

2019

Annual Report

TWO THOUSAND AND NINETEEN



colchester
Catalyst
charity
supporting local healthcare

www.colchestercatalyst.co.uk

THE FOLLOWING LOCAL CARING ORGANISATIONS RECEIVE FUNDING FROM THE COLCHESTER CATALYST CHARITY FOR THE PROVISION OF RESPITE BREAKS FOR CARERS AND THEIR FAMILIES:

Action for Family Carers 01621 851640
Colchester Gateway Club 01206 867415
Crossroads Tendring & Colchester 01255 860960
Crossroads Young Carers Tendring 01255 860960
Crossroads Braintree & District 01376 529985
EACH 01223 800 800
Essex Carers' Support 01255 474410
Halstead Day Centre 01787 476253
Headway Essex 01206 768797
Mistley Kids Club 07809 176252
MS Respite 01255 820025
Parkinson's UK Colchester & Clacton 0344 225 3778
Stepping Stones 01206 860467
Tendring Eldercare 01255 476889
The Ark 01255 502063

LEGAL AND ADMINISTRATIVE INFORMATION

TRUSTEES

C Hayward MBA
P W E Fitt FCA (Secretary)
Dr N J Busfield MA, PhD
Dr M P Hickman MB B.Chir DCH
MF Pertwee BA (Hons)
Dr T P Rudra MBBS, FRCP
K Songhurst LLB (Hons)
E Throver DipCOT, MHCPC

REGISTERED OFFICE

14 Dedham Vale Business Centre
Manningtree Road, Dedham,
Colchester, Essex, CO7 6BL

Charity No. 228352
Company registration No. 634588
(England & Wales)

AUDITOR

Whittle & Partners LLP
The Old Exchange, 64 West Stockwell Street,
Colchester, Essex, CO1 1HE

BANKERS

National Westminster Bank plc
Colchester

ACCOUNTANT

Peter Fitt Chartered Accountants
West Mersea, Colchester

SOLICITORS

Birkett Long
Colchester

DESIGNER

Karen Clark
PinkCreative

PRINTER

Optimum Print

PHOTOGRAPHY

Seana Hughes



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At a glance

Direct charitable expenditure

£561,716

up 2%

total net assets

£12,251,753

up 11%

	2019	2018
direct charitable expenditure	£561,716	£550,926
realised (losses)/gains on sales of investments	£10,098	(£27,880)
unrealised (losses)/gains on valuation of investments	£1,552,834	(£938,498)
total net assets at 31 December 2018	£12,251,753	£10,834,462

General applications

Equipment 10
 Minibus 1
 Education 5
 counselling/befriending 2
 information and respite service 3
 garden development 2
 vehicle 2

total 60 (last year 48)
 Accepted 25, unsuccessful 11, deferred 24



Chairman's Report

Christine Hayward MBA

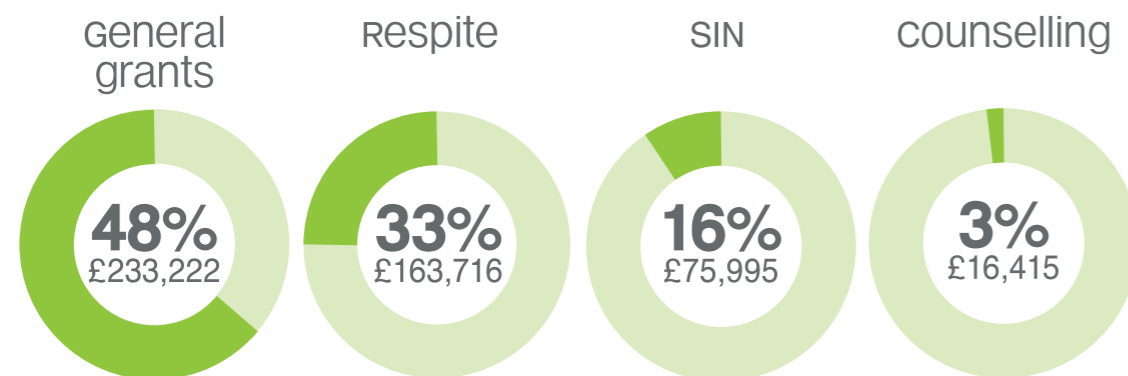
2019 was our 30th year of operation and it was a huge honour to chair our Annual General Meeting, held at the wonderful Moot Hall in Colchester. We were delighted to welcome Her Majesty's Lord-Lieutenant of Essex, Mrs Jennifer Tolhurst, who gave the keynote speech, telling us about her role and emphasising the importance of the charitable sector and all the volunteers who support it. This was preceded by Tony Frost, our President and a past Chairman, who has been with Colchester Catalyst Charity since its inception. He spoke about our history and contribution to improving the health of people living in the CO postcode area, also launching the book written by Peter Fitt, our Company Secretary, entitled 'Colchester Catalyst Charity, The First 30 Years'.

The Board of Directors and our Staff team of Rodney Appleyard, Stephanie Grant and Wendy Larkin very much appreciated everyone who came to join us at the AGM. These included:

- Our Members and Honorary Members;
- Recipients of our grants, both organisations and individuals;
- Representatives from the charitable sector in Essex and Suffolk;
- The High Sheriff, Dr James Bettley;
- Essex County Council members, including the chairman, Councillor John Jowers;
- Chairmen, Leaders and Mayors of Tendring and Colchester Councils;
- The High Steward of Colchester, Sir Bob Russell
- Our fund givers and fund guardians;
- Our hospitals and health care partners;
- Representatives from the University of Essex.

“ All those who attended represented the rich tapestry of people and organisations whose purpose it is to enrich, help and improve the lives of others. ”

Breakdown of total grants expenditure



total grants expenditure

£489,348

PRESIDENT
A H Frost

DIRECTORS
C Hayward MBA (Chairman)
P W E Fitt FCA (Company Secretary)
Dr N J Busfield MA, PhD
Dr M P Hickman MB B.Chir DCH
MF Pertwee BA (Hons)
Dr T P Rudra MBBS, FRCP
K Songhurst LLB (Hons)
E Thrower DipCOT, MHCP

ADMINISTRATOR
Stephanie Grant

DEVELOPMENT MANAGER
Rodney Appleyard BA (Hons)



Our 30th Anniversary AGM at the prestigious Moot Hall

All those who attended represented the rich tapestry of people and organisations whose purpose it is to enrich, help and improve the lives of others – physically, emotionally, educationally, creatively and mentally. All of them also have a relationship with Catalyst whose role has always been to support local healthcare by making a positive and ongoing contribution to the improvement of those services in this region, particularly where help is not available from statutory organisations. It was a wonderful evening which emphasised how privileged we all feel as Directors and Staff to be able to carry on the legacy of our original Board, who had the foresight to invest monies →



The Catalyst staff team - (left to right) Wendy Larkin, Rodney Appleyard and Stephanie Grant, are always available and willing to help

in partnership with other funders and organisations, Rodney can help redirect applicants, as well as help them think through their applications to see if they can fit our criteria for grants.

Grants totalling almost £500,000 were made during 2019 and these are outlined very well in Stephanie Grant's and Rodney Appleyard's reports. Thanks to excellent applications both from individuals and organisations and helped by our team, we spent the allocated grant aid for 2019, something the Directors feel very strongly about. This has included some innovative new projects and ideas.

The move to our new 'owned' premises has also been very successful and another milestone in establishing the charity for years to come.

In September, the Board held its biennial Strategic Review. We agreed that we would continue to maintain our capital value in real terms whilst endeavouring to fully spend our grant making budgets. We will also continue to develop our partnership working and flexibility of approach in a changing funding environment. A further priority will be to increase the amount we grant aid to individuals, through our counselling, respite, special individual needs and befriending projects. This will enable more people to access health resources such as equipment or much needed respite care, where statutory funding is not available or restricted, plus help with the rising

raised from the sale of the Oaks Hospital in order to create the Charity we still have today.

It is worth noting that after taking inflation into account, we are granting nearly 2.5 times as much in 'real terms' as we did when Catalyst started. We think this is an impressive statistic.

2019 also saw us reaching the £10million grant mark, whilst still maintaining the value of our original investment. Action for Family Carers was the recipient of the threshold grant of just over £5000 to be used for a new respite service for unpaid carers in Tiptree. A representative from this organisation will be speaking at our 2020 AGM to bring us up to date with what has been achieved. Largely due to Rodney Appleyard, our Development Manager, working

costs of these facilities. Although individual grants are not means tested, we generally expect a contribution towards the request. We will also try to help fund one major project each year, for example, as we were able to do with the Harwich and Dovercourt Hub in 2018.

Finally, to reiterate, I can be nothing but proud to be the chairman of Colchester Catalyst Charity today.

I should also like to thank:

- The individuals who have served on the Board over the last 30 years and who will always be part of the Catalyst family;
- Professional colleagues who have willingly served and serve on our various committees;
- All the organisations and people who have worked with us to make change happen and those who have been willing to support us as Members;
- Our loyal, committed and inspirational Staff, now and in the past, always maintaining and nurturing the roots of our founding principles whilst being at the front of new thinking and developments. Stephanie Grant has worked with us for over 20 years and Wendy Larkin and Rodney Appleyard have both reached their decades!

We look forward to the next 30 years and beyond!

Christine Hayward
25 February 2020



The Directors of Colchester Catalyst Charity: From left to right Joan Busfield, Max Hickman, Prakash Rudra, Christine Hayward, Mark Pertwee, Liz Thrower, Keith Songhurst and Peter Fitt

Independent Auditor's Report

To the Trustees of Colchester Catalyst Charity

OPINION

We have audited the financial statements of Colchester Catalyst Charity (the 'charity') for the year ended 31 December 2019 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

IN OUR OPINION, THE FINANCIAL STATEMENTS:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2019 and of its incoming resources and application of resources, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the Trustees use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the

date when the financial statements are authorised for issue.

OTHER INFORMATION

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF TRUSTEES

As explained more fully in the statement of Trustees responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the

preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

25 February 2020

Rachel Skells BA FCA

(Senior Statutory Auditor) for and on behalf of Whittles Chartered Accountants

Statutory Auditor Whittle & Partners LLP

The Old Exchange, 64 West Stockwell Street, Colchester, Essex CO1 1HE

Whittles is eligible for appointment as auditor of the charity by virtue of its eligibility for appointment as auditor of a company under of section 1212 of the Companies Act 2006.

Administrator's Report

Stephanie Grant



Wendy Larkin Administrator's Assistant

This is my tenth Administrator's report for Catalyst and we continue to work closely with a small dedicated team comprising Rodney Appleyard, our Development Manager, Wendy Larkin, Assistant to the Administrator and myself.

The Catalyst Charity aims to provide support and make a positive and ongoing contribution to the improvement of health care within the CO postcode area where help is not available from the statutory authorities.

Our AGM and 30th anniversary celebrations were held at the Moot Hall in Colchester on 29th April. The evening was a great success with over 200 people in attendance including many local dignitaries and Mrs Jennifer Tolhurst HM Lord Lieutenant of Essex who was our principle speaker.

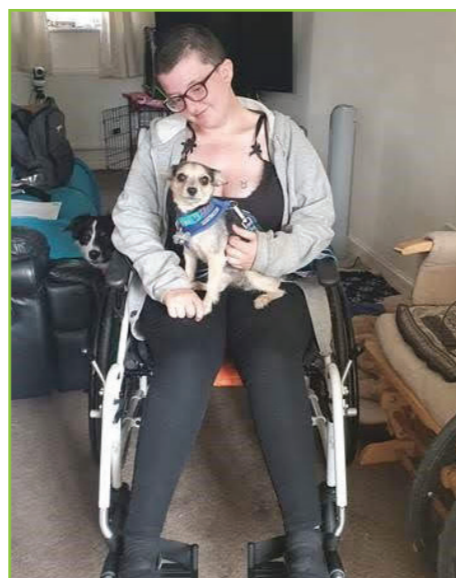
In addition to Special Individual Needs, Counselling and Respite we also cover General grants.

During 2019, the Catalyst Trustees considered 60 General Applications (48 last year) from various organisations in our area of operation, of which 25 (42%) (26 - 54% last year) were successful. This period £233,222 was spent on general grants (£225,629 last year).

We fund specific projects with a well-defined medical benefit and this year we have again been involved with some exciting, diverse and innovative projects by making grants to a wide range of different organisations within the CO postcode area.

Catalyst likes to get involved with projects that enable other charities to expand and sustain the activities that they currently offer and to cement the importance of their charitable role in the community going into the future. It is our intention to work with groups and to encourage and enable them to seek match funding from other organisations and in this way we live up to our name of 'catalysing' new projects.

With this in mind, we were pleased to make our largest grant this year of £33,013 to Age Concern to facilitate a new and innovative approach to befriending by



We were delighted to help Violet Boyington with her new wheelchair

In 2019 we celebrated 30 years since Catalyst became a grant making charity and since that time over £10 million has been given in grants.

funding a pilot project to appoint a Befriending and Friendships Club Manager to work at Age Concern across North East Essex with the aim of reducing severe cases of loneliness experienced by older people living in isolation.

The role would involve identifying areas where new befriending groups need to be set-up or further developed to support these people. New volunteers would be recruited and trained to run these groups and also provide befriending support.

Our grant of £20,000 to the Befriending Scheme has enabled them to set up a Community Care Farm facility in Assington. The group aims to reduce loneliness and isolation in people with a learning disability, dementia and mental health issues, as well as to increase their access to educational opportunities and training. The Care Farm will provide a safe, learning environment and community space for a wide range of vulnerable people, their families and community groups. This is the largest project that Catalyst have undertaken in the CO10 area.

Essex Sight is the community services division of Essex Blind Charity which was created to help blind and visually impaired people by providing support, advice and guidance. Our grant of £20,000 has helped to provide a Mobile Sight Centre to meet the needs of visually impaired people living in the Colne Valley area of



Beneficiaries of The Befriending Scheme in Sudbury, which supports young people with learning disabilities and mental health needs, as well as older people. We awarded a grant of £20,000 towards one of the new buildings in its Care Farm

Essex who are isolated due to their rural location and who are unable to access the services provided in larger towns due to poor public transport links. The Mobile Sight Centre will help these people to live independent lives, reduce isolation and improve their overall health and wellbeing.

We were pleased to be able to be able to make a grant of £20,000 to Little Pals Nursery in Jaywick towards the cost of a new outdoor area that will provide sensory and health benefits for children with Special Needs. Little Pals is a charitable children's centre nursery that was formed in order to provide high quality childcare for children with health problems in the communities of Jaywick and West Clacton. Specialist equipment will be used in the outdoor area to provide a wide variety of activities that will improve the physical and mental health of children with Special Needs. Another section will be transformed into a Sensory Garden.

We made an exciting and innovative grant of £15,000 to Sport for Confidence to fund a pilot project to support disabled people in leisure centres. Sport for Confidence support people who face barriers to participation in sporting activities in mainstream settings and they work with leisure centres, local sports clubs and health professionals to ensure that truly accessible sport and leisure facilities are available. This new initiative will connect these people with the wider community and help them become more independent and confident.

BEARS were another group we were able to help with a grant of £13,500 for a monitor and defibrillator to enable them to give voluntary emergency medical help to critically ill and seriously injured patients in the CO postcode area before they are taken to hospital. BEARS provide support and treatment over and above that provided by the Ambulance service.

A grant of £12,000 was awarded to EACH to enable them to purchase a small wheelchair accessible vehicle (WAV) to provide flexible transport during short break care. EACH supports families by helping them to care for children and young people with life-threatening illnesses and those with complex health needs. A large proportion of children and young people that EACH support have limited mobility which means that they need a specialist →



The Mayor and Mayoress of Colchester - Councillor Nick Cope and Mrs. Elizabeth Cope



Rodney Appleyard and Stephanie Grant at the Mayor Making Ceremony



Councillor Dan Land, the Chairman of Tendring District Council, with James Bettley, the High Sheriff of Essex, CVST's Brenda Ellis, Sharon Alexander, Lisa Andrews and Christine Hayward, Catalyst's Chairman, at the opening of the Dovercourt & Harwich Hub.

feel isolated, as well as individuals suffering poor mental and physical health. A grant of £10,000 was made to Wellies-on to enable them to fund a full-time mental health worker for a year long pilot project to work along the team and co-farmers who access the Care Farm Services, that provide an environment for young people with Special Needs to receive therapeutic support using farming practises.

A grant of £10,000 was also awarded to Harwich Connexions in respect of a Dial A Ride service.

We were pleased to support Shorefields School with a grant of £9,000 for defibrillators. Eight thousand pounds went to Camp Jo Jo towards the cost of specialist equipment to enable children with complex medical needs to go camping.

An innovative grant of £6,400 was made to Inclusion Ventures for a Tri Shaw Bike which is a specially adapted bicycle to carry older passengers on community bike rides. Inclusion Ventures encourage children to get up and take part in physical activities outside of school hours and the children would be providing the leg power to propel the Tri Shaw Bike thus bringing together two generations together for healthy outdoor activity.

Other grants included £5,000 to fund a PTSD (post-traumatic stress disorder) help worker, £2,828 to Essex Sight to update their kitchen, £2,500 to the Colchester Korban Centre for Garden Development.

We were pleased to support Happy Days with a grant of £2,148 for a group activity.

All our grants are monitored regularly and we ask for feedback, reports and photos where appropriate.

We continue to support counselling services and this accounted for £16,415 of expenditure during 2019. We were pleased to welcome the Kernos Centre in Sudbury into the counselling scheme in 2019.

Special Individual Needs (SIN) grants continue to be an important part of our work. There were 170 (164 last year) applications of which 148 (149 last year) were successful. Once again the vast majority of grants provided mobility equipment for those who could not obtain it from the statutory providers.

We continue to work in partnership with the Neuro Rehabilitation Unit at Colchester General Hospital to bulk purchase 3 and 4 wheeled walkers which they distribute as necessary.

We also work in partnership with North East Essex Wheelchair Services and have an arrangement with Anglian Community Enterprise to part fund childrens' sleep systems. These are cleaned and monitored on a regular basis.

Christine Hayward continues to chair the SIN committee and the group, which meets every 4 to 5 weeks, is made up of health professionals. In October 2019 we were delighted to welcome Emma Blowers of the Paediatric Rehab Services team to our SIN Committee.

We regularly receive letters and cards of thanks from individuals and their carers who are so grateful for the help provided.



The opening of The Dovercourt & Harwich Hub. This centre has been a huge success with the local community since it was launched in 2019. We awarded a grant of £95,000 to help get it off the ground.



We awarded PTSD Essex a grant of £5,000 last year to provide respite support for veterans with mental health problems.

The Catalyst respite scheme continues to represent a significant part our budget and in the year 2019 £163,716 was spent on arranging short term respite care. This scheme allows full-time carers to have a break from their caring duties. We work in partnership with about a dozen care organisations, listed on the inside front cover of this report. Our partners are trained as assessors, and each organisation has an agreed annual budget. We monitor the activity and meet together as a group twice each year.

In communicating Catalyst's activities, our website: www.colchestercatalyst.co.uk provides a wealth of information about our services and grants in addition to having links to partner sites providing advice, support and services to help improve healthcare within the CO postcode area. Application forms for General and Special Individual Needs grants are available to download from the site, as well as copies of past Annual

Reports together with a regularly updated news section. We can also now be found on Facebook which is also updated on a regular basis.

Finally I would like to take this opportunity to thank all my colleagues, Catalyst's Chairman Christine Hayward, Peter Fitt, Company Secretary, the Board, Development Manager Rodney Appleyard, assistant Wendy Larkin and our partner charities and organisations for all their help, support and encouragement during the past year.

We all feel very happy and privileged to be working for the Catalyst Charity, by bringing help to those people who fall outside the statutory remit.

Stephanie Grant
January 2020

TOTAL VALUE OF GRANTS

Year by Year basis

2019	£489,348 ▲
2018	£476,048 ▼
2017	£547,655 ▲
2016	£473,413 ▲
2015	£375,394 ▲
2014	£365,679 ▲
2013	£281,796 ▲
2012	£256,545 ▼
2011	£349,257 ▲
2010	£341,552 ▼
2009	£398,762 ▼
2008	£475,095 ▲
2007	£444,212 ▲
2006	£325,421 ▲
2005	£223,988 ▼
2004	£262,846 ▼
2003	£339,092 ▼
2002	£480,019 ▼
2001	£538,264 ▲
2000	£502,588 ▲

GENERAL APPLICATIONS FROM ORGANISATIONS

Period Ended	31/12/19	31/12/18	31/12/17	31/12/16	30/09/15
From organisations successful	60	48	47	60	31
unsuccessful/withdrawn	25	26	27	37	14
deferred	11	10	12	12	11
	24	12	10	11	6

SPECIAL INDIVIDUAL NEEDS APPLICATIONS

Period Ended	31/12/19	31/12/18	31/12/17	31/12/16	30/09/15
From individuals successful	170	164	149	220	200
unsuccessful/withdrawn	148	149	124	181	162
deferred	15	8	18	29	27
	7	7	7	10	11

Main Grants and Donations

Over £5,000

FOR THE YEAR ENDED 31 DECEMBER 2019

	Age concern BEFRIENDING PROJECT £33,013	The befriending scheme COMMUNITY CARE FARM £20,000	
Essex sight MOBILE SIGHT CENTRE £20,000	Little Pals FAMILY CENTRE IN JAYWICK £20,000	sport for confidence SPORT INITIATIVE £15,000	
	BEARS MONITOR AND DEFIBRILLATOR £13,500	EACH WHEELCHAIR ACCESSIBLE VEHICLE £12,000	
Brightlingsea Lido IMPROVEMENTS TO LIDO £11,000	Extra support for families SELF HELP COURSES £10,000	tending community transport MINIBUS £10,000	
	Together we grow MULTI-PURPOSE SPACE £10,000	wellies-on MENTAL HEALTH WORKER £10,000	
Harwich connexions DIAL A RIDE £10,000	shorefields school DEFIBRILLATORS £9,000	camp JOJO SPECIALIST EQUIPMENT £8,000	
	inclusion ventures TRI SHAW TRIKE £6,400	PTSD Project PTSD HELP £5,000	

FOR THE YEAR ENDED 31 DECEMBER 2019

Development Manager's Report

Rodney Appleyard



2019 was definitely a special year for Colchester Catalyst. We celebrated our 30th Anniversary and surpassing the £10 million landmark in grant-giving at the Moot Hall on April 29th, which was a huge success. Over 200 people attended the event from key areas within the health sector in North East Essex, including leaders from local charities and statutory health services, as you can see from the special pages we have dedicated to the event in this year's Annual Report.

Over the 10 years I have been working with Catalyst I have noticed that much greater collaboration has developed between groups and organisations during that time, which was evident from the conversations that took place on the night. Funders are working more closely together than ever before; statutory bodies are constantly establishing new synergies; and people at the grassroots level, who deliver the core services, have also established new partnerships on the ground. It is clear to see that this growing entrepreneurial and collaborative spirit within the charitable community is producing results - by successfully reaching out to more people with health problems. But of course, there is more to do.

On reflection, we can work our way through 2020 with strong foundations already set beneath us, to build on the successes of the past and tackle some of the remaining health needs in the area.

As for 2019, we were pleased to award £233,222 of general grants to launch many exciting new projects.

Stephanie has provided details about most of the grants in her report. I have highlighted some examples of the wide variety of projects we supported last year that demonstrate a number of visionary approaches. →



Colchester's Community First Responders at our 30th Anniversary AGM

“ We are proud to have worked with so many of these hard working organisations and individuals over the years who have improved, changed and saved the lives of so many people within the local community.



BBC Look East, BBC Essex, The Colchester Gazette, The East Anglian Daily Times and Actual Radio, all provided substantial media coverage for the opening of Bright Lives' new Independent Living Centre, which helps people with autism and learning disabilities. We helped to get this project off the ground with a grant of £15,304.98

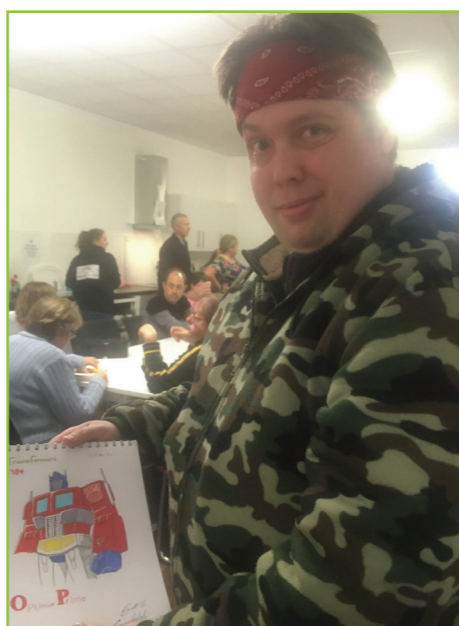
For a few years now, we have been aware of the growing need to support people who feel lonely and isolated in their homes. Many of these are older people, who feel cut off from the rest of society. After speaking with experts in the sector, it was clear that there was a need to expand Befriending services across North East Essex to reach more people. We explored a number of options before agreeing to support Age Concern with a grant of £33,013 to launch a new Befriending

scheme that will set-up new Befriending groups throughout North East Essex, with the aim of enabling many to become self-sustainable in the future. This new service will also offer 1:1 befriending support to people in their homes, for those who do not feel comfortable about being part of a group. We know this scheme is unique and we are looking forward to hearing about how many people

will benefit from its support by the end of 2020. Of course, we are also keen to help young people with health problems, which is why we awarded Inclusion Ventures a grant of £6,400 to purchase a Tri-Shaw to bring older people and young people together. The young people, who live with challenging health problems, such as autism, take older people out on the Tri-Shaw along the sea-front in Clacton, to provide comfort to ease their loneliness.

We are always keen to reach out to areas in North East Essex that have not received as much support from us in the past. This is why we were pleased to hear from Essex Sight and its plans to set-up a mobile eye clinic to help people in the Colne Valley area who cannot travel to their local eye clinics or opticians. This project, which we funded for £20,000 towards the purchase of the mobile

clinic, should support 1,600 people each year, by enabling people to access assessments, treatments and equipment more easily.



One of the beneficiaries from Bright Lives displaying his high quality artwork

Additionally, we were approached by an organisation that helps people we have not supported many times before in previous years – veteran soldiers suffering from Post-Traumatic Stress Disorder. PTSD Essex was set-up by Mark Wheeler after he studied a PHD in PTSD at the University of Essex. Our funding of £5,000 helped him to get this project off the ground, leading to his organisation becoming a fully-fledged Community Interest Company. Since we have awarded the funding, the organisation has helped 64 veterans so far by offering specialist counselling support during trips to the countryside. In fact, this initiative has helped to save at least one person's life, who was considering suicide before this project intervened.

We are always keen to hear about organisations with bright new ideas, which is why we supported Camp Jojo. The leaders of the organisation contacted us about needing vital equipment worth £8,000 to provide respite care for children with special needs in the summer on Mersea Island. We introduced the organisation to Community360, which offered its



We awarded a grant of £8,000 towards the costs of specialist equipment used to provide respite support for children with Special Needs

leaders support with its development and the evolution of its fundraising plan.

Following our rebranding and new marketing campaign, we are pleased to have raised our profile over the last two years.

As a result, we have received many more applications and a wider variety too, which we welcome. However, we would still like to hear your new ideas for addressing the biggest gaps in local healthcare. Once we start working with you, we will introduce you to our partners too, such as the National Lottery Community Fund, Essex Community Foundation,

the Fowler, Smith & Jones Trust, Colchester Borough Council, Tendring District Council and the North East Essex Clinical Commissioning Group. By collaborating together with partners like these, our contributions have more chance of enabling the brightest ideas to succeed well into the future.

As always, please pick up the phone and get in touch if you have an idea you would like to discuss with us.

Rodney Appleyard
25 February 2020



More beneficiaries of The Befriending Scheme



We awarded a grant of £20,000 towards the purchase of a new mobile sight clinic for Essex Sight

Catalyst's 30th Anniversary AGM

Our 30th Anniversary AGM at the Moot Hall was a huge success, with over 200 people attending from a number of health organisations throughout North East Essex.

During this year, we also surpassed the £10 million landmark in grant-giving for the charity. We were delighted to celebrate this day with so many people we have worked closely with since the charity's inception, who are still involved with the charity.



It was also a pleasure to host The High Sheriff of Essex, James Bettley, the CEO of Essex Community Foundation, Caroline Taylor, the Deputy Lieutenant of Essex, Nigel Spencer and the former Chairman of Tendring District Council, Mark Platt, with his wife, Raluca Platt.

The High Steward of Colchester, Bob Russell, local Councillors, such as Tim Young and Council Officers, including Fay Mathers, spent quality time mixing with leaders from other charities, such as Stepping Stones, Headway and Beacon House.



Right - Councillor John Jowers, the Chairman of Essex County Council, and Deputy Leader of the Council, Kevin Bentley, accompanied by his wife Karen Ainley, enjoyed networking with the leaders of local charities and other health organisations.



Thank you to CVST Chairman, Brenda Ellis, the former Mayor of Colchester, Peter Chillingworth, Colchester Community's First Responders and the CEO of the Hospice and Chief Officer of the North East Essex Alliance, Mark Jarman-Jowe for joining us for the celebrations.

The Lord Lieutenant of Essex, Mrs. Jennifer Tolhurst, Catalysts' President, Tony Frost, Catalyst's Chairman, Christine Hayward, Catalyst's Vice Chairman, Mark Pertwee and Catalyst's Finance Director, Peter Fitt, all delivered inspirational speeches at the event. Members of the audience included Catalyst's current Directors, as well as retired Directors, such as Adrian Livesley and Chris Pertwee.



**CELEBRATING
30 YEARS**
1989 - 2019



CASE STUDY

£9,000

SHOREFIELDS SCHOOL

Towards a disabled playground and sensory garden



Dawn Bryan, a parent volunteer from Shorefields School, which is the only school in Tendring that looks after severely disabled children:

“This project would not have happened if Catalyst hadn’t helped us. There is no way we would have been able to raise this much money through our own fundraising efforts in a small space of time. The project cost £24,000 in total, so this final grant from Catalyst really got us over the line. The children who have enjoyed the equipment so much already would not have had this opportunity to do so otherwise. Thank you for giving us the ability to enhance the lives of these children.

“They can now use the facilities right on their doorstep, instead of having to travel miles to experience anything similar. We help a wide range of children with Special Needs at the school and every student with a disability now has access to this equipment, including our wheelchair users. It helps them to overcome some of the challenges they face on a daily basis and brings them joy, despite their pain.



“We are also very grateful that our local community got right behind us. So many families - who have disabled children themselves - plus members of staff and volunteers gave up their time to bring this project to life.”

CASE STUDY

£20,000

ESSEX SIGHT

Towards the purchase of a new Mobile Sight Clinic



Jonathan Dixon, the Community Services Manager for Essex Sight:

“Essex has the joint highest level of people living with sight loss in the country – approximately 58,000 and 70% of them are older people. In Colchester and Tendring, roughly 12,500 people are visually impaired. Within North East Essex, plenty of towns provide good resources for visually impaired people, however, many of the rural areas do not offer the same level of facilities.

“The Colne Valley is one of these places where visually impaired people, especially older people, feel isolated due to the lack of public transport networks. Essex Sight recognised the need for a service within this area, to make up for the lack of facilities.

“The grant of £20,000 from Colchester Catalyst has been used to purchase a new van, fitted with bespoke racking. It holds a range of visually impaired specialist equipment and information, enabling us to provide a new service that is flexible and responsive to the needs of visually impaired people living in this area, and neighbouring localities. It has allowed us to provide a more responsive home visiting service to help these people stay independent in their own homes and reduce the level of isolation by meeting their local needs.

“The service benefits people by:

- being able to practically demonstrate equipment and facilitate the ordering of equipment for those without Internet access or family support
- acting as a referral point, identifying extra support that may assist visually impaired people
- helping to reduce isolation by making people aware of local services available to them
- being a visible presence in communities, to educate and inform the public of eye health when located in areas of high public traffic e.g. community hubs or supermarkets.”

Doctor Wheeler, CEO of PTSD Essex:

“As people know, PTSD is a disabling psychological condition that causes severe trauma, anxiety and depression. If left untreated, PTSD may become a chronically disabling condition. Between 3-6% of UK military veterans have PTSD. It is also recognised that military veterans do not benefit adequately from existing therapeutic provision. It is therefore imperative to develop accessible and acceptable approaches to engage this client group.

“The lives of military veterans with post-traumatic stress disorder have been transformed by their participation in our novel intervention programme developed by Essex researchers, which involves veterans taking part in outdoor respite trips, where they receive counselling support in these open spaces. Improvements include reduced PTSD symptoms, depression and anxiety, coupled with increased post-traumatic growth, well-being, life quality, capacity for work and improved relationships.

“Our most generous benefactor so far has been the Colchester Catalyst Charity. To this date, it has donated an incredible £10,000 (£5,000 in 2019) towards our project. Without this funding we would not have been able to facilitate over 50% of the trips that we have executed over the last 18 months. This means that a total of over 80 veterans have directly benefitted from the money bequeathed to varying different degrees, from an increase in their sense of well-being, a return to academia to study for a new role, becoming coaches to help further veterans or by “saving lives” of those that were in a very dark place. We thank you from the bottom of our hearts.”

CASE STUDY

£5,000

PTSD ESSEX

To launch a new therapeutic counselling service for veterans with PTSD



CASE STUDY

£6,400

INCLUSION VENTURES

Towards the purchase of a Trishaw vehicle for befriending purposes



Sarah Hanness, the Project Director for Inclusion Ventures:

“Our new Trishaw bike is used by the young people we help, who have autism and learning disabilities, to take elderly dementia residents from the Corner Lodge care home in Jaywick out on trips around the area. This would not be possible without a very generous grant from Catalyst and other funders.

“This project gives the elderly residents an opportunity to be brought outdoors regularly in all weathers and allows them to experience, once again, the wind in their hair, to bring back memories for some of cycling in their youth. It also gives them a sense of freedom outdoors, which engages their senses of the environment around them.

“One of the aims of this project is also to bridge the gap between young and old in our community and give our young people the opportunity to give something back.

“The pictures included in this report feature a resident from Corner Lodge being taken out to the local Memorial for Remembrance Day. The resident, Arthur, is a 99-year-old WWII Veteran, who was delighted to have been able to get out for this event. Thank you again to Catalyst for providing this opportunity for us to make these special moments for everybody involved, helping to bring communities and generation together again.”



£33,013

AGE CONCERN

To launch an innovative new Befriending Scheme.



Simon Prestney, the CEO of Age Concern Colchester & North East Essex:

“Colchester Catalyst has been highly supportive of the growth of Age Concern in this area. Their investment has enabled us to develop our services to reach more people with frailties.

“After observing the impact that we had with tackling social isolation in Colchester over a short space of time, Catalyst discussed the potential for a wider impact to be made across North East Essex with a new proactive approach. This would involve us helping to set-up a number of self-reliant befriending clubs throughout the CO postcodes, to address the biggest gaps in need.

“These ideas have now been put into action following the launch of our visionary new Befriending Scheme, which we have already integrated seamlessly with our partners from the Community Voluntary Services Tendring’s HILL project, the In Kind Coaches, Colchester United in the Community and other leading providers involved in the fight to combat loneliness for those in later years.

“We are delighted to have been supported by Catalyst over the last three years and whereas working with funders can seem transactional, working with the team at Catalyst is far more relational. We enjoy working closely in partnership with Catalyst and we look forward to the development of our work due to their support and guidance.



“With 12,700 people across the patch identified as lonely, through this project, we are aiming to reach as many as we can over the next few years.”

Trustees' Report

(Including Directors' Report)

P W E Fitt



The Charity is administered by a Board of Trustees.

TRUSTEES

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

- C Hayward MBA
- P W E Fitt FCA
- Dr N J Busfield MA, PhD
- Dr M P Hickman MB B.Chir DCH
- M F Pertwee BA (Hons)
- Dr T P Rudra MBBS, FRCP
- K Songhurst LLB(Hons)
- E Thrower DipCOT, MHCP

ADMINISTRATOR & ASSISTANT

- S Grant
- W Larkin

DEVELOPMENT MANAGER

- R Appleyard

Nominations for the appointment of new Trustees are based on the established knowledge and experience of the candidate and on the likely contribution that the candidate may make to the work of the charity. All Trustee appointments are subject to election at an AGM and all Trustees are subject to re-election at an AGM every three years.

Trustees are provided with appropriate information and guidance on induction; no other formal training is provided to trustees.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity’s Memorandum and Articles of Association, the Companies Act 2006 and “Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)” .

OBJECTIVES AND ACTIVITIES

The objective of the charity is the relief of the sick and suffering of North East Essex. The Trustees confirm that they have referred to the guidance contained in the Charity Commission’s general guidance on public benefit when planning its future activities and setting the grant making policy for the year.

Details of the charities activities and achievements during the year are set out in the Administrator’s Report.

GRANT MAKING POLICY

The Charity’s detailed grant making criteria are set out elsewhere in this

report. All applications for grants are considered by the Trustees and where successful are formally approved. An annual grants budget is set by the Trustees.

RESERVES POLICY

The Trustees have adopted a policy of endeavouring to retain sufficient funds to maintain the Capital Reserve as at 30th September 1989 adjusted for inflation. The Capital Reserve at 31st December 2019 required by this policy amounted to £11,111,871 (2018: £10,969,270). It is intended that this policy will be adhered to for the foreseeable future whilst recognising that there may be temporary shortfalls in consequence of fluctuations in stock market values.

INVESTMENT POLICY

The investment policy is determined by the Trustees, with the benefit of external advice, after considering income requirements, risk profile and stock market prospects in the short and medium term.

RISK STATEMENT

The Trustees confirm that the major risks to which the charity is exposed, as identified by the Trustees, have been reviewed and systems established to mitigate these risks.

Criteria For Grant Making

OBJECT

Colchester Catalyst Charity aims to improve the health of people living within the CO postcode areas by making a positive and ongoing contribution to the improvement of healthcare services in this region, specifically where help is not available from statutory organisations.

POLICY

The over-riding concern of the Charity is to provide support where it will benefit the greatest number of people, principally by direct contributions to organisations for specific and well defined projects, including therapeutic

aids, equipment and buildings for medical or nursing care.

The charity recognises the need of some disabled people for specialised equipment. Where it is established that such equipment is not available from statutory organisations a contribution may be made to the cost involved.

General funding or contribution to staff or other running costs are excluded but recognising the often overlooked needs of carers the Charity will consider funding respite care provided the care period is well

defined, carefully controlled and readily monitored.

Where financial help is given the Directors will satisfy themselves that satisfactory management and organisations exists to ensure that the money is properly used and in the case of equipment, that it can be efficiently operated and maintained.

SUPPORT

In appropriate cases a grant or loan may be offered for full or part-funding of a project or equipment. No form of retrospective funding can be considered.



Ben and Sonia from BBC's Essex's Breakfast Show are big supporters of the charity sector and covered some of our projects during the year.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees, who are also the directors of Colchester Catalyst Charity for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.



Staff at Shorefields School in Clacton were delighted with the Special Needs playground equipment that was part-funded by our £9,000 grant towards the project

PLANS FOR FUTURE PERIODS

The Trustees plan for the foreseeable future to continue making grants with a view to making a positive contribution to improving care of the sick or suffering in the CO postcode area.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is a company limited by guarantee (number 634588), governed by a Memorandum and Articles of Association and is a Registered Charity (number 228352).

At 31st December 2019 there were forty two members.

Colchester Catalyst Charity became a grant making charity in 1990 following the sale of the Colchester Oaks Hospital, in Oaks Drive, to Community Hospitals PLC. The sale was conditional on Community Hospitals PLC building a new hospital, to an agreed high specification, by 1994 - this was done and the new Oaks Hospital off Mile End Road was opened in January 1994.

With the agreement of the Charity Commissioners the directors decided to devote the income, from the invested funds resulting from the sale 'for the relief of the sick or suffering of North Essex'.



We awarded a grant of £10,000 towards the purchase of a community pod for Together We Grow

AUDITOR

Whittle & Partners LLP practising as Whittles has indicated their willingness to continue in office and will be proposed for reappointment in accordance with section 485 of the Companies Act 2006.

DISCLOSURE OF INFORMATION TO AUDITOR

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The Trustees report was approved by the Board of Trustees.

P W E Fitt FCA
25 February 2020

ACHIEVEMENTS AND PERFORMANCE

Financial Review

The results are shown in the financial statements of which the following is a summary:

	31/12/2019 £	31/12/2018 £
Direct Charitable Expenditure	561,716	550,926
Realised (Losses)/Gains on Sales of Investments	10,098	(27,880)
Unrealised (Losses)/Gains on valuation of Investments	1,552,834	(938,498)
Total Net Assets at 31st December	12,251,753	10,834,462

Future financial performance will be affected by the investment income and growth achieved in future years.

Statement of Financial Activities

Including Income and Expenditure Account

FOR THE YEAR ENDED 31 DECEMBER 2019

	Notes	2019 £	2018 £
INCOME FROM :			
Donations and subscriptions etc.	2	345	1,156
Income from investments	3	415,730	406,078
Total income		416,075	407,234
EXPENDITURE ON :			
Charitable activities	4	561,716	550,926
Net gains/(losses) on investments	7	1,562,932	(966,378)
Net movement in funds		1,417,291	(1,110,070)
Fund balances at 1 January 2019		10,834,462	11,944,532
Fund balances at 31 December 2019		12,251,753	10,834,462

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Balance Sheet

FOR THE YEAR ENDED 31 DECEMBER 2019

	Notes	2019 £	2018 £
FIXED ASSETS			
Tangible assets	11	166,697	158,866
Investments	12	12,013,736	10,455,097
		12,180,433	10,613,963
CURRENT ASSETS			
Debtors	13	335	7,296
Cash at bank and in hand		213,253	360,638
		213,588	367,934
CREDITORS:			
amounts falling due within one year	14	(142,268)	(147,435)
Net current assets		71,320	220,499
Total assets less current liabilities		12,251,753	10,834,462
INCOME FUNDS			
Unrestricted funds - general		12,251,753	10,834,462
		12,251,753	10,834,462

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 December 2019, although an audit has been carried out under section 144 of the Charities Act 2011.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the 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.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 25 February 2020

C Hayward MBA Trustee

P W E Fitt FCA Trustee

Statement Of Cash Flows

FOR THE YEAR ENDED 31 DECEMBER 2019

	Notes	2019 £	2018 £
CASH FLOWS FROM OPERATING ACTIVITIES			
Cash absorbed by operations	23	(559,577)	(717,242)
INVESTING ACTIVITIES			
Purchase of tangible fixed assets		(7,831)	(158,866)
Purchase of investments		(145,707)	(132,365)
Proceeds on disposal of investments		150,000	652,300
Investment income		415,730	406,078
Net cash generated from investing activities		412,192	767,147
Net cash used in financing activities		-	-
Net (decrease)/increase in cash and cash equivalents		(147,385)	49,905
Cash and cash equivalents at beginning of year		360,638	310,733
Cash and cash equivalents at end of year		213,253	360,638

Notes

To The Financial Statements

FOR THE YEAR ENDED 31 DECEMBER 2019

1 ACCOUNTING POLICIES

CHARITY INFORMATION

Colchester Catalyst Charity is a private company limited by guarantee incorporated in England and Wales. The registered office is 14 Dedham Vale Business Centre, Manningtree Road, Dedham, Essex, CO7 6BL.

1.1 ACCOUNTING CONVENTION

The financial statements have been prepared in accordance with the charity's Memorandum of Association, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 GOING CONCERN

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 CHARITABLE FUNDS

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes.

1.4 INCOMING RESOURCES

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Other income including income tax recoverable is accounted for on an accruals basis as far as it is prudent to do so.

1.5 RESOURCES EXPENDED

Grants and donations payable are recognised as expenditure when the grant is approved.

1.6 TANGIBLE FIXED ASSETS

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses. Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

- Freehold land and buildings 0% depreciation

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/ (expenditure) for the year.

1.7 FIXED ASSET INVESTMENTS

Fixed asset investments are initially measured at transaction price excluding transaction costs, and are subsequently measured at quoted sale value at the close of business on the balance sheet date. Changes in market value are recognised in net income/ (expenditure) for the year and carried to the capital fund. Transaction costs are expensed as incurred.

Quoted investments are included at quoted saleable value as at the close of business on the balance sheet date, any surplus or deficit arising on such valuation is carried to capital fund.

1.8 IMPAIRMENT OF FIXED ASSETS

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 BASIC FINANCIAL ASSETS

Basic financial instruments are initially recognised at transaction value and subsequently measured at amortised cost.

Financial assets comprise cash at bank and in hand, together with other debtors. Cash at bank and in hand is defined as all cash held in instant access bank accounts and used as working capital.

Financial liabilities held at amortised cost comprise all creditors except social security and other taxes, deferred income and provisions.

1.10 EMPLOYEE BENEFITS

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1.11 RETIREMENT BENEFITS

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.12 GRANTS AND DONATIONS PAYABLE

Grants and donations payable are recognised as expenditure when the grant is approved.

1.13 GIFTS IN KIND

The Charity receives the benefit of work carried out by volunteers. No value is placed on this in the financial statements.

2 DONATIONS AND SUBSCRIPTIONS ETC.

	Unrestricted funds general 2019 £	2018 £
Donations and gifts	345	1,156

3 INCOME FROM INVESTMENTS

	Unrestricted funds general 2019 £	2018 £
Income from quoted investments	415,730	406,078

4 CHARITABLE ACTIVITIES

	2019 £	2018 £
Staff costs	54,873	52,391
Office expenses	7,633	11,163
Miscellaneous	2,205	633
	64,711	64,187
Grant funding of activities	(see note 9) 489,349	476,048
Share of support costs	(see note 10) -	2,483
Share of governance costs	(see note 10) 7,656	8,208
	561,716	550,926

5 TRUSTEES

None of the trustees (or any persons connected with them) received any remuneration, benefits or payments for expenses from the charity during the year.

6 EMPLOYEES

The average monthly number of employees during the year was:

	2019 Number	2018 Number
	3	3

EMPLOYMENT COSTS

	2019 £	2018 £
Wages and salaries	52,681	50,559
Social security costs	618	324
Other pension costs	1,574	1,508
	54,873	52,391

No employees received total employee benefits (excluding employer pension costs) of more than £60,000.

7 NET GAINS/(LOSSES) ON INVESTMENTS

	2019 £	2018 £
Revaluation of investments	1,552,834	(938,498)
Gain/(loss) on sale of investments	10,098	(27,880)
	1,562,932	(966,378)

8 TAXATION

The company is a charity and is not liable to corporation tax on income. It is entitled to receive certain types of investment income without deduction of Income Tax at source.

Expenditure includes where appropriate irrecoverable Value Added Tax.

9 GRANTS PAYABLE		2019 £	2018 £
Charities etc		233,222	225,629
Special Individual Needs		92,410	89,419
Respite Care		163,717	161,000
		489,349	476,048

A detailed analysis of Grants and Donations made in the year can be found on page 7.

10 SUPPORT COSTS	Support costs £	Governance costs £	2019 £	2018 £	Basis of allocation
Relocation costs	-	-	-	2,483	
Audit fees	-	4,390	4,390	4,120	Governance
Accountancy	-	756	756	936	Governance
Sundries	-	2,510	2,510	3,152	Governance
	-	7,656	7,656	10,691	
Analysed between Charitable activities	-	7,656	7,656	10,691	

Governance costs includes payments to the auditors of £ 4,390 (2018- £ 4,120) for audit fees and £756 (2018: £936) for other work .

11 TANGIBLE FIXED ASSETS

Cost	Freehold land and buildings £
At 1 January 2019	158,866
Additions	7,831
At 31 December 2019	166,697
Carrying amount	
At 31 December 2019	166,697
At 31 December 2018	158,866

12 FIXED ASSET INVESTMENTS

Cost or valuation	Listed investments £
At 1 January 2019	10,455,097
Additions	145,707
Valuation changes	1,552,834
Disposals	(139,902)
At 31 December 2019	12,013,736
Carrying amount	
At 31 December 2019	12,013,736
At 31 December 2018	10,455,097

	2019 £	2018 £
Investments at fair value comprise:		
Charifund:	2,936,684	2,658,088
Blackrock Charities UK Equity Fund (formerly Charishare):	1,389,344	1,157,988
Schroders Charity Multi Asset Fund:	2,041,995	1,883,939
Newton Growth Fund for Charities:	792,301	671,189
Newton Growth & Income Fund for Charities:	4,853,412	4,083,893
	12,013,736	10,455,097

13 DEBTORS	2019 £	2018 £
Amounts falling due within one year:		
Other debtors	-	7,000
Prepayments and accrued income	335	296
	335	7,296

14 CREDITORS	2019 £	2018 £
amounts falling due within one year:		
Other creditors	138,018	143,435
Accruals and deferred income	4,250	4,000
	142,268	147,435

15 FINANCIAL INSTRUMENTS

	2019 £	2018 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	-	7,000
Equity instruments measured at fair value	12,013,736	10,455,097
Carrying amount of financial liabilities		
Measured at amortised cost	142,268	147,435

16 OTHER CREDITORS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Other creditors	335	987
Grants approved not yet paid	137,683	142,448
	138,018	143,435

17 GRANTS PAYABLE

	2019 £	2018 £
The analysis of grant funding for the period is as follows:		
Grants approved not yet paid - brought forward	142,448	305,226
Grants approved in period (see note 9)	489,349	476,048
Grants paid in period	(494,114)	(638,826)
Grants approved not yet paid - carried forward (see note 16)	137,683	142,448

18 RETIREMENT BENEFIT SCHEMES

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charge to profit or loss in respect of defined contribution schemes was £1,574 (2018: £1,508).

19 NON-AUDIT SERVICES PROVIDED BY AUDITOR

The auditor, Whittle & Partners LLP have processed the charity's payroll from information provided to them (note 10).



**LIST OF MEMBERS
FOR THE YEAR ENDED 31 DECEMBER 2018**

DIRECTORS

C Hayward
N J Busfield
P W E Fitt
M P Hickman
M F Pertwee
T P Rudra
K Songhurst
E Thrower

PRESIDENT

A H Frost

HON LIFE MEMBERS

R W Griffin
E Hall
C F Pertwee
B Walsh
R W Whybrow
A Livesley

OTHER HONORARY MEMBERS

M Hart
D Parnell
C Perry

MEMBERS

nder
S Avery
J Blomeley
C Booth
V Downing
J Fulford
P G Glossop
A Hudson
S Johns Green
T J R Gordon
D E Lodge
D Lyons
A Saxon
Mayor of Colchester (ex officio)
M Vernon
K Miles
M White
L Nicholl
V Wiggins
M Perrins
A Woolf
M Robinson
J Wright
T Rudling

**COLCHESTER
CATALYST CHARITY**
14 Dedham Vale Business Centre
Manningtree Road, Dedham,
Colchester, Essex, CO7 6BL

01206 323420
info@colchestercatalyst.co.uk

20 OPERATING LEASE COMMITMENTS

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2019 £	2018 £
Within one year	1,188	1,188
Between two and five years	891	2,079
	2,079	3,267

21 ANALYSIS OF CHANGES IN NET FUNDS

The charity had no debt during the year.

22 RELATED PARTY TRANSACTIONS

No guarantees have been given or received.

During the year, Peter Fitt Chartered Accountants, a business in which P W E Fitt, a trustee of the charity, has an interest provided accountancy services without charge.

During the year, Birkett Long LLP, a business in which K Songhurst, a trustee of the charity, has an interest provided conveyancing services. This work was charged on an arm's length basis at normal market rates.

23 CASH GENERATED FROM OPERATIONS

	2019 £	2018 £
Surplus/(deficit) for the year	1,417,291	(1,110,070)
Adjustments for:		
Investment income recognised in profit or loss	(415,730)	(406,078)
(Gain)/loss on disposal of investments	(10,098)	27,880
Fair value gains and losses on investments	(1,552,834)	938,498
Movements in working capital:		
Decrease/(increase) in debtors	6,961	(5,456)
(Decrease) in creditors	(5,167)	(162,016)
Cash absorbed by operations	(559,577)	(717,242)

TWO THOUSAND AND NINETEEN



please pick up the phone and get in touch if you
have an idea you would like to discuss with us.



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