

Annual Report 2021

REPORT AND FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2021



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 Clubs 01206 867415
Crossroads Tendring & Colchester 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 2253612
Stepping Stones 01206 860467
Tendring Eldercare 01255 476889
The Ark 01255 502063

LEGAL AND ADMINISTRATIVE INFORMATION

TRUSTEES

C Hayward MBA NPQH (Chairman)
P W E Fitt FCA (Secretary)
M F Pertwee BA (Hons) (Vice Chairman)
Dr N J Busfield MA, PhD
Dr M P Hickman MB B.Chir DCH
Dr S MacDonnell MBBS FRCA FFICM (Appointed 2 October 2021)
Dr T P Rudra MBBS, FRCP (Resigned 28 September 2021)
K Songhurst LLB (Hons)
E Throver DipCOT, MHCP
I S Turner MA MBA

SECRETARY

P W E Fitt FCA

CHARITY NUMBER

228352

COMPANY NUMBER

00634588

REGISTERED OFFICE

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

AUDITOR

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

BANKERS

National Westminster Bank plc
 Colchester

SOLICITORS

Birkett Long
 Colchester

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At a glance

Direct charitable expenditure

£503,355

up 8%

Total net assets

£12,942,859

up 10%

	2021	2020
Direct charitable expenditure	£503,355	£464,294
(Deficit)	(£142,599)	(£140,027)
Realised (losses)/gains on sales of investments	£7,547	(£148)
Unrealised (losses)/gains on valuation of investments	£1,448,625	(£482,292)
Total net assets at 31 December 2021	£12,942,859	£11,629,286

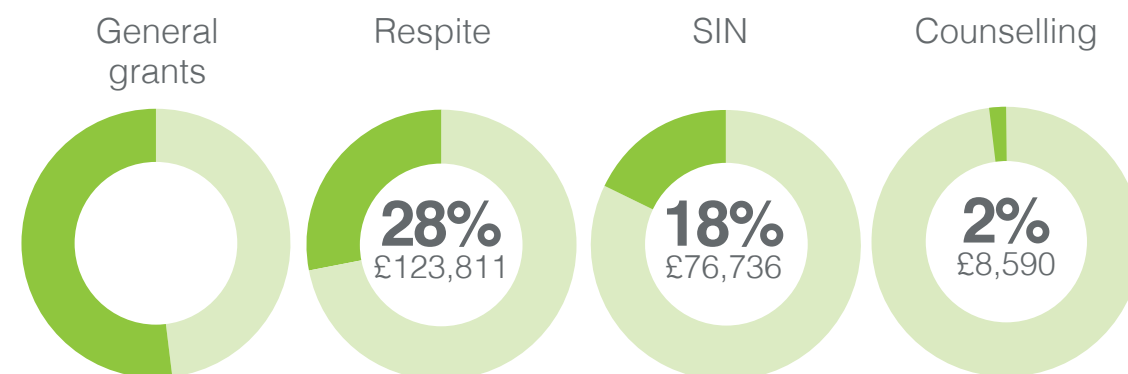
General applications

Equipment	10
Covid 19 Related	1
Education	1
Counselling/Befriending/Mental Health	13
Building	1

Total 48 (last year 47)

Accepted **26**, Unsuccessful **16**, Deferred **5**, Withdrawn **1**

Breakdown of total grants expenditure



Total grants expenditure

£434,658



Christine Hayward
Chairman

Chairman's Report

Christine Hayward MBA

PRESIDENT
A H Frost

DIRECTORS

C Hayward MBA NPQH

P W E Fitt FCA

M F Pertwee BA (Hons)

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(Appointed 2 October 2021)

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(Resigned 28 September 2021)

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E Throver DipCOT, MHCP

I S Turner MA MBA

ADMINISTRATOR

Stephanie Grant

DEVELOPMENT MANAGER

Rodney Appleyard BA (Hons)

Once again, I am very pleased to write this introduction to the Annual Report in our 33rd year of operation. Although in last year's annual report, I wrote about post Covid plans, the Coronavirus pandemic has continued to be with us for much of 2021 and the Board has had a mixture of online and face to face meetings. Nevertheless, our resilient team of Stephanie Grant, Rodney Appleyard and Wendy Larkin has managed to staff the office, not only keeping everything going on a day-to-day basis but also supporting some significant new developments.

In January 2021, the Board held its Financial and Strategic review meeting. This is the meeting which sets our direction for the year and enables Rodney Appleyard, our Development Manager and Stephanie Grant, our Administrator to especially encourage and support bids in the agreed priority areas. These priority areas were drawn from research undertaken by CVST and Community 360 and endorsed up by the North Essex Clinical Commissioning Group and North East Essex Health and Wellbeing Alliance, as well as with guidance from Suffolk Community Foundation.

The areas for particular consideration for 2021 were:

- To ensure that our support for individuals, as through our Special Individual Needs, Counselling and Respite work was encouraged, even though this was affected by Covid restrictions;
- To be proactive in seeking new ways to address mental health needs arising from the pandemic and also with particular reference to the needs of young people and the risk of suicide, especially amongst young men;
- To not exclude other worthy or innovative grant applications.

You will read, from Rodney Appleyard's and Stephanie Grant's reports about the range of organisations which have received grants, many for innovative approaches to tackling health and mental health issues. These include laughter, meditation, robotic pets, physical equipment to help people take exercise, befriending and specifically targeted mental health projects for vulnerable groups. Many projects have been funded because of partnership or pump prime funding between ourselves and other funders and commissioners,

“We especially encourage and support bids in the agreed priority areas... drawn from research undertaken by CVST and Community 360”

Below Left: Supporters raising funds for The Befriending Scheme. Below Right: Rod Stewart at an awards event with leaders from The Laughter Specialists





Above: Empower - Leaders from the Project MIND Empower programme helping to improve the mental health of young people

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 2021 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and the notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

OTHER INFORMATION

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. 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 course of 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 this gives rise to a material misstatement in the financial statements themselves. 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.

OPINIONS ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Trustees report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and

- the directors' report included within the Trustees report has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees report and from the requirement to prepare a strategic report.

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

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 2021 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

In auditing the financial statements, we have concluded that the Trustees

CASE STUDY.

PROGRAMME: RESET & GROW (INCLUDING ONE TO ONE COACHING)
 DURATION: 10 WEEKS
 DELIVERY: FACE TO FACE & VIRTUAL
 LOCATION: THE COLNE COMMUNITY SCHOOL AND COLLEGE, BRIGHTLINSBEA, ESSEX

FOUNDER BY: ActiveEssex

PROJECT ME

Female: 11
 Male: 6

"I never really used to do a ton of exercise but now I have kind of found the motivation to do it that I never had before as I realised how good it can make me feel after, a feeling of accomplishment." (female aged 14)

PROJECT ME HAS...

- "HELPED ME TO BE CONFIDENT IN MYSELF"
- "SHOWN ME HOW MENTAL HEALTH WORKS AND WHAT I CAN DO TO CALM DOWN"
- "GIVEN ME WAYS TO COPE WITH LOW SELF-ESTEEM, EXERCISE AND MINDFULNESS"
- "TAUGHT ME HOW TO COPE WITH STRESS AND FEEL"

100% PROGRAMME RECOMMENDATION

"I've learnt how the brain works and...that physical activity can increase mental state and well-being" (female aged 14)

GUEST SPEAKER: Isabelle Molloy

CASE STUDY.

PROGRAMME: RESET & GROW (INCLUDING ONE TO ONE COACHING)
 DURATION: 6 WEEKS
 DELIVERY: VIRTUAL

FOUNDER BY: PFCC, POLICE, FIRE AND CRIME COMMISSIONERS IN ESSEX

PROJECT ME

Female: 6
 Male: 5

"Project ME was a good experience...it was full of positivity in such a negative time. The two ladies they light up a room!" (female aged 17)

80% Confirmed improved resilience, self-esteem, confidence, emotional, physical health and mental wellbeing.

Favourite part of the Programme:
 70% Wellbeing, 10% Physical, 20% Mindfulness

80% Programme helped me deal with anxiety, to learn how to deal with anxieties, to increase self-esteem and confidence, to be motivated, to know how to cope with mental health.

"Some things I enjoyed about the project was the physical activity part because it gave me more energy throughout the day. Another thing I enjoyed was the sessions about mindfulness so it helped me to challenge my negative mindset that I often have." (male aged 17)

"Project ME was really good it calmed me and Katie helped me with calm and helped me love myself more. Because of her I have my confidence back and I exercise more and I feel more calm and better" (female aged 17)

Above: Positive results from the Project MIND Empower programme

Below: One of the beneficiaries of the beach wheelchair we purchased for the Edensor Care Centre



“...making limited resources go further”

making limited resources go further and be sustained for longer. Rodney Appleyard has been crucial in developing these relationships and enabling the charity to indeed be a catalyst.

The support for individuals has continued, with a range of equipment grants being agreed by the Special Individual Needs Committee. Counselling grants have lessened this year, due mainly to organisations unable to have face to face counselling sessions for periods for the year. Covid has also affected many care and respite services because of the need to protect vulnerable people, many with underlying health issues. We thank all the individuals who work with us on Special Individual Needs, Respite and Counselling. All these meetings take time and commitment which is much appreciated.

In spite of financial pressures in the economy as a whole, you will see from Peter Fitt's report that Colchester Catalyst Charity remained in a very strong position at the end of December 2021, with a significant surplus over our capital target. We are therefore well placed to continue our work in 2022. It is pleasing to note that, to date, we have never had to refuse a worthy application because of lack of funds and this is a tribute to Peter Fitt who has advised us so soundly over the years. Peter now has Iain Turner

to work with him on the Financial Strategy for the Charity and Wendy Larkin to manage much of the bookkeeping.

This year also saw us say farewell to one of our valued Board members, Dr Prakash Rudra, who has now retired and moved home to be nearer to his grandchildren. Rudi has served on the Board since January 2010 and brought sensitivity, commitment, knowledge and wisdom to our discussions. He will be very much missed, although we are delighted that he has become an Honorary Member and will thus, hopefully, keep in touch with the Charity.

In Rudi's place, we warmly welcome Dr Sean MacDonnell, who joined us in October 2021. Sean is a respected and experienced Consultant with East Suffolk and North Essex NHS Foundation Trust and brings both clinical and management skills to the board.

It only remains for me to thank our wonderful team, the Board and all the charities, organisations and individuals who work with us. We look forward to welcoming you all in person to our AGM to learn more about the work we have been involved in, as well as meet old friends and new.

Christine Hayward

Chairman
21 February 2022

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

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.

Irregularities, including fraud, are instances of non-compliance with laws and regulations.

We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

We made enquiries of the trustees, including:

- How they have identified, evaluated and complied with laws and regulations and whether they were aware of any instances of non-compliance;
- Their process for detecting and responding to the risks of fraud and whether they have knowledge of

any actual, suspected or alleged fraud; and

- Which internal controls have been established to mitigate risks related to fraud or non-compliance with laws and regulations.

We obtained an understanding of the legal and regulatory frameworks that are applicable to the Charity. These include, but are not limited to, compliance with the Companies Act 2006, UK GAAP, Charities SORP and tax legislation.

In addition, the Charity is subject to many other laws and regulations where the consequences of non-compliance could have a material effect on amounts or disclosures in the financial statements, for instance through the imposition of fines or litigation. We identified the following areas as those most likely to have such an effect: employment law and data protection. Auditing standards limit the required audit procedures to identify non-compliance with these laws and regulations to enquiry of Those Charged with Governance and other management and inspection of regulatory and legal correspondence if any.

We considered opportunities for fraudulent manipulation of the financial statements (including revenue recognition and the risk of override of controls), and determined that the principal risks were related to posting inappropriate journal entries to manipulate financial results.

The Senior Statutory Auditor has assessed and concluded that the engagement team collectively had the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations. During our audit:

- We reviewed the financial statement disclosures and tested to supporting documentation to assess compliance with relevant laws and regulations discussed above;
- We made enquiries of the trustees;
- We read minutes of meetings of those charged with governance;
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments; considered completeness of any related party transactions; and evaluated the

rationale of any significant transactions that are unusual or outside the normal course of the charity.

Our audit procedures were designed to respond to risks of material misstatement in the financial statements, recognising that the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery, misrepresentations or through collusion. There are inherent limitations in the audit procedures performed and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we are to become aware of it.

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

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members, as a body, for our audit work, for this report, or for the opinions we have formed.

Rachel Skells BA FCA

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

21 February 2022

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



Stephanie Grant
Administrator



Wendy Larkin
Administrator's Assistant

FOR THE YEAR ENDED 31 DECEMBER 2021

Administrator's Report

Stephanie Grant

This is my twelfth 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.

2021 was another tough year with a lockdown early in the year, much uncertainty and various restrictions. We continued to come into the office one at a time and carried on holding most of our meetings via Zoom. I think we have now learnt to live with Covid and have adapted our working patterns accordingly. The vagaries of Covid aside, I am very pleased to say that Catalyst continued 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.

It is over 30 years since Catalyst became a grant making charity and since that time £11 million has been given in grants and the charity is worth nearly £13 million.

Our 2021 AGM was once again held via Zoom. We were very pleased to welcome many of our Members, Board and friends to this meeting.

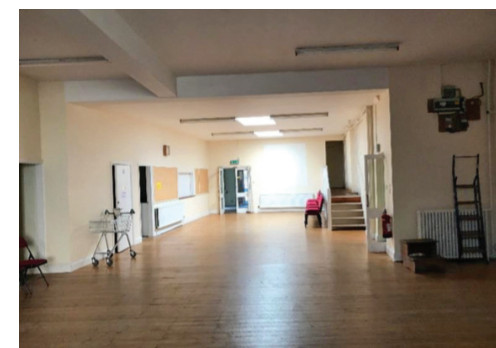
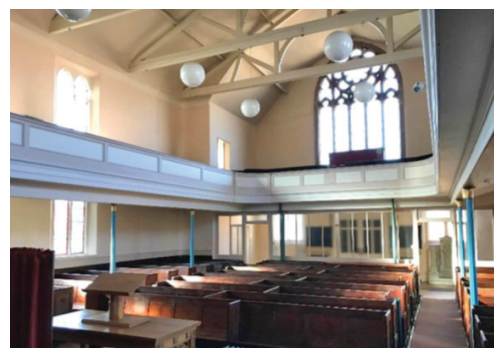
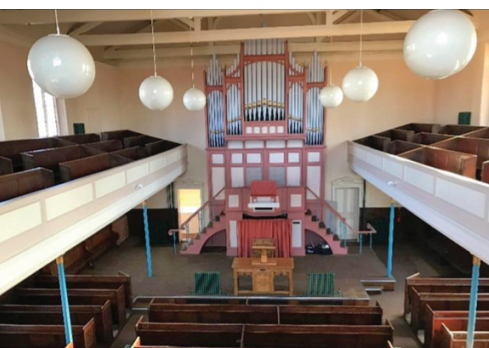
In addition to Special Individual Needs, Counselling and Respite we also cover General grants.

During 2021, the Catalyst Trustees considered 48 General Applications (47 last year) from various organisations in our area of operation, of which 26 (52%) (26 - 57% last year) were successful. During this period £225,521 was spent on general grants, (£192,992 last year).

“During 2021, the Catalyst Trustees considered 48 General Applications from various organisations in our area of operation”

Below: Hive's new community building, which we part-funded. It now consists of a number of important health services provided to people in need within the Sudbury area





Above: Inside Hive's new community building. The £30,000 grant from Catalyst helped to unlock other funds for this project, enabling valuable new health services to be set-up inside the premises

Above Left and Centre: The Clacton North East Essex MIND building, where the new mental health outreach service we funded will be based. Above Right: Children who have benefited from the Project MIND Empower programme. Above Right: Children who have benefited from the Project Empower programme

Catalyst likes to get involved with projects that enables other charities to expand and sustain the services that they currently, or hope to, 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.

I think that one of the lessons that we have learnt since the start of the global pandemic is the importance of good mental health and its fragility and the damage that loneliness and social isolation can cause. Better communication, inclusion and interaction with others can improve this situation. I am pleased to say that many of the grants that we have made this year do just this by helping to reach out to those whose mental health was affected by the isolation and uncertainty of Covid.

With this in mind, we were pleased to make our largest grant this year of £30,000 to HIVE to enable them to purchase and equip the recently closed United Reform Church in Sudbury to provide a Community Resource for use by a broad spectrum of local people and adults including domestic abuse victims, activities for those with mental health issues, counselling for young people and adults with disabilities.

There is no other venue in Sudbury that offers the same versatility or availability. HIVE acts as a Catalyst by bringing together many local and voluntary groups that provide a

service to vulnerable adults and children with health and social care needs.

Although Catalyst does not make grants for staffing or running costs on an ongoing basis, we are at times able to help with initial or pump prime funding as long as we can be assured that longer term funding has been agreed to by another organisation. We were therefore pleased to support the appointment of a Community Link Worker to work with MIND's North East Essex Crisis Café. Our grant of £25,000 will help to provide a safe, welcoming space where people experiencing emotional distress or mental health crisis can receive support outside of normal working hours and is a community-based alternative to crisis mental health services. The team provides support to individuals and aims to prevent escalation of mental health problems and unnecessary referrals to secondary mental health services and other hospital departments.

Beacon House seek to relieve poverty and sickness amongst people who are homeless or do not have permanent accommodation by the provision of healthcare, counselling and other support services. We were pleased to release to them our grant of £18,860 to enable them to employ an Occupational Therapy Assistant to complement two existing qualified OTs. There is scientific evidence to demonstrate the benefit to an individual's mental and physical health of involvement in occupational therapy activities. The role of the

OT Assistant will be to organise and run external activities such as sport, volunteering, helping on a care farm and rural improvement projects all of which are designed to help people make meaningful use of their time and be involved in something where they gain a sense of purpose and fulfilment.

Reach Out for Mental Health aim to reduce the number of attempted and completed suicides in Harwich. They offer an out of hours support service. ROFMH are an alternative provision to the statutory services and seek to help those who may be reluctant to come forward by offering support from those who have had a similar experience. Our grant of £15,000 will provide a lifesaving service for individuals who are feeling suicidal in the Harwich area. This valuable service is also designed to prevent suicide by supporting individuals who recognise that their mental health is deteriorating and to act before they become suicidal.

Our grant of £13,772 to Project MIND Empower was a great opportunity to work with Active Essex and ECC on an interesting and topical project. This CIC not for profit company seeks to tackle the inequalities in the most inactive and deprived communities. They aim to strengthen the enjoyment of physical activity and at the same time sharing the social and mental wellbeing benefits of an active lifestyle. Our grant will support a Test & Learn Project in a geographically targeted area.

As a result of research carried out during the pandemic about the need to help young girls suffering

from mental health problems, a new project came into being. We were pleased to be able to support the Youth Enquiry Service with a grant of £11,000 to enable them to create a new and innovative project in the Tendring area. Young girls (14-18) who have issues with low self-esteem and self-worth are linked with a mentor. The mentors will be Tendring based women aged between 25-40, who alongside the young person will act as a support to encourage them to open the channels of communication about how they feel and why, while at the same time hopefully growing their self-esteem through undertaking engaging activities. The project will be self-

sustainable because the girls will be trained up to be mentors, so they will continue to provide support for other girls who need support in the future.

We made a grant of £10,000 to be used to set up the provision of another new service to be offered to patients with incurable cancer and non-cancer conditions. The initial year of the project will work with Colchester Hospital's Palliative Care Team and St Helena Hospice to provide psychological support to young adults. The grant would be used to fund counselling, psychological support, initial assessment of psychological distress, support and reduce psychological pain.

iCARP is a non profit CIC whose work involves running research trips to identify alternative activities to psychotropic medications or formal therapy. They have created group outdoor activities (angling) with mental health professionals with amazing results. Our grant of £10,000 will enable this group to obtain a portacabin unit on a site by three lakes in the Great Oakley area. This will allow the group to run their trips more regularly and to a wider group of people. The portacabin will be used for therapy rooms for use with participants on the trip.

Below: Veterans who have experienced dramatic improvements to their mental health following support from the new iCarp therapy programme





The Befriending Scheme was another group that we were able to help with a grant of £10,000

It is hoped that those with early onset dementia as well as NHS staff across Colchester and Tendring who have been affected the pandemic, will benefit from these outdoor activities.

The Befriending Scheme was another group that we were able to help with a grant of £10,000 to enable them to expand their services into North East Essex. This Community Care Farm will provide a safe learning environment, community space and befriending scheme for a wider range

of vulnerable people, families and other community groups.

A grant of £10,000 was awarded to Open Road, a charity whose mission is to empower a diverse range of individuals, families and communities to lead healthy and more meaningful lives, free from addiction, offending behaviour and disadvantage. Our grant will provide high risk and vulnerable clients with a specialist COPD clinic offering them support on ways to cope with the disease

and ways to minimise and deal with exacerbations, oxygen therapy and breathing techniques.

We made Tendring Specialist Stroke Services a grant of £10,000 to allow them to extend their mental health support during a difficult year. A huge part of having a stroke is the mental health impact. Families and partners have to take on the role of being a carer thus putting them under pressure and emotional strain due to the changed relationship.



Bottom Left: Outdoor therapies have helped to ease the suffering of homeless people supported by Beacon House. Bottom Centre and Right: Children who have been supported by The Befriending Scheme

Right: Children who have benefited from the service provided by The Laughter Specialists. Plus David Beckham with the organisation's leaders when they won the National Local Heroes Award at the Who Cares Win Awards ceremony, hosted by Davina McCall, which was shown on national television



Our funding will enable them to respond more quickly and support more people with mental anguish.

Laughter Specialists are an innovative organisation whose aim is to protect and preserve the health and overall wellbeing of children and adults, including those with special needs, by providing specially trained practitioners, known as Laughter Specialists. The group will use our grant of £10,000 to expand their services of interactive artistic and entertainment skills along with psychological understanding, to bring laughter, fun and other therapeutic activities to those children and families in special schools and hospitals in Colchester and surrounding areas. Research, that the group have carried out, shows that laughter is very beneficial to physical and mental well-being and their unique service has been providing opportunities for families to break the tension and to learn to laugh and communicate together.

We were pleased to support Stepping Stones Play and Learn Group with a grant of £9,137 for a play slide.

£9,000 went to Sailship for a walking track. Sailship supports disabled adults/young people for Work Skills Training and Life Skills Learning at their purpose-built site in Clacton. They offer therapeutic programmes for well-being and mental health and use qualified staff to deliver social and therapeutic horticulture sessions. Our grant will enable them to expand their services to include more physical activity by installing a pathway around the site where participants would be able to walk/ bicycle or wheelchair ride the 'golden mile'. We made Tendring Eldercare a grant of £7,000 towards the cost of specialist chairs. Our grant of £6,575 enabled Sport for Confidence to purchase a pool lift which will allow people who face barriers to access physical exercise in the pools at Colchester Leisure World. This is to reduce the risk of inactivity and provide opportunities for those who are not currently accessing swimming opportunities in North East Essex.

Other grants included £3,500 to Bright Lives to purchase equipment for their purpose-built changing room.

Other innovative grants included £3,284 to Great Notley Country Park for self-help courses, £2,550 to Edensor for beach wheelchairs, £2,000 to Parkeston Welfare Park for defibrillators, £1,800 to the Maharishi Foundation for meditation, £1,745 to Boudica Primary School for mobility chairs and £1,378 to Action for Family Carers for a pilot project to provide robotic pets to help reduce loneliness and anxiety for those who need emotional and mental health support.

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 £8,590 of expenditure during 2021. We were pleased to welcome Kingsland Counselling into the counselling scheme in 2021.

Special Individual Needs (SIN) grants continue to be an important part of our work. There were 164 (141 last year) applications of which 138 (112 last year) were successful. This year we spent £76,736 on SIN (£56,087 last year).



Special Individual Needs (SIN) grants continue to be an important part of our work.

Above: Bright Lives' new centre at Charter House in Colchester has provided respite and relief for many people with learning difficulties

Once again the vast majority of grants provided mobility equipment for those who could not obtain it from 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.

Christine Hayward continues to chair the SIN committee and the group, which meets every 4 to 5 weeks via Teams, is made up of health professionals. In October 2021 we were delighted to welcome Marie Paget back onto 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 Catalyst respite scheme continues to represent a

significant part of our budget and in the year 2021 £123,811 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 keep in touch throughout the 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. Our website is in the process of undergoing a facelift so please watch this space. 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, Mark Pertwee, Vice Chairman, 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

Administrator
21 February 2022



Children who have been supported by The Laughter Specialists



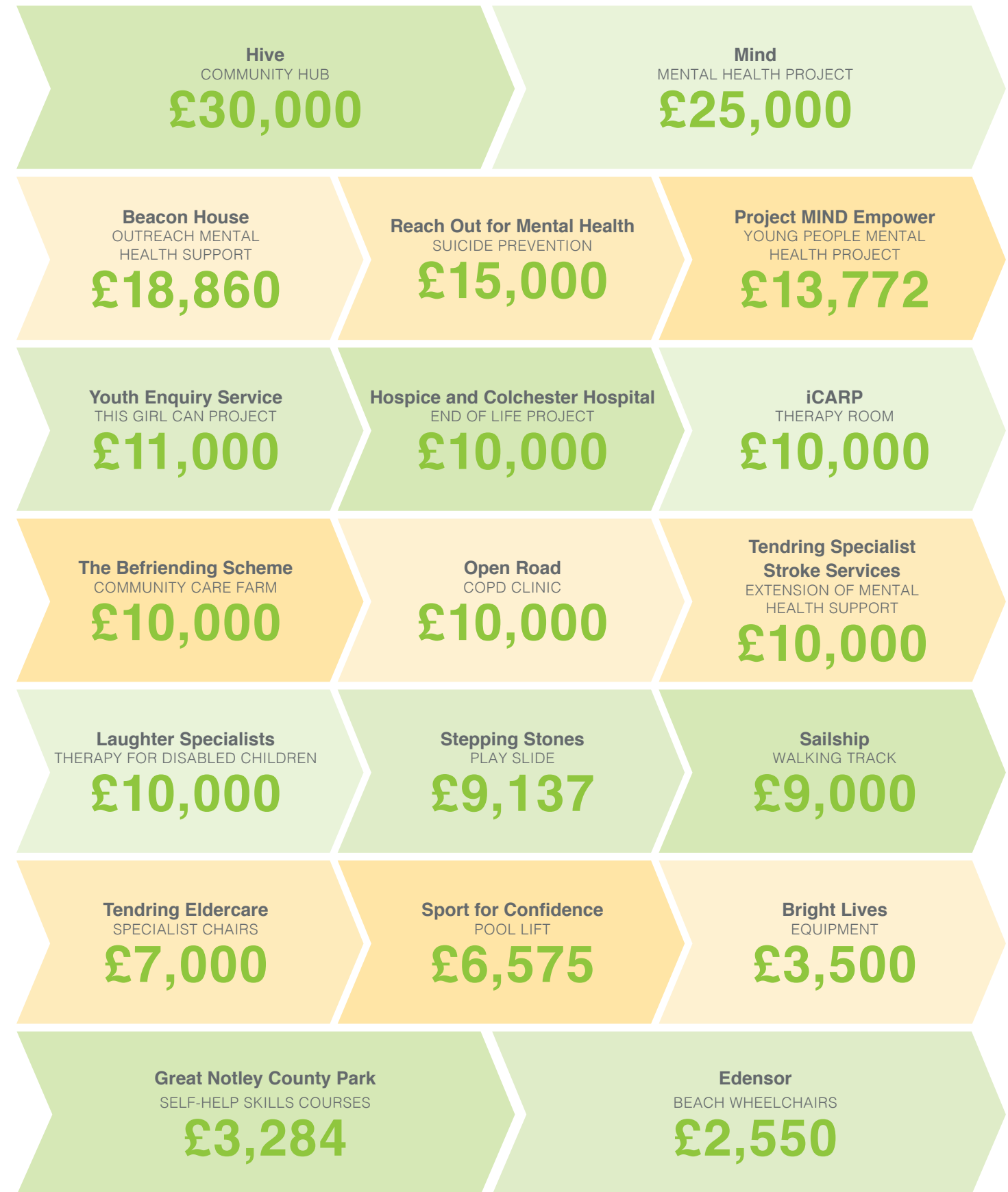
GENERAL APPLICATIONS FROM ORGANISATIONS					
Period Ended	31/12/21	31/12/20	31/12/19	31/12/18	31/12/17
From Organisations	48	47	60	48	47
Successful	26	26	25	26	27
Unsuccessful/withdrawn	17	10	11	10	12
Deferred	5	1	24	12	10

SPECIAL INDIVIDUAL NEEDS APPLICATIONS					
Period Ended	31/12/21	31/12/20	31/12/19	31/12/18	31/12/17
From Individuals	164	141	170	164	149
Successful	139	112	148	149	124
Unsuccessful/withdrawn	25	22	15	8	18
Deferred	0	7	7	7	7

Main Grants and Donations

Over £2,000

FOR THE YEAR ENDED 31 DECEMBER 2021



Development Manager's Report



Rodney Appleyard
Development Manager

Rodney Appleyard

In many ways, 2021 was a big step towards normality again across all our operations, following the challenging impact of the pandemic on so many areas of our work. We were also mindful of urgent new health problems that had arisen in the community due to Covid-19 and our need to provide an agile response to them. We achieved this through more frequent meetings to consider applications and we managed to provide substantial funding support for a number of projects that have already demonstrated positive improvements to people's health within the CO post code.

At the start of the year, the Directors agreed a new strategy for the year. This strategy was put together following close consultation with our other partners. Our analysis included results from the Community Asset Mapping research project delivered by Community360, CVST Tendring and Healthwatch Essex, which assessed the biggest needs in North East Essex discovered since the virus took hold.

This piece of work was also supported by Colchester Borough Council, Tendring District Council and the North East Essex Health & Wellbeing Alliance.

Additionally, we discussed the funding priorities of other grant providers that we work with closely, such as the Lottery, Sport England (via Active Essex) and the Essex Community Foundation.

We identified a number of common needs, which we incorporated into our strategy for the year ahead and aligned them with the biggest priorities that could be addressed collectively with our partners.

In conclusion, we could see there was a clear need to support a higher number of people suffering from acute mental health issues that had arisen across all ages due to the pandemic. In particular, we identified a gap in support for a larger number of younger people and men who were at risk of suicide.

Below: James McQuiggan, the CEO of North East Essex MIND, at the opening of its new mental health Crisis Café in Clacton



Pictures of people who have raised funds for Ending Life's Taboo's new end of life Counselling programme
Bottom Middle: Tracy Davies, who founded this new organisation

Through our research, we discovered that some areas of North East Essex experience the highest suicide rates in the country, which we were keen to address.

Working closely with MIND, we identified a new way to support their outreach work in Tendring, in particular Jaywick. The people in this area still face multiple health problems all the time due to it being one of the most deprived areas of the country.

Following our discussions about what could work, we awarded MIND a grant of £25,000 to fund an outreach worker for a year, which involves providing expert guidance and support to people in the Tendring area who are at risk of falling into a mental health crisis.

The aim of the project is to prevent them from drifting into helpless situations and connect them with local groups that can provide them with a greater purpose in life.

We worked closely with the North East Essex Clinical Commissioning Group on this project, which has expressed strong interest in supporting it to become sustainable long-term.

We are delighted to have developed a strong relationship recently with the NEECCG and we have agreed to work more closely with them in the future, to consider potentially joint-funding new projects.

Soon after funding the MIND project, we worked with the NEECCG on another important mental health project.

This one involved working with Reach Out For Mental Health on a Suicide Prevention project for men that will be based at CVST's Dovercourt and Harwich Wellbeing Hub, which is a centre we funded a few years ago.

The Suicide Prevention project will consist of providing mental health support for men to prevent them from reaching a point of no return. We agreed £15,000 to support this project and The NEECCG sourced another £18,900, working with its partners, to get it going.

Additionally, we awarded the Colchester and Tendring Youth and Enquiry Service a grant of £11,000 to provide mentors for young women who are also in danger of falling into a mental crisis. YES raised a further £12,000 from their own funds and £10,000 from Essex County Council

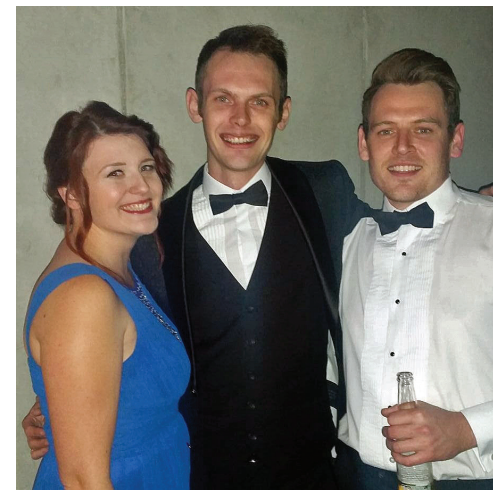
to kickstart this project.

Additionally, we supported a new organisation Ending Life's Taboo with a grant of £10,000 to launch its groundbreaking Counselling project for young people with terminal illnesses at Colchester Hospital. This service has expanded already to also help people in the community and provide support for young people at the Ipswich Hospital.

Plus, we provided £10,000 to support a new PTSD project for veterans in Great Oakley, towards the purchase of a new specialist therapy unit. This facility will be used to provide Counselling for the ex-soldiers with mental health problems, as well as people with other psychological conditions.

The Hive Community Centre project in Sudbury was another ambitious initiative we supported with a grant of £30,000, which helped to unlock £100,000s of additional funds from other grant givers. For example, the Suffolk Community Foundation awarded a grant of £150,000 towards the costs of this project.

“Our grants enabled these organisations to help a number of individuals who were suffering at this time.”



This community centre now provides space for a number of health-based organisations to provide new services for people in the area, including Befriending and Counselling support.

Finally, we are pleased to report that the pioneering Befriending project we funded Age Concern Colchester and Tendring to deliver in its second year, with a grant of £33,871, which we released early at the end of 2020 because it was going so well, has continued to grow in 2021 and set-up

more clubs in remote areas to help older people who feel lonely and isolated.

This project has unlocked additional funding from the NEECCG and is due to be supported even further soon from Essex County Council, to expand the service more widely in Essex.

So far, we have received many positive results already from the projects we funded over the last

year that were focused on mental health, and other areas of health too. Of course, big problems still exist and new ones continue to emerge. However, we will continue to address them with our partners as we look forward to continuing our support for people throughout 2022.

Rodney Appleyard

Development Manager
21 February 2022



We have funded many projects to address loneliness and isolation in the CO Post Code. We have also awarded grants for equipment to improve the well-being of children with Special Needs

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.



A resident from the Edensor Care Centre enjoying the sea in the beach wheelchair we purchased

Total value of grants on a year-by-year basis

2021	£434,658	▲
2020	£396,494	▼
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	▼

CASE STUDY

Colchester and Tendring Youth Enquiry Service

Mental health programme for young women

£10,000



We awarded the Colchester and Tendring Youth Enquiry Service a grant of £10,000 to launch a new Counselling and Mentoring project for young girls (14-18) in Tendring who are suffering from anxiety and other mental health problems.

YES also contributed £12,000 towards the project and Essex County Council has recently released a grant of £10,000 to further support the initiative. David Sollis, the CEO of YES, said the project would not exist without Catalyst's backing.

"Knowing Catalyst is behind us gives us a big lift. The mentors will help these young girls with their mental health problems, anxiety levels, depression and all sorts of other psychological problems they face every day. Although the project is funded by Catalyst towards the costs of the first year, we expect the support of the mentors to be for life, once they have made the connection with the young girls.

Fundamentally, we believe the project will help to save lives. That's what it's designed for. We know suicides are high in Tendring and that's why we want to address the issue head on in Tendring with this project. The young people we will

help come from chaotic home lives, which includes some suffering from domestic violence and drug abuse. Many of them have lost all hope.

So this project aims to put these young people on a carefully planned roadmap back to better mental health. The mentor will build trust with the young person, encourage them to open up, get them to talk about their issues and the traumas they've been through, refer them to further specific counselling support and then get them connected with an activity that can take their mind off their problems and focus on what they are good at instead.

The additional benefit is the mentor will go through the process with them, so they will have a common bond as the young person enjoys these new activities. One of the most important things the mentor can do for these young people is give them time so they feel that their voices are heard."

Below: Beneficiaries from Y.E.S.' Counselling service



“One of the most important things the mentor can do for these young people is give them time so they feel that their voices are heard”

“Fundamentally, we believe the project will help to save lives. That's what it's designed for”



We awarded Ending Life's Taboo £10,000 to launch a new End Of Life Counselling programme that provides therapy support for young people suffering from terminal illnesses at the Colchester Hospital.

The project has been very successful so far, having attracted additional grants from other funders and widening its reach now to Ipswich Hospital too. Tracy Davies, the CEO of the CIC, set-up the organisation after her son sadly died in hospital without receiving adequate counselling care towards the end of his life.

Following Ross' death, Tracy thought about his last few weeks in hospital and the need for him to have spoken to somebody about his inner thoughts. Although the family was close, it was difficult for him to discuss what was happening.

Tracy became passionate about challenging society's view of death and dying, with the aim of improving the quality of end-of-life care for young adults. She was positive that being able to talk to someone professionally-trained would have improved his mental health and reduced his emotional pain.

"Young people approaching their end of life go through a similar grief process to those left behind," said Tracy. "They grieve for the life they thought they were going to have and for the people they will be leaving. I want to give young people aged 18 to 40, who are facing a terminal illness, an opportunity to access psychological support and that's why we decided to launch Ending Life's Taboo. We often shy away from talking about something so painful but, in all honesty, it's something every single human has in common.

Right: Tracy Davies' son Ross (in hospital) with his sister Toni and Tracy Davies with her team at Colchester Hospital's Cancer Wellbeing Centre

When we are young, we don't think it's something that seems a reality but when faced with being told you have a terminal illness everything comes crashing down - hopes, dreams, aspirations. Time is no longer an option. Ending Life's Taboo aims to offer rapid access to counselling and support to young people, facing the most vulnerable time in their lives.

The families of the young person will also be supported and we can offer a service that makes passing as peaceful as possible. I want Ross' legacy to ensure the support is there for these young people when they need it."

Based at the hospital's Cancer Wellbeing Centre, Ending Life's Taboo is also supported by St Helena Hospice and Macmillan Cancer Support.

Tracy added: "It's difficult to start a charity and also gain grants when the service is completely new, as the level of need and outcomes are difficult to evidence. I'm really grateful to Rod Appleyard, of Colchester Catalyst, and the board of trustees for awarding the grant to Ending Life's Taboo and believing in us at a very early stage."



CASE STUDY

Ending Life's Taboo
End Of Life Counselling for Young People

£10,000

“Young people approaching their end of life go through a similar grief process to those left behind ...They grieve for the life they thought they were going to have and for the people they will be leaving”

“giving young people aged 18 to 40, who are facing a terminal illness, an opportunity to access psychological support”

CASE STUDY

Mind

New mental health outreach programme

£25,000



We awarded a grant of £25,000 for MIND to start a new project that will prevent people with mental health problems from falling into crisis.

James McQuiggan, the CEO of North East Essex MIND, thanked Catalyst for pump-priming the Community Link Support Worker role at the North East Essex Crisis Café for the first year.

The position involves finding out what the major problems are of the people referred to the café with severe mental health problems and linking them with targeted community projects that can help to alleviate their problems long-term.

“The North East Essex Crisis Café is a service we provide on a contract basis from the local Clinical Commissioning Group, however, the role of the Community Link Support Worker has been identified as an extra need to support the service further. The aim is to connect these people back with their local communities for long-term support.

This post is being funded for the first year from grants and trust funding, in order that we can provide the evidence to support the need for this resource long-term, to present to the Clinical Commissioning Group moving forward. We are working to the principle that the Clinical Commissioning Group can then factor in the need and costs, and

Inside MIND's new Crisis Café in Clacton



therefore build them into their over-arching mental health crisis support strategy and budgets for the future.”

James added that the project will help to prevent the escalation of mental health problems and unnecessary referrals to secondary mental health services, A&E departments and other emergency services.

“The Community Link Support Worker will work as a member of the North East Essex Crisis Café service to assist clients with understanding how the community groups, activities and services they are being connected with can help them and what the person can do for themselves to improve their health and wellbeing. The service will also combat their isolation issues, ultimately helping individuals to build resilience, plus they will support them to develop self-management strategies and make the best of their local resources.”

One of the beneficiaries from iCarp's new therapy programme



We awarded Hive a grant of £30,000 towards the launch of its new Hive Community Hub in Sudbury, which provides space for a number of health-based organisations to deliver a variety of life-changing services inside the facility.

Our funding was the final piece in the jigsaw puzzle for the project that cost over £400,000 to launch. £150,000 was also awarded from the Suffolk Community Foundation. We discussed the project in detail with this grant provider very early on in Hive's funding campaign, which inspired our own confidence in what could be achieved.

Additionally, the Hive team raised a large amount of funds by itself. It campaigned for a few years to save the refurbished church and transform it into a community building, despite pressure to turn it into a commercial project instead.



However, they won the battle and Lesley Ford-Platt, the project leader, is delighted that the centre can now help many people in the local area who are suffering from various health issues.

“The Befriending Scheme is already using the building all day on Thursdays, to support a number of individuals who have mental health issues and learning disabilities, as well as other health problems. Both the Kernos Centre and Compassion will use the building for counselling sessions too.

If it wasn't for the funding, Sudbury would have lost yet another Grade 2 listed building that can contain 350 people at one time. Catalyst has always been very supportive of our aims to provide a base to support so many people in need locally.”

CASE STUDY

Hive

New Community Hub in Sudbury

£30,000

“Our funding was the final piece in the jigsaw puzzle for the project that cost over £400,000 to launch.”

“finding out what the major problems are of the people referred to the café with severe mental health problems and linking them with targeted community projects that can help to alleviate their problems long-term”



iCarp has received £10,000 from Catalyst towards setting up a new wellbeing unit to provide counselling support for soldiers suffering from PTSD, as well as other people with mental health conditions.

The facility will include a therapy room for counselling sessions. Mark Wheeler, the CEO of the organisation, said that without Catalyst's support, they would not have had the confidence to gain more support from other organisations.

“This includes financial backing from the Environment agency to further develop the project. We've also received over £75,000 in donations since Catalyst's grant, which is fantastic. Additionally, we have further bids in with the Lottery and

the University of Essex to cover the long-term running costs of the project.

This project involves offering group outdoor activities for people struggling with their mental wellbeing. In the past, the work that we do, which includes providing counselling support after the veterans have bonded over a few hours of fishing, has been credited for saving some people's lives.

Two of the people we supported said they were feeling alone and isolated and made plans to end their lives. However, the project helped them through this difficult time and they are now very much part of the programme. They are also thriving in their volunteer roles for the organisation.

“All of us at iCarp would like to give a huge thank you to Catalyst for the amazing support. As an academic study from the University of Essex, the local support from Catalyst has felt both humbling but also very effective.”

CASE STUDY

iCarp

New mental health wellbeing unit

£10,000

“counselling support after the veterans have bonded over a few hours of fishing, has been credited for saving some people's lives.”



P W E Fitt
Secretary

Trustees' 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 NPQH

P W E Fitt FCA

M F Pertwee BA (Hons)

Dr N J Busfield MA, PhD

Dr M P Hickman MB B.Chir DCH

Dr S MacDonnell MBBS FRCA FFICM
(Appointed 2 October 2021)

Dr T P Rudra MBBS, FRCP
(Resigned 28 September 2021)

K Songhurst LLB (Hons)

E Thrower DipCOT, MHCP

I S Turner MA MBA

Nominations for the appointment of new Trustees are made based upon 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.

ADMINISTRATOR & ASSISTANT

S Grant
W Larkin

DEVELOPMENT MANAGER
R Appleyard

The trustees present their report and accounts for the year ended 31 December 2021.

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 2016)".

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 chairman's Report, administrator's report and the development manager'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 2021 required by this policy amounted to £11,713,613 (2020: £11,145,207). 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.

ACHIEVEMENTS AND PERFORMANCE

Financial Review

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

	31/12/2021 £	31/12/2020 £
Direct Charitable Expenditure	503,355	464,294
Deficit	(142,599)	(140,027)
Realised Gains/ (Losses) on Sales of Investments	7,547	(148)
Unrealised Gains/ (Losses) on valuation of Investments	1,448,625	(482,292)
Total Net Assets at 31 st December	12,942,859	11,629,286

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

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.

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 00634588), governed by a Memorandum and Articles of Association and is a Registered Charity (number 228352).

At 31st December 2021 there were forty three 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'.

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.

PWE Fitt

P W E Fitt FCA

21 February 2022

STATEMENT OF TRUSTEES RESPONSIBILITIES

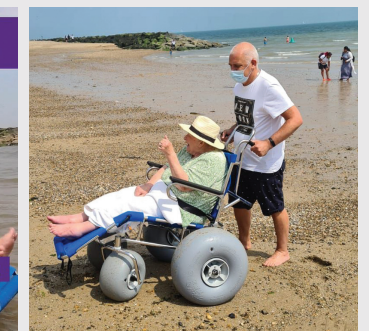
The trustees, who are also the directors of Colchester Catalyst Charity for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting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



Above Left and Centre Left: A number of elderly people have made good use of the robotic pets we purchased for Action For Family Carers. Above Centre Right and Right: Many people have enjoyed a nice day at the seaside in Clacton thanks to the beach wheelchairs we purchased for the Edensor Care Centre

Statement of Financial Activities

Including Income and Expenditure Account

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	2021 £	2020 £
INCOME FROM:			
Donations and subscriptions etc.	2	345	500
Income from investments	3	360,411	323,767
Total income		360,756	324,267
EXPENDITURE ON:			
Charitable activities	4	503,355	464,294
Net gains/(losses) on investments	7	1,456,172	(482,440)
Net movement in funds		1,313,573	(622,467)
Fund balances at 1 January 2021		11,629,286	12,251,753
Fund balances at 31 December 2021		12,942,859	11,629,286

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 2021

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	11	166,697	166,697
Investments	12	12,653,190	11,340,157
		12,819,887	11,506,854
CURRENT ASSETS			
Debtors	13	197	198
Cash at bank and in hand		216,463	227,922
		216,660	228,120
CREDITORS:			
amounts falling due within one year	14	(93,688)	(105,688)
Net current assets		122,972	122,432
Total assets less current liabilities		12,942,859	11,629,286
INCOME FUNDS			
Unrestricted funds - general		12,942,859	11,629,286
		12,942,859	11,629,286

The financial statements were approved by the Trustees on 21 February 2022

C Hayward MBA NPQH Trustee

P W E Fitt FCA Trustee

Company Registration No. 00634588

Statement Of Cash Flows

FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	2021		2020	
		£	£	£	£
CASH FLOWS FROM OPERATING ACTIVITIES					
Cash absorbed by operations	22	(515,009)		(500,237)	
INVESTING ACTIVITIES					
Purchase of investments		(56,861)		(108,861)	
Proceeds on disposal of investments		200,000		300,000	
Investment income		360,411		323,767	
Net cash generated from investing activities		503,550		514,906	
Net cash used in financing activities		-		-	
Net (decrease)/increase in cash and cash equivalents		(11,459)		14,669	
Cash and cash equivalents at beginning of year		227,922		213,253	
Cash and cash equivalents at end of year		216,463		227,922	

Notes

To The Financial Statements

FOR THE YEAR ENDED 31 DECEMBER 2021

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 2019). 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 GOING CONCERN AND COVID-19

The coronavirus pandemic has significantly disrupted individuals' personal lives and businesses' economic prospects in the UK and across the globe. The UK entered lockdown in March 2020 and some restrictions and social distancing provisions remain in place.

The charity has not been negatively affected by COVID-19 and has continued to operate as before.

We have continued to prepare the accounts on a going concern basis and deem this appropriate. We do not consider that a material uncertainty about our going concern status currently exists. In making this assessment we have considered the likely operating conditions for a period of twelve months from the date of our approval of these accounts.

1.3 CHARITABLE FUNDS

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

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 the statement of financial activities.

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 2021 £	Unrestricted funds general 2020 £
Donations and gifts	345	500
3 INCOME FROM INVESTMENTS		
	Unrestricted funds general 2021 £	Unrestricted funds general 2020 £
Income from quoted investments	360,411	323,767
4 CHARITABLE ACTIVITIES		
	2021 £	2020 £
Staff costs	54,959	55,200
Office expenses	7,427	6,249
	62,386	61,449
Grant funding of activities	434,658	396,494
Share of governance costs	6,311	6,351
	503,355	464,294
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		
	2021 Number	2020 Number
The average monthly number of employees during the year was:	3	3
EMPLOYMENT COSTS		
	2021 £	2020 £
Wages and salaries	53,374	52,985
Social security costs	-	625
Other pension costs	1,585	1,590
	54,959	55,200
There were no employees whose annual remuneration was more than £60,000.		
7 NET GAINS/(LOSSES) ON INVESTMENTS		
	Unrestricted funds general 2021 £	Unrestricted funds general 2020 £
Revaluation of investments	1,448,625	(482,292)
Gain/(loss) on sale of investments	7,547	(148)
	1,456,172	(482,440)

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.

	2021 £	2020 £
9 GRANTS PAYABLE		
Grants to institutions:		
Charities etc	225,521	233,222
Special Individual Needs	85,326	68,902
Respite Care	123,811	134,600
	434,658	396,494

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

10 SUPPORT COSTS

	Support costs £	Governance costs £	2021 £	Support costs £	Governance costs £	2020 £
Audit fees	-	4,500	4,500	-	4,250	4,250
Accountancy	-	756	756	-	756	756
Sundries	-	1,055	1,055	-	1,345	1,345
	-	6,311	6,311	-	6,351	6,351
Analysed between Charitable activities	-	6,311	6,311	-	6,351	6,351

Governance costs includes payments to the auditors of £4,500 (2020- £4,250) for audit fees and £756 (2020: £756) for other work.

11 TANGIBLE FIXED ASSETS

	Freehold land and buildings £
Cost	
At 1 January 2021	166,697
At 31 December 2021	166,697
Carrying amount	
At 31 December 2021	166,697
At 31 December 2020	166,697

12 FIXED ASSET INVESTMENTS

	Listed investments £	
Cost or valuation		
At 1 January 2021	11,340,157	
Valuation changes	1,313,033	
At 31 December 2021	12,653,190	
Carrying amount		
At 31 December 2021	12,653,190	
At 31 December 2020	11,340,157	
	2021 £	2020 £
Investments at fair value comprise:		
Charifund:	2,252,444	2,179,112
Blackrock Charities UK Equity Fund (formerly Charishare):	1,435,937	1,297,364
Schroders Charity Multi Asset Fund:	2,239,377	2,102,671
Newton Growth Fund for Charities:	961,287	832,263
Newton Growth & Income Fund for Charities:	5,764,145	4,928,747
	12,653,190	11,340,157

13 DEBTORS		2021	2020
		£	£
Amounts falling due within one year:			
Prepayments and accrued income		197	198
14 CREDITORS		2021	2020
		£	£
amounts falling due within one year:			
Other creditors		88,878	101,071
Accruals and deferred income		4,810	4,617
		93,688	105,688
15 FINANCIAL INSTRUMENTS		2021	2020
		£	£
Carrying amount of financial assets			
Instruments measured at fair value through profit or loss		12,653,190	11,340,157
16 GRANTS PAYABLE		2021	2020
		£	£
The analysis of grant funding for the period is as follows:			
Grants approved not yet paid - brought forward		(99,778)	(137,683)
Grants approved in period	9	(434,658)	(396,494)
Grants paid in period		445,863	434,399
		(88,573)	(99,778)

17 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 £1,585 (2020: £1,590).

18 NON-AUDIT SERVICES PROVIDED BY AUDITOR

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

19 OPERATING LEASE COMMITMENTS		2021	2020
		£	£
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:			
Within one year		-	891
20 ANALYSIS OF CHANGES IN NET FUNDS			
The charity had no debt during the year.			
21 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.			
22 CASH GENERATED FROM OPERATIONS		2021	2020
		£	£
Surplus/(deficit) for the year		1,313,573	(622,467)
Adjustments for:			
Investment income recognised in statement of financial activities		(360,411)	(323,767)
(Gain)/loss on disposal of investments		(7,547)	148
Fair value gains and losses on investments		(1,448,625)	482,292
Movements in working capital:			
Decrease in debtors		1	137
(Decrease) in creditors		(12,000)	(36,580)
Cash absorbed by operations		(515,009)	(500,237)

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 health
care services in this region.

LIST OF MEMBERS
FOR THE YEAR ENDED 31 DECEMBER 2021

DIRECTORS

C Hayward
P W E Fitt
M F Pertwee
N J Busfield
M P Hickman
S MacDonnell*
*appointed Oct 21
T P Rudra*
*retired Sep 21
K Songhurst
E Thrower
I S Turner*
*Appointed 8 December 2020

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

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

COLCHESTER

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