Gary



David



Margaret

Head Office

Gary Knott – Co-Founder & Chief Executive Officer

David Evans – Community Services Manager

Margaret O'Donovan – Office Manager



Cherie



Patrick



Trevor

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



Clair



Suzie



Karolina

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



Michael



Liz



Jennifer

Moving Forward Coordinator

Liz Bellworthy – Moving Forward Coordinator



Moira



Moira



Jean

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





MAYBURY OPEN DOOR

Established 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 Feedback

"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 hoi." 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

The 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.

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

Client Feedback

"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 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"

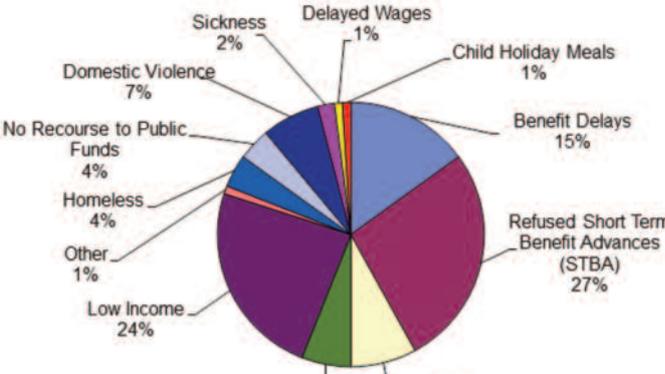
"I was at a very low point in my life, someone from The Red Cross directed me to the foodbank, and they have helped me tremendously. Everyone is so kind and helpful; they don't make me feel like a beggar. Especially Sheila."



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.

Reasons for HFB referrals 2018-19



- Benefit Delays
- Refused Short Term Benefit Advances (STBA)
- Benefit Changes
- Debt
- Low Income
- Other
- Homeless
- No Recourse to Public Funds
- Domestic Violence
- Sickness
- Delayed Wages
- Child Holiday Meals





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



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 quality 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

Partner Feedback

"Stansted Airport has been donating suitable items to local foodbanks for a number of years. The items come from those voluntarily surrendered by passengers prior to Security and include anything from toiletries and cans of beans to various jams and peanut butter. In the last year over seven tonnes of items have been donated to Harlow Foodbank which would otherwise have been disposed of. The Airport's recycling team sort the items ready for collection by volunteers on a weekly basis, and this is something which we are proud and happy to continue."

Liz Brassington PIEMA, Recycling, Waste and Permit to Work Manager, Stansted Airport

"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

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.



Partner feedback

"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**





SCHOOL PARTNERSHIPS

School partnerships are very important to us as a charity as it 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.

Partner Feedback

"Burnt Mill Academy Trust has 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.



BREAKFAST CLUB

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)





MRCT VOLUNTEERS

Volunteers 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.



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.

Volunteer feedback

"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



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



COMMUNITY PARTNERSHIPS

Community 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.





COMMUNITY PARTNERSHIPS



HTS Group (Harlow):

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.



ACKNOWLEDGMENTS



- ASDA (food collection point)
- Bag it Plastics (cardboard disposal)
- Bidfood, Harlow (surplus fresh food supplies)
- Bishop's Stortford Foodbank (foodbank partner)
- Brakes, Harlow (surplus fresh food supplies)
- Bristol Street Motors (free van servicing and repair)
- Burnt Mill Academy (student supermarket collections)
- Church and School partners (general and harvest food donations)
- Church Langley Church (funding partner)
- Church of Holy innocents, High Beach (funding partner)
- Country Food Trust (high protein game food pouches)
- Create Identitee (MRCT clothing)
- Essex Community Foundation (funding support)
- Free Cakes for Kids (celebration cakes for foodbank client's children)
- Freshwaters Church (funding partner)
- From a Mother to Another (children's clothing donations)
- Front-Line Professional Agencies (community partners)
- Gateway Freedom Church (funding partner)
- Greenways Eggs (egg donations)
- Halifax (foodbank delivery point and cash collection boxes)
- Harefield Church, Harlow (free use of building)
- Harlow Council (Store House funding support)
- Heart4Harlow (community partner)
- High Trees Packers (potato donations)
- HTS Group, Harlow (waste disposal)
- Laura McAlpine (Prospective Labour Parliamentary Candidate)
- Lawsons (Whetstone) Ltd (vehicle and equipment donations, office rebuild)
- LoknStore (foodbank delivery point)
- Mayfield Farm Bakery (bread and rolls donations)
- Passmores Academy (student supermarket collections)
- Poundland Distribution Centre Harlow (food, toiletry and household donations)
- Rainbow Services (community partner)
- Robert Halfon MP
- Rodect Pest Control (pest control partner)
- Rotary Club of Harlow Tye (foodbank supermarket collections)
- Sainsbury's, Harlow and Bishop's Stortford (foodbank collection point)
- Salvation Army, Harlow (foodbank satellite centre on Wednesdays)
- Santander (foodbank delivery point)
- Saunders Markets Ltd (North Weald fundraising stall)
- Sobell Charitable Trust (funding partner)
- St Paul's Church, Harlow (discounted use of building)
- Stansted Airport (London) (food, toiletry and gift donations)
- Stuart & Kathryn Tinney, Housham Hall Farm (landlords)
- Swithenbank, Hoddesdon (surplus fresh food supplies)
- Tesco, Harlow and Bishop's Stortford (foodbank collection point and cash top-up)
- Trussell Trust Foodbank Network (foodbank partner)
- UK Salads (salad donations)
- Waitrose, Bishop's Stortford (foodbank collection point)



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