



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












ANNUAL REPORT 2019-20



*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



Andy Thornton
Chief Executive Officer
September 2020

This is the first time that our Annual Report hasn't opened with an introduction from our Co-Founder Gary Knott.

As many of you will know Gary passed away in October 2019. This left a huge hole in the heart of the charity in the year we report on here. His achievements and his presence as the leader and CEO here are inestimable. The next three pages contain a tribute to Gary from Teresa Knott, who founded the charity with her husband Gary, and whose loss we share. Her words bring afresh to us the wonderful and faithful life that left The Michael Roberts Charitable Trust (MRCT) as a thriving gift to Harlow.

Indeed – this whole report is a tribute to Gary, and I start as a new CEO here grateful for all that he has done, and I am committed to continuing the same vision as you will read of here.

It brings me great happiness to report the work of 2019 – 20. Personally, I had nothing to do with it, and so am in awe for those who did. I am hugely impressed by the shared commitment of the small team of staff and large number of volunteers who carry out the work so cheerfully, and who, following Gary's sudden death, didn't miss a single day of delivery to those who he and they care for.

I share Gary's faith, but our life experiences are quite different. I came to Harlow 15 years ago and much of that time was spent commuting to London where I worked for and led national charities. Having been involved with schools and community projects across the town, I am aware of the great mix of people that make Harlow. As a population we could all fit into Wembley Stadium! And yet we spread out across so many households, each with their own story and each in streets with theirs.

This report summarises the great endeavours of just one pocket of Harlow.

MRCT originated in the Christian community and is fuelled by the generosity of churches

and other faith groups, organisations and individuals from Harlow and the surrounding area, and now addresses widely recognised needs. As the years progressed more and more people have come to support us through giving their time, food or money. This support is our lifeblood, not just because it funds our work, but because it represents the shared goodwill of the people in and around Harlow for their neighbours. Every food parcel or every welcome at the Maybury Open Door comes as a small and practical token of love, solidarity or empathy that I see as 'Harlow United'.

Since the period covered in this report the Coronavirus has hit us, and we have been reminded just how interdependent we are. Our town has seen story after story of people's care for each other. The testimony in this report predates that, but similarly shows how strong and caring we are under the surface. It bears witness to individuals, community groups, churches, businesses, trust funds, groups of friends, statutory bodies, wealthy donors and those with a small but important token of care for others; all joining together to help deliver food, a warm welcome and a sign that we care. And all given willingly to those who need our support.

If you are one of those givers, we say thank you, and we thank God for you, every one. Together we make something happen that is bigger than all of us and we bless you for your solidarity and generosity in the shared gift that is The Michael Roberts Charitable Trust. The Harlow population is expected to grow in the coming years. As we do - let's try also to grow in generosity and solidarity, honouring Gary and the best in all of us.





Gary & Richard Bowers praying at Southwark Cathedral



Gary and team members Jeanette, Clair, Suzie, Karolina, Teresa and Margaret



Gary & Charlie Lee (player) watching his beloved football team Leyton Orient

Gary Knott: 1951 to 2019

A celebration of his life by Teresa Knott

Gary was born in Finchley, and moved with his family to Northbrooks in Harlow when he was 6 years old. He attended Hare Street infants and Juniors and Passmore's comprehensive.

The family were members of Saint Pauls Church and Gary was confirmed when he was eight. As a teenager he committed his life to Jesus.

The death of his five-year-old sister who had Cystic Fibrosis really impacted him as a nine-year-old boy. His father's sudden death at home when he was 21 also affected him greatly. Through it all Gary was so aware of his mother's strong Christian faith.



Growing up Gary loved playing football and later on he ran youth football teams with some success. His other passion was for steam engines and he volunteered on the Ffestiniog Railway line and always loved to go on steam trains whenever he could.

He also trained as a Samaritan in what he told me was the most difficult and yet the most rewarding job, trying to help individuals through crisis.

As a lad he was a milkman's boy, later becoming a milkman serving well-known football stars and royalty at times. Eventually he became Development Manager for Unigate Dairies, a very demanding job that took him away a lot. This became a pivotal moment in his life as his first marriage broke down and having a young daughter with severe Cerebral Palsy needing support as well.

Gary heard the voice of God telling him to give up the high-powered job and the drive for materialism and look to Him for guidance. He trusted God in this most difficult time and an opening soon appeared as a Care Assistant in a residential home for people with learning disabilities. This was the time when he met Michael Roberts, a lovely man with Down's Syndrome whose words were limited,

but by his actions and his hugs communicated love and care for people who were struggling.

Gary came into my life in 1988 at church. I was on my own with two young boys and I heard his testimony. Only the night before my son Matthew prayed for a Dad, and the next day I met Gary!

We were two broken individuals and the Lord graciously worked in us both to bring wholeness. Married in 1990 we began our journey together with the Lord.

Gary had a passion for Harlow, for the poor, the marginalised and for those with special needs. Mission at home and abroad opened up. MRCT was created in 1997 in response to a tape falling off the shelf entitled "where is your heart?" and this again was a pivotal point for Gary as he was contemplating working in higher management for the Shaftesbury Society ensuring our security as a family, but his heart was to start the charity, and this meant living by faith. We clearly saw God in this and MRCT was created with £2,000 from Gary's pension. Maybury Open Door began in 1998 and has continued and expanded over the years to accommodate over 170 individuals at two sites, on three days per week. It is a unique service that is inclusive and a true lifeline to so many people.



Mr & Mrs Knott - married in 1990





Above left:
Living Stones drama group in action

Right:
Before & after pictures of Full Life Poland



Living Stones drama group (1992 - 2006) was again unique. It was a national and international ministry made up of able-bodied and learning disabled who travelled the country and also to Poland performing Christian drama with mime, music and narration. People everywhere were greatly affected by seeing learning disabled individuals ministering to them. It broke people and their preconceptions of people with physical and learning disabilities.

The Chocolate Run/London City Aid (1998 - 2004) provided food and hot drinks to homeless and vulnerably housed people in central London. Our learning disabled friends came as part of the team and again they touched the hearts of those they served.

On one occasion Gary came home without his shoes, such was his care for all those he met!

Full Life Poland (2003 - 2007) was created in response to seeing 31 children and adults with profound learning and physical disabilities locked away on a ward in the residential home, which we had been visiting every year since 1999. Most were in cots with no stimulus: thin and with minimal contact. They had not been outside for years. They were the forgotten ones. We were moved to tears and determined to make a difference in their lives.

We prayed when home in England again, and things started to happen. Doors opened, funds appeared, and the vision was realised to set up a sensory room and activity program, training and employing staff to carry it out.

For five years we visited twice a year to progress the work until it was established. We saw children that were deemed as useless, talking, interacting, being able to sit up, use a knife and fork and so much more. The ward was transformed with their names over their beds, colourful hanging mobiles, IKEA soft toys, a ball pond, swinging hammock and overhead hoist. Outings took them outside to sit on the grass and trips to the seaside. They grew and flourished in receiving love.

Following this project we did a similar work at a UNICEF school in another part of Poland and this was equally rewarding.





Fundraising for the charity



Sam Knott at a supermarket collection day



Teresa & Gary at The Heart4Harlow Awards

In 2009 Harlow Foodbank was formed to provide for people in crisis. The service has fed thousands over the years and continues to challenge us with a massive influx of people struggling on Universal Credit. Gary would regularly challenge the government and champion the people.

The Bounty Club was first piloted in 2014 and now reaches over 26 front line agencies along with school breakfast clubs with recycled surplus food otherwise going to landfill.

Finally, the Moving Forward project (2018 - 2019) took us back to where we started, promoting the ability of people with a learning disability and also mental health issues. Liz Bellworthy was employed to identify and support suitable people to work as volunteers within the charity. This proved a great success, largely due to her dedication and empathy towards people.

Gary was at the heart of all this work, despite having leukaemia from 2006. He went through three gruelling chemotherapies, numerous test procedures and treatments and finally when his bone marrow failed a stem cell transplant was given in March 2019. This again was a very difficult time for Gary but he continued to focus on the charity and remained as the heartbeat of all that we did. He suffered a lot physically but never wavered from the work God gave him to do.

As a couple we travelled together through the ups and downs of life, seeing miracles, experiencing lows but always as 'a cord of three strands': you, me and Jesus.

On October 12, 2019 Gary ascended to heaven and most certainly would have heard the words "Well done my good and faithful servant" from his Lord.

MRCT remains at the forefront of need in our community with a dedicated staff team led by Andy as our new CEO, Margaret as Director of Operations and David as Director of Community Services. With the backing of a fully committed Board of Trustees and our Hon. Treasurer Robert Carrington. Our volunteers are also amazing and the support of our partners, funders, regular and one-off givers is incredible. Thank you for giving and making a difference.

We thank our incredible small team at MRCT, who have worked tirelessly in the most difficult of circumstances to maintain our services. We also thank Duncan Craig who left us in March. He led Harlow Foodbank through many challenging times and had a real heart for the homeless. Thanks go to Belinda Glanfield who is our current manager and with her dedicated volunteers has kept the Foodbank open through the pandemic. It means so much to me that we are able to carry on the work Gary committed so much of his life to.

A special thank you to Richard Bowers, a friend and a trustee for over 20 years; to Jean Woodward and Gill Izzard who have all retired after giving outstanding service to MRCT and the community. A new trustee Gary Pattimore has now joined us and his skills and work ethic are already making a difference. Finally we remember Paul Sexton - Managing Director of Lawsons who sadly passed away in May this year. He was a man like Gary, who really cared and made a difference and his support of the charity was nothing short of miraculous.

We as a family are so proud of all that Gary was and all that he achieved. He was a wonderful husband, best friend, father and grandfather to our six grandchildren. He was funny and always played with the children.

He shone with integrity and a real caring heart, always humble yet standing up for what he believed in. I wanted to finish with two tributes that express the genuine impact Gary's life had on those around him.



Gary with Robert Halfon

Tributes to Gary

"Gary has shown and taught us a permanent true respect for the world of people with learning disabilities; the weaker people, the rejected people and the disrespected ones. He let love fill the hard realities... Showing everybody that God really cares."
Pastor of Chelm Church

Since our visit the pastor and his family have fostered three children with Downs Syndrome into their family. They have also opened an orphanage for nine other children.

"One of the most incredible people I've ever met in my life. In my time as MP and Parliamentary candidate he dedicated his life to serving the most vulnerable."

He was the one of the most extraordinary social justice champions I will ever meet. Harlow will never be the same without him. His memory and his lifetime's work will remain with us forever."
Robert Halfon MP for Harlow



MAYBURY OPEN DOOR

For three days a week our Maybury Open Door centres provide support to a wide range of adults including elderly, people with a disability, homeless, isolated people and others who just need to venture out and meet new friends. Established in 1998, we operate from St Paul's Church and Harefield Church; run by a team of MRCT staff and volunteers.

The centres are informal and offer a range of activities in a safe and friendly environment. This work goes unseen by most of the community, but such support, acceptance and encouragement to flourish as an individual has been life changing for so many. We have found that no matter how extreme an individual's circumstances may seem to be, with support and reassurance, their lives can be enhanced.

As well as providing a safe space for mutual support the centre receives many guests who entertain, stimulate and inform attendees, from those in our feature list here, to supporters from the Citizens Advice Bureau who provide advice sessions. Regular outings also add stimulus and uplifting experiences for attendees – and this year we even saw Maybury romance turn into a Maybury marriage.

“Promoting the *value* & *significance* of every person, supporting community integration and social need.”

MRCT Mission

Client Feedback

“Late last year we turned up as strangers, now we have made friends and treasure all of you, staff are super stars and so kind, long may you prosper, thank you” S&V

“I had a fantastic day at Maybury Christmas Party today! We all had a Christmas lunch made by chef! There was a band and we all had a good old dance too. I really love Maybury Open Door it's such a good charity.”

“Many thanks for everything and every-one, our 1st time at Open Door today so friendly and homely, Sincerely” V

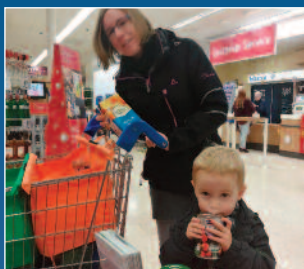


John and Diane Mead - Married through Maybury in 2019!

Some of MOD's special treats::

- Christmas Dinner
- Entertainment from The Ukulele Band
- Live Music 'Elderly Brothers'
- Felixstowe – trip to the beach
- Pets corner – visit
- Childrens concert by Fawbert and Barnard primary school
- Buckingham palace





HARLOW FOODBANK

Like most Foodbanks we would prefer not to be here. Nobody need go hungry in a wealthy nation like ours. But we are here because they do, and the reasons for that and the consequences of it can be terrible on so many levels. Our aim is to deliver short term food relief and support people to find the systematic help that will stabilise their income and improve their prospects.

This report celebrates the amazing contribution and achievements of the community in Harlow and beyond who make this important work possible.

Harlow Foodbank is a huge team effort. We see ourselves as collecting both food and good will from the people of Harlow & surrounding areas and passing it on to our neighbours. We work closely with Bishop's Stortford Foodbank, with front line statutory agencies and charities – plus many more that we mention in the rest of this report – playing our part in addressing crisis need and passing people on to others who can support them in escaping the poverty trap.

Through the operations of our Store House team in Matching Tye we collect tinned and dried food donated by the public in supermarkets, schools, churches and workplaces so that they are ready to go out when needed. The Store House also receives regular donations in bulk from businesses in the area. We never say 'no' – our job is re-direct food, drink, toiletries and more to people in crisis who have been referred by registered front line professionals.

The 'front end' of Harlow Foodbank happens every week day in the town. Mondays, Tuesdays, Thursdays and Fridays at St Paul's Church, and on Wednesdays at the Salvation Army. This is where those given foodbank vouchers by partner agencies can come and redeem them for a parcel of



food that has been designed to be nutritionally balanced with the right quantity for their family.

In these centres our volunteers meet and support those who come to us, offering whatever extra help we can, whether it be guidance where to go for further help, or simply a listening ear. Our volunteers are often supported by professionals from agencies across the town, giving visitors fast-track advice on a wide range of personal and financial issues.

Above all we seek to support people to establish their own self-reliance, overcoming setbacks and taking their lives forward: knowing they are cared for in body, mind and spirit.

Client Feedback

"Foodbank has been an extremely brilliant help for me this month. I only received a tiny amount from Universal Credit and I was down to one packet of spaghetti to last me for 9 days. I was feeling depressed when I entered here. Since leaving I can't stop smiling and being completely thankful. Thank you very much indeed." **Single user**

"I have 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. This has meant the world to me and my wife. You lifted our hearts and filled our pantry" **Married user**





HARLOW FOODBANK

During 2019 Harlow was declared the 20th most deprived town in England (Mirror Online analysis).

Much of Harlow is comfortably well off – yet in a town of population 87,000, around 1 in 25 received crisis food support from Harlow Food-bank in 2019/20.

We know that poverty in childhood has a lifelong effect, jeopardising many aspects of a child's potential.

Over a third of our recipients are children. The End Child Poverty coalition publishes figures on the basis that poverty is "a family with two adults and two children having less than £375 a week, after paying for housing". Their figures for Harlow showed that over 5,000 children (approx. 1 in 4) in Harlow are living in poverty by that definition.

In 2019/20 approx. 1 in 4 of these children in poverty received crisis food support from Harlow Foodbank.

As you can see from the statistics here – we always try to find out why people have ended up in crisis.

The bad news:

Over half of our referrals come from those having trouble collecting their benefits.

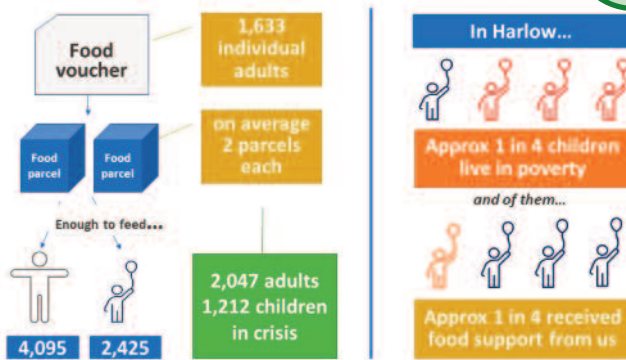
One fifth are experiencing low income.

Almost a tenth have been affected by debt.

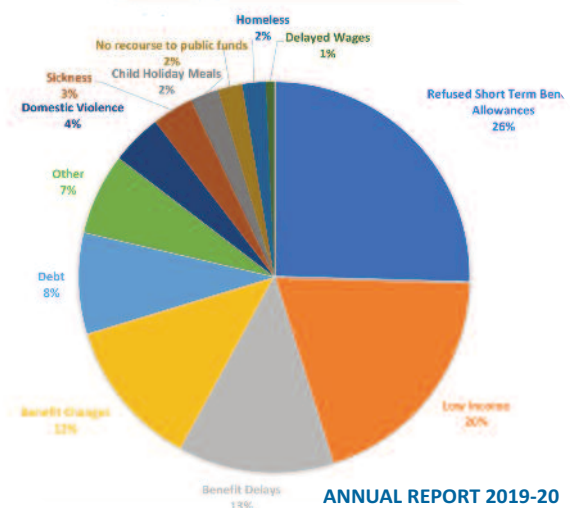
1 in 50 are homeless.

... but the good news:

In total 104,499 tonnes of non-perishable food was donated and redistributed to people in crisis (previous year 79.9 tonnes).



Reasons for HFB referrals 2018-19





BOUNTY CLUB

The Bounty Club is our way of adding fresh food to the food relief that we deliver in Harlow. Through a specially donated refrigerated van we can pick up produce that would otherwise end up in landfill and deliver it quickly to schools and frontline organisations that serve people in need.

As well as adding fresh fayre to our daily foodbank centres, the van goes to school breakfast clubs, children's centres, drop in centres, women's refuges, youth support centres, refugee services, services for the elderly, the homeless, drug rehabilitation projects and families in need in local permitted development housing.

During 2019/20 the Bounty Club picked up and dropped off 46,362 kg of fresh food from 13 suppliers and delivered to 26 local agencies.



“ This year Bounty Club picked up the food equivalent of 1,000 apples per day in weight and delivered enough food for 110,335 meals in Harlow. ”

Special thanks to...

We would particularly like to thank wholesale food suppliers Brakes and Bidfood whose generosity supplies most of the food to the Bounty Club, alongside many local retailers.



£230 million of edible food per year are thrown away by UK supermarkets, equivalent to 20.8 million meals going to landfill sites

Figures from The All-Party Parliamentary report 'Feeding Britain' 2016



MRCT STAFF



Gary



David



Margaret

Head Office

Gary Knott – Co-Founder & Chief Executive Officer (until October 2019)

David Evans – Director of Community Services

Margaret O'Donovan – Director of Operations

Harlow Foodbank

Duncan Craig – Satellite Centre Manager (until March 2020)

Cherie Smithers – Satellite Centre Coordinator (until March 2020)

Store House

Patrick Coppeard – MRCT Project Development Coordinator

Bounty Club

Trevor Stanesby – Bounty Club Coordinator



Cherie



Patrick



Trevor



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

Moir Howard – Bank Worker

Moir Luff – Bank Worker

Jean Steele – Bank Worker



Michael



Liz



Jennifer

Moving Forward Coordinator

Liz Bellworthy – Moving Forward Coordinator (finished December 2019)

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



Moira



Moira



Jean





MRCT VOLUNTEERS & NEW OFFICES

“ Our regular volunteers outnumber staff by 127! ”

That simple statement shows just how important they are to our work, and why The Michael Roberts Charitable Trust really is a symbol of goodwill in Harlow. When people go out of their way to freely give their time they bring us all hope.

In 2019-20 142 volunteers gave nearly 16,000 hours of their time (equivalent to 2,000 8 hour days!).

We strive to engage volunteers from all walks of life and 7.5% this year have learning, physical or mental disabilities, making a valuable contribution to our work and the community.

Our volunteers helped with:

- Sorting food and preparing food boxes in the Store House
- Distributing food parcels and supporting clients at St Paul's Church and The Salvation Army
- Supporting Maybury Open Door centres
- Staffing fundraising and food donation stalls in Supermarkets and North Weald
- Driving our vans to pick up and drop off food.



Eddie and Pete take to the streets every week as our van driver volunteers



Special thanks to...

Lawsons (Whetstone) Ltd. We can never thank them enough for this extraordinary act of generosity to the people of Harlow.



In 2019-20 our sponsors Lawsons (Whetstone) Ltd, gave us an outstanding gift. Our Store House, previously solely used for food storage, was transformed into our permanent home through the addition of fabulous office facilities complete with brand new first floor windows. This has cut our overheads dramatically and increased the efficiency of MRCT.

LAWSONS
'Family Values - Professional Service'





SCHOOL PARTNERSHIPS

School partnerships are very important to us as a charity, helping to develop positive, practical and work experience opportunities for children and older students from various schools and academies in Harlow and the surrounding area. This 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 33 schools participated in Harlow and the surrounding area, collecting a staggering 5,661 kg of donated food.

Partner Feedback

"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.



BREAKFAST CLUB

During 2019/20 Harlow Foodbank and the Bounty Club has been working in partnership with the following 14 schools:

- Abbotsweld Primary School
- Akhter Early Learning Centre (Nursery)
- Cooks Spinney Primary School
- Freshwaters Primary Academy
- Henry Moore Primary School
- Katherines Primary Academy
- Kingsmoor Academy
- Little Parndon Primary Academy
- Longwood Primary Academy
- Milwards Primary School & Nursery
- Passmores Academy
- Pear Tree Mead Academy
- Potter Street Academy
- William Martin Junior School





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 2019/20 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 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 2019/20, 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 sponsored both our Bounty Club and MRCT vans and provided the charity with additional advice and support when needed. Remembering Paul Sexton, Managing Director of Lawsons, who passed away in May, with great gratitude 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 covered all the van's expenditure and we would like to thank Mary Parsons, who was the Group Director - Placemaking and Regeneration, for her 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 and now his successor, 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 (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 Beach Church, Epping Forest (regular funding 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)
 Mulberry Trust, Harlow (significant funding support)
 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)



The Michael Roberts Charitable Trust

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