

Annual Report 2022

REPORT AND FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2022

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



www.colchestercatalyst.co.uk

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14 Dedham Vale Business Centre, Manningtree Road, Dedham, Colchester, Essex, CO7 6BL
Charity No. 228352 Company registration No. 634588 (England & Wales)



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 0300 770 8090
Colchester Gateway Clubs 07999 278472
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 0344 225 3681
Stepping Stones 01206 860467
The Ark Family Resource Centre 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
K Songhurst LLB (Hons)
E Throver DipCOT, MHCPC
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

Streets Whittles & 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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Chairman's Report

Christine Hayward, Chairman



Welcome

to our 2022 Annual Report, celebrating 34 years of Colchester Catalyst Charity's operation. The first Annual Report I contributed to as Chairman was in 2011 and I look back on the last 11 years with a great deal of joy and pride – not for myself but for the way the Charity has developed and responded to local and national challenges and fulfilled our object of making a positive and ongoing contribution to the improvement of healthcare in the CO postcode area.

PRESIDENT
A H Frost

DIRECTORS

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

K Songhurst LLB (Hons)

E Throter DipCOT, MHCPC

I S Turner MA MBA

ADMINISTRATOR
Stephanie Grant

DEVELOPMENT MANAGER
Rodney Appleyard BA (Hons)

Over the last year, we have been able to contribute to a range of exciting projects as well as equipment for organisations and individuals. We have continued to support respite care for carers and those cared for. Funding has also assisted counselling organisations to offer their services to anyone who might need it and is supported by a medical professional. Rodney Appleyard's and Stephanie Grant's reports go into these grants in more detail. The photographs and case studies show the fantastic ability of the charitable sector to transform viable ideas into reality and we are very pleased to have made a contribution to these.

During 2022, our financial position has been strong and you will see from Peter Fitt's report that this was reflected in the total grant allocation we were able to make. With the downturn in economic growth and the upturn in inflation which we saw towards the end of the year, this will mean that we will need to be even more focused in our grant making in 2023.

Our strategy for 2022 covered the areas of mental health, health inequalities, suicide prevention, especially focusing on young people, alcohol and drug misuse and end of life care. These will continue for 2023, with the Board looking for a clear emphasis and evidence on the health benefits of any grant applications. We are proud of the fact that we have never turned down a good grant application on the basis of money not being available and the Board want this approach to continue.

Colchester Catalyst Charity is indebted to a range of people who help us to carry out our functions. I should like to thank our Respite Care Assessors, Special Individual Needs Committee, funding partners, partners from the statutory agencies and all the Charities and Community Interest Companies with whom we work. All these are people who quietly get on with trying to improve life situations for our community. This year also, we were particularly pleased to congratulate Brenda Ellis, Chair of CVST, on her well-deserved BEM, awarded in the late Queen's birthday honours in June 2022.

The Charity is a relatively small organisation and I should like to pay tribute to our amazing staff team of Stephanie Grant, Rodney Appleyard and Wendy Larkin – it is they who are the visible face of the organisation, and make it work in practice as well as it does. Thank you, too, to the Board who show commitment to the same objects as our founders and also show the wisdom and openness to respond to a changing world with compassion and care.

Christine Hayward

Chairman 20 February 2023

The photographs and case studies show the fantastic ability of the charitable sector to transform viable ideas into reality



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Administrator's Report



Stephanie Grant, Administrator

This is my thirteenth 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.

Direct charitable expenditure

£626,563

up 24%

Total net assets down 9%

£11,764,953

Figures at a glance

	2022	2021
Direct charitable expenditure	£626,563	£503,355
(Deficit)	(£142,599)	(£142,599)
Realised (losses)/gains on sales of investments	(£12,763)	£7,547
Unrealised (losses)/gains on valuation of investments	(£912,133)	£1,448,625
Total net assets at 31 December 2022	£11,764,953	£12,942,859

General applications

Equipment	20
Education	3
Counselling/Befriending/Mental Health	14

Total 58 (last year 48)

Accepted **37**, Unsuccessful **10**, Deferred **10**, Withdrawn **1**



Wendy Larkin
Administrator's Assistant

Although 2022 saw a return to relative normality and working patterns post Covid, it was certainly a tough year in economic terms. Despite the turbulent economic situation and fall in the value of our investments, 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 over £11 million.

We were delighted to be able to hold our 2022 AGM at Wivenhoe House where we welcomed 86 guests including Members, Board and friends. Mark Wheeler from iCarp's Veteran PTSD project and Tracy Davies from Ending Life's Taboo gave the meeting interesting accounts of their work with vulnerable people.

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

During 2022, the Catalyst Trustees considered 58 General Applications (48 last year) from various organisations in our area of operation, of which 37 (64%) (48 - 52% last year) were successful. During this period £287,664 was spent on general grants, (£225,521 last year).

Catalyst likes to get involved with projects that have a strong health focus with a proven sustainable future. This could take the form of self-care health support or helping a service to refocus but there always has to be a strong health focus.

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.

While many of our grants focus on equipment of a medical nature for which there is no statutory funding available, we have noticed a sharp increase in the number of organisations seeking funding for self-help mental health projects as we recover from the damage of social isolation, loneliness and lack of interaction caused by the pandemic.

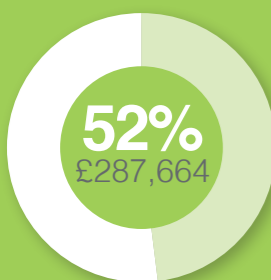
With this in mind, we were pleased to make **one of our largest grants this year of £31,636 to Teen Talk**. Teen Talk operate from Harwich and deliver services throughout Tendring and provide a range of practical and emotional problem prevention strategies through a support service. Teen Talk used our grant to work collaboratively with families to provide parental support around mental health. An initial consultation phone call will assign a support worker to assess needs and start to find solutions and support routes. These may be to their own support programmes or other mental health support routes if required.



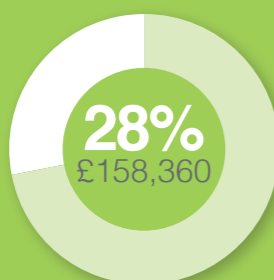
Left: Teen Talk 17-25 group which helps young people overcome isolation, and supports their mental health in informal social groups, improving emotional wellbeing.

Breakdown of total grants expenditure

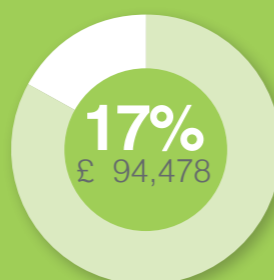
General grants



Respite



SIN



Counselling



Total grants expenditure

£554,502

“During 2022, the Catalyst Trustees considered 58 General Applications (48 last year) from various organisations in our area of operation”

Refugee Action provide a safe and welcoming community to vulnerable migrants from 100 countries living in Colchester. Our grant of £20,000 will enable them to work with all refugee groups including the Afghan & Asian Association, the Ukrainian Hub and African Families in the UK by offering therapeutic activities to improve the health and wellbeing of their clients.

Catalyst has always recognised the role of unpaid carers and particularly that of young carers. Action for Family Carers support unpaid family carers and young carers in Essex and offer emotional and practical support to help carers maintain a balance between their caring responsibilities and a life outside of caring. They run activity groups and day care clubs to give carers a break from their caring role as well as delivering befriending to vulnerable adults. The group also provide wellbeing programmes for carers and young carer clubs and support in schools. We were very pleased to be able to award this group a grant £16,000 to establish and run a regular Young Carers Respite Club in the Tendring District. The club will give young carers the opportunity to meet their friends, to have time to themselves in a safe environment away from home and their caring responsibilities. Activities on offer include indoor and outdoor games, healthy eating cookery sessions and arts and crafts projects.

One of our priorities for 2022 was to focus on mental health and health inequalities and so we were pleased to award a grant of £15,000 to Sandy's Farm. This group has been set up to provide individuals and groups with an outdoors space to benefit their emotional and mental health wellbeing. The project offers hands on activities such as animal petting and care, spending time in nature, working on land-based projects and working with people from diverse backgrounds and all ages. The aim is to learn through practical experiences that are of value to employers and skills which will benefit the participant and create independence and a sense of self-worth. Our grant will be used to set up and maintain a Sensory Garden and Cabin for people with special educational needs and to improve the mental and emotional wellbeing for all beneficiaries, volunteers, and staff. A sensory cabin can be very therapeutic for people who suffer from sensory problems. It can be used as a calming place and as a gentle way to stimulate the senses.

Another of this year's priorities was end of life care. Focusing again on unpaid carers we were happy to make a grant of £13,858 to Carers First to cover the costs of developing distinct programmes of support for carers of eight caring situations: End of Life, Dementia, Mental Health, Learning Disability or Autism, Physical Disability, Sensory Conditions,



Above: Carers first caption required

Dependency, (Frail and Elderly). The project will ensure that every carer can access a personalised support package to suit their needs.

We made a grant of £13,000 to Mariner's Chapel to enable them to provide multi access facilities and also a part-time outreach/community support co-indicator and assistant. The group works with a wide range of people is a central hub for providing community support. Their work has enabled them to identify a number of people in need within the local area who fly under the radar and are not receiving adequate enough support from the statutory services, including adult and children with mental health issues.

We were pleased to make an innovative grant of £10,832 to the Dance Network Association. This organisation enables people to live more connected, joyful and aspirational lives through dancing.

Our grant will allow those who suffer from neuro-disabilities, such as Parkinsons to experience dance, learn new skills and methods as a new way of alleviating their symptoms. This exciting project offers those with neurological conditions a person-centred way to enjoy experiences that are both meaningful and life enhancing.

We made HIVE a grant of £10,000 for a flexi-step lift to be used by wheelchair users and those who find steps difficult. This organisation has developed a community resource for the use of local people and adults including domestic abuse victims, activities for those with mental health issues, counselling for young people and adults and those with disabilities. There is no other venue in Sudbury which offers the same versatility or availability.

The OutHouse was established to raise awareness of the issues that LGBTQ+ people face in education, employment and public services. A grant of £10,000 was awarded to this group to set up a new innovative youth project for those young people who identify with the LGBTQ+ community from Colchester and Tendring. A youth counsellor is able to offer support, knowledge and understanding including 1 to 1 support, therapeutic counselling for children under 18 years, family support and a safe non-judgmental environment.

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The grants we make focus on holistic health needs both physical and mental and often involve exciting new ways of dealing with these.

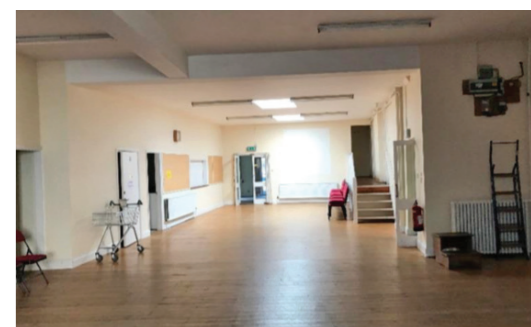
Two examples of this are grants of £10,000 each made to Good Mood Creative and Wheels for All. Good Mood Creative was set up to provide the highest quality performing arts projects with the aim of improving the well-being and mental health of Essex residents. Our grant enabled them to set up programmes across North Essex for young people which aim to lower anxiety and tackle mental health issues.

Cycling projects is a charity that supports and enables people to become more active by cycling. Their aim is to help people with disabilities or long term illnesses. The group want to give people the chance to be active through such programmes as Wheels for All and to raise the profile of inclusive cycling opportunities in the local community. Our grant funded additional adapted cycles allow people with more specific needs and requirements to participate in such activities.

Quite often we come across organisations that have been set up in response to an unmet need. Dream the Change is run by parents from diverse backgrounds who have children with special educational needs and disabilities, for the benefit of other parents like them. They believe that children with special needs should have the same opportunities to participate in social life and leisure activities as their peers. We were able to help this group with a grant of £9,600 to enable them to hire two dedicated carers to help with transport, respite and childcare.

Tendring Wellbeing are another group who give additional support and provide interventions to struggling children, young people, adults, and families by supporting them, with a variety of therapeutic interventions. Our grant of £8,933 will help to deliver additional support and increase capacity and to build an in person support service with a drop in support centre to include one to one coaching, counselling, education and mentoring service which is not available on the NHS.

Achieve, Thrive, Flourish also help young people advance in life by providing recreational and leisure time activities so that they can develop their



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skills and enable them to participate in society as mature and responsible people. Our grant of £8,000 will enable ATF to provide meaningful activities as well as sports and games in the most disaffected communities and raise aspirations as the young person moves back towards independence and into the community.





12th Man work with barbers, tattoo artists, pubs, cycling clubs and football clubs

Above 12th man barbers

There is a crisis facing men and mental health. Suicide is the biggest killer of men under the age of 50. Another of our 2022 priorities was suicide prevention, especially focusing on young people. **The 12th Man campaign aims to increase mental health conversation among men and empower them to recognize talking about mental health as a sign of strength.**

The campaign wants to make mental health conversation part of everyday life for as many men as possible and to also inspire men to become the '12th Man' and act as an advocate and role model for men's mental health in their personal and professional lives.

Our grant of £7,500 will provide training and courses for people who will use it most often and therefore have the most impact. They work with barbers, tattoo artists, pubs, cycling clubs and football clubs as well as many other small community businesses and interest groups.

At Catalyst we have always supported self-help groups so we were pleased to have been able to make **a grant of £7,000 to Blossom** to fund a 12 week

self-care programme that explores self-compassion and self-love through a guided healing journey using mindfulness and self-compassion.

£5,289 went to the Coffin Club to help people to plan for end-of-life care by better communication. We made a **£5,000 grant to Remap** who work to help people with disabilities achieve independence and a better quality of life by designing and tailor-making equipment for clients' individual needs. They are very active in Colchester and have 11 members who provide their time to design create and supply bespoke equipment to local disabled people free of charge. Our grant assisted their post Covid regrouping and aided them to recruit and train volunteers to develop their work. We made **Computers for the Disabled a grant of £5,000** to buy computers and to help disabled people to use them.

Shorefields School provides education for students who have severe and profound learning difficulties. We awarded them **a grant of £4,700** for a wheelchair cycle for the school. This specialist bike



Remap design and tailor-make equipment to help people with disabilities achieve independence and a better quality of life

would enable the children to have the experience of being on a bike supported by an adult.

Other innovative grants included **£5,000 to the Bridgewater Mission** to provide respite for immigrants and refugees, **£3,000 to Colchester United Football Club** to create opportunities for participants over 18 with a disability who wanted to get involved with football, **£4,130 to Beacon House** for spirometry screening, **£2,850 was awarded to Heads2Minds** in respect of therapeutic sessions for those women and children that have been affected by



Above 12th man scooter club



Above 12th man cycling and football clubs



domestic abuse. **A grant of £2,500 was made to the Boaz Project to target women from low income and deprived communities.** Our grant will provide a safe setting for physical activities with fitness equipment and will aim to help people to become more active, improve self-confidence, mental health and tackle obesity.

Shirley Cuthew ran Colchester Young Carers for many years until her retirement. Catalyst worked closely with her on many occasions. Sadly, Shirley passed away recently and has requested that any donations be used for young carers in Colchester. We have passed these monies to **Action for Family Carers.**

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 £14,000 of expenditure during 2022.

Special Individual Needs (SIN) grants continue to be an important part of our work. There were 190 (164 last year) applications of which 160 (139 last year) were successful. This year we spent £94,478 on SIN (£76,736 last year) 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.

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.

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 2022 £158,360 (last year £123,811) was spent on arranging short term respite care.



'Dream the change' provide respite care for families from disadvantaged backgrounds in North East Essex, who bear the brunt of health inequalities in the region

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

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
20 February 2023

GENERAL APPLICATIONS FROM ORGANISATIONS					
Period Ended	31/12/22	31/12/21	31/12/20	31/12/19	31/12/18
From Organisations	58	48	47	60	48
Successful	37	26	26	25	26
Unsuccessful/withdrawn	11	17	10	11	10
Deferred	10	5	1	24	12

SPECIAL INDIVIDUAL NEEDS APPLICATIONS					
Period Ended	31/12/22	31/12/21	31/12/20	31/12/19	31/12/18
From Individuals	190	164	141	170	164
Successful	160	139	112	148	149
Unsuccessful/withdrawn	22	25	22	15	8
Deferred	8	0	7	7	7

Main Grants and Donations

Over £5,000

FOR THE YEAR ENDED 31 DECEMBER 2022



Development Manager's Report

Rodney Appleyard, Development manager



Throughout 2022, Catalyst has been keen to address some of the most damaging aftereffects of the pandemic which have left many people still suffering from long-term health problems.



The Essex pedal power scheme is part funded by the town deal fund (IMAGE: DANIEL REES, NEWSQUEST)



Caption required



At the end of 2021 and during the start of 2022, we consulted closely with many local organisations to find out what kind of issues they had also identified as the biggest needs in the area. These organisations included Colchester Borough Council, Tendring District Council, the Integrated Care System, Community360, Community Voluntary Services Tendring, Healthwatch Essex and other major funders, such as the Lottery, Essex Community Foundation, Active Essex and Sport England.

A number of common threads were discovered by all of these organisations, which encouraged Catalyst to invest more support in helping people suffering from mental health problems at any age. The research also showed that Tendring and Colchester had the highest levels of suicide in the country at this time, so we focused on suicide prevention as a priority too.

In addition to addressing these needs, we also prioritised support for End-of-Life Care; help for people suffering from alcohol and addiction problems; and funding for projects that tackle growing health inequalities in the area.

By working closely with our funding partners, such as the Lottery, Active Essex and Essex Community Foundation, our aim was to pump-prime projects that would target these areas and could continue to receive additional funding from the other grant-making organisations, to keep them going long-term.

This strategy has proved to be successful, with us spending over £280,000 on new projects throughout 2022, many focused on these key areas, which have already reported back very positive results in terms of impact. This work has also been recognised in The Daily Gazette recently, which published a special mention for us in the Editorial section of the newspaper. It thanked Catalyst for its great work over the years and during this difficult period since the pandemic. Please find below an extract from the Editorial:

“Praise should go to the charity again as it turns its attention to mental health. The effects of the pandemic are still very real and those suffering need both help and support to navigate through them. Thank goodness the trust is there to help...yet again.”

Stephanie has mentioned many of these key projects that we supported in her report, which the paper refers to, In addition, other highlights included the third and final year of funding for the ground-breaking Age Well East Befriending project, which we pump-primed. We awarded this project a grant of £34,749,

Below: xxxxxxxx



which followed grants of just over £30,000 a year for the previous two years.

The aim of the project has been to grow the number of befriending services and support groups available in North East Essex for older people who feel lonely and isolated, which is more important than ever following the pandemic. It has been very successful so far, helping to increase support availability for thousands of people in the area.

The Befriending project has also received further funding from the Integrate Care System and Essex County Council, to expand its reach even further in future years. People in North East Essex can now easily find a befriending group near them through this increased support. They can identify these groups by either visiting the Directory on the Age Well East website, or calling the staff at Age Well East to find out where they can contact a club near them.

As Stephanie has mentioned, we also provided £16,000 of funding for Action for Family Carers to set-up a new club for young carers in Clacton. These

young people face intense suffering on their own and need a club like this to receive support from professionals. It also provides them with space and time to feel like normal children again.

They make strong friendships in these groups and it helps them to focus on their own future. We funded a similar project in Colchester before, which has been very successful. Some of the young people have gone on to study nursing and other high-level professions

at universities around the country. They said the support has been life-changing for them.

Other projects we have funded in the mental health area, which also address key health inequalities across North East Essex, include our support for the following projects below. These examples demonstrate our reach to a broad range of different areas across the CO post code:

Teen Talk	£31,636 towards a new mental health support for young people and their families (Harwich and Dovercourt).
Dream The Change	£9,600 towards respite support care for young children with special needs from disadvantaged families, including those from ethnic minorities (Wivenhoe, Alesford and the surrounding area).
Achieve Thrive Flourish	£8000 to provide well-being activities to help young people sectioned at the Colchester Residential Ward (Colchester).
Tendring Wellbeing & Intervention Services	£8,933 to support children, young people and families in crisis (Brightlingsea and the surrounding area).
The Mariner's Chapel	£13,000 – to help people with mental health problems, who are flying under the radar (Rowhedge and the surrounding area).
Sandy's Farm	£15,000 for a new cabin that will help people with learning disabilities (St. Osyth, Jaywick and the surrounding area).
The Boaz Project	£2,500 to specifically support women suffering from mental health problems in deprived areas (Greenstead and the surrounding area).





'Dream the Change' provide respite care for families from disadvantaged backgrounds in North East Essex, who bear the brunt of health inequalities in the region

Additionally, we always welcome new projects that are different to what we normally fund. This was the case with the 12th Man project from The Outsiders, which is an innovative new project that we helped to introduce to North East Essex. It supports men suffering from mental health and who are at risk of suicide. It has already been very successful previously in Norwich.

The project involves training staff to be mental first aid helpers in places where men usually go and feel relaxed about talking. This includes barbers and football clubs. We awarded this project a grant of £7,500 to train up mental first aiders in some barbers and other organisations in North East Essex.

The idea, for example, is for men to open up when they are having their

haircut. And when they do, the barber, who has been trained in the mental first aider skills, knows how to get the man to talk more and then refer to him to specialist support locally.

Although 2022 was a successful year for supporting projects of this nature, as well as a broad range of other equipment-based projects, we appreciate there is still more work to be done. Therefore, our priorities for 2023 will continue to address these key areas, but we would like to delve deeper into supporting initiatives focused on prevention and addressing health inequalities throughout the CO Postcode.

This will mean our work with our partners will be just as critical, as we aim to pump prime projects that have

the potential to continue long-term, such as the Age Well East Befriending project.

Please do get in touch if you know of any individuals or projects in North East Essex that need support to help alleviate major health problems in the area that are related to our priorities, or other critical health issues:
rodney.appleyard@colchestercatalyst.co.uk

Rodney Appleyard

Development Manager
 20 February 2023

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.



The 12th Man project from The Outsiders supports mens mental health through training staff in places where men may open up whilst taking part in any activity from having a haircut to going to the gym.

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

2022	£556,518	▲
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	▼

CASE STUDY

The 12th Man project
from The Outsiders
Mental health first
aid training for staff

£7,500



We awarded a grant of £7,500 to The Outsiders for the 12th man project, to help the organisation set-up mental health first aid training sessions aimed at preventing men from committing suicide. Colchester and Tendring have some of the highest suicide rates in the country, so it was a priority for us to support projects like this that could tackle this issue in an innovative way.

We awarded a grant of £7,500 to The Outsiders for the 12th man project, to help the organisation set-up mental health first aid training sessions aimed at preventing men from committing suicide. Colchester and Tendring have some of the highest suicide rates in the country, so it was a priority for us to support projects like this that could tackle this issue in an innovative way.

The Outsiders has used the funding to provide mental health first aid training for staff in places where men visit regularly and are more likely to open up about their psychological problems, such as barbers and football clubs. In total, the organisation has trained 18 people so far, with good results recorded over the last few months.

The organisation is planning on training 11 more people and has arranged to complete a number of sessions with Harwich and Parkeston FC. Nick Little, who runs the charity, said: "The people we have trained have already interacted closely with people who need to talk and have appreciated the benefits from the sessions that we provided. One example that stands out involves a man who visited one of the organisations following the loss of his baby.

"The person who helped him said that if he had not had the training, he would not have known how to deal with this man and would have been afraid about saying the wrong thing that would upset the customer. However, having undergone the training, he was able to

speak with him about his loss, which was of considerable comfort to the distressed man."

The people in need do not only receive support on the spot from the mental health first aid trainers, but they are also signposted to more specialist community services. These services can help them to recover fully from their mental health problems and in some cases prevent suicide.

Nick said the organisation's long term plan is to develop the 12th Man project, so it can be as successful as its other projects in Norfolk and Suffolk.

"We know that in Norfolk many thousands of conversations are taking place about mental health on a day-to-day basis. Preventing a suicide when someone is in the planning stage, or even about to do the act, is of course hugely worthwhile and important. But we want to stop suicidal ideation way before it ever gets to that stage. We know that with men we must change the culture so that mental health is seen as good and bad times, and that a conversation about a nice holiday is equally important as a conversation about sleep, depression or anxiety.

"Beyond training an army of MHF Aiders in North East Essex, we hope we can contribute to a change in culture, so that men see mental health conversation as part of their daily life, work, family and friendships, rather than a sign of weakness, or illness."

Right: 2 Captions required



"We know that with men we must change the culture so that mental health is seen as good and bad times, and that a conversation about a nice holiday is equally important as a conversation about sleep, depression or anxiety"

"We want to stop suicidal ideation way before it ever gets to that stage..."

CASE STUDY

Action For Family Carers
New Young Carers
Club in Clacton

£16,000



We awarded Action For Family Carers a grant of £16,000 to set-up a new group in Clacton, to provide respite support and caring activities for young people in the area who do not have any other kind of outlet.

So far, the club has supported 20 young carers with a wide range of help to improve their lives. Chris Vince, the Young Carers Service Manager for Action For Family Carers, who has been part of setting up this club, said: "Our clubs have a massive positive impact on the mental health of young carers, and helps to alleviate their feelings of isolation and loneliness. They also get to talk about their situations in a safe place with other young carers and members of staff, which helps to relieve a lot of their mental pain.

"We have made a big difference to many lives already, to improve their health. For example, one young carer struggled to make school friends with peers her own age. However, at the club, she got to socialise with a group of similarly aged girls from different schools, who had an understanding of what it's like to be a young carer.

"They often spoke about their experiences at their individual schools and found they had a lot in common. The club has given them the opportunity to meet new friends in a relaxed setting, which is very different to the problems she faced outside of the club. She was a shy girl, but the club has helped to improve her confidence and mental health. Some other young carers have also won Jack Petchey Awards, which is great for their self-belief."

Since Catalyst's funding has been granted, Action For Family Carers has received additional funding from the Integrated Care System to fund a similar club in Harwich, as well as new school provision in the area, which complements what they do at the Clacton club.

Caption required



"So far, the club has supported 20 young carers with a wide range of help to improve their lives."

"The club has helped to improve her confidence and mental health. Some other young carers have also won Jack Petchey Awards, which is great for their self-belief."

CASE STUDY

Tendring Wellbeing and Intervention Services
New Counselling Services

£8,933

“We will be eternally grateful to the members of Colchester Catalyst who have been there to help us to deliver this service.”



TENDRING WELLBEING & INTERVENTION SERVICES



Caption required

We awarded Tendring Wellbeing and Intervention Services £8,933, as a contribution to help the organisation set-up a new base in Brightlingsea, to provide mental health services for people locally. This includes supporting people recovering from drug and alcohol misuse.

Within the first six months of the service being set-up, it provided support to over 120 people. This has included offering free early interventions for people in crisis, including children, through self-care management coaching, counselling, group therapy work, mentoring help and play therapy.

Jacqui Kershaw, founder of the service, said: “We work on a prevention being better than cure approach, by working with families in a person-centred way and allowing them to explore the benefits of open dialogue around issues such as domestic abuse, poverty,

substance misuse and ongoing poor mental health. Through our work, our findings also show that these interventions help them to be better equipped to deal with conflict resolution with their children, partners, other family members and professionals.

“We will be eternally grateful to the members of Colchester Catalyst who have been there to help us to deliver this service. The new Brightlingsea office allows us to have a work base and appropriate counselling rooms to offer support in hard-to-reach areas.”

CASE STUDY

Brightlingsea Lido
Disabled hoist and adjustable bench

11,000

“For the first time in its history - that Brightlingsea Lido genuinely welcomes all...”

BRIGHTLINGSEA LIDO

We awarded the Brightlingsea Lido a grant of £11,000 in 2019 towards the costs of a new hoist and an adjustable changing bench, to enable disabled access to the large outdoor swimming pool in Brightlingsea. However, the project could not get off the ground until 2022.

The hoist has now been used many times to help wheelchair users and mobility-restricted swimmers to bathe in the pool, so they can enjoy it just as much as other people.

Rowena McCauley, who led the fundraising efforts for the project said: “We are very grateful to Colchester Catalyst Charity for its grant of £11,000, supplemented by a further £1,000 from Essex-based FSJ Charities, which together have facilitated these important improvements. This funding was in fact in place in October 2019, but purchase of the equipment was put on hold, firstly on account of tidal surge damage in early 2020 and then the Covid pandemic, which significantly set back the broader restoration project.

“The equipment has been provided as the second phase of our access improvements. The first phase,

completed in 2018, which was funded by Brightlingsea Town Council and the Lido community fundraising group, included the installation of a ramped main entrance to the pool side, an accessible changing room, and hand-rails alongside the stepped access to the main pool.”

Mick Barry, Town Mayor added: “We are conscious that there is still work to do on our access mission but we are proud that this small community lido now sets exemplary standards for a range of disabled users.

“We are on track with our five-year plan and we can say - for the first time in its history - that Brightlingsea Lido genuinely welcomes all. Huge thanks to the Catalyst Charity for its support – this will make a positive difference for so many individuals.”



Caption required



Caption required

CASE STUDY

DREAM THE CHANGE
Respite care for families from disadvantaged backgrounds

9,600

“For this life-changing support, families like us are enormously grateful to Dream the Change and the Catalyst Charity.”

We awarded Dream The Change a grant of £9,600 to provide respite care for families from disadvantaged backgrounds in North East Essex, who bear the brunt of health inequalities in the region.

We awarded Dream The Change a grant of £9,600 to provide respite care for families from disadvantaged backgrounds in North East Essex, who bear the brunt of health inequalities in the region.

Since our grant was awarded, this organisation has received a further £150,000 from the Lottery to expand the project further, due to its success so far.

Below is a testimonial from Paulina Rangel, about how grateful she is for the service funded by Catalyst and delivered by Dream The Change.

“Jean Paul (9) has ADHD, ASD and severe learning difficulties. He presents with high levels of energy, poor sleep patterns and challenging behaviour. With poor support in terms of respite, we struggled to cope with Jean Paul’s challenging behaviour at home during the weekends. As a result, our stress and anxiety levels were very high and affected our mental health, school and work performance.

“After assessing our family needs, Dream the Change, put in place a plan to support Jean Paul’s access to the community on Saturdays, to give the rest of us some very needed respite.

“Daniela Eyong, who was hired by Dream the Change to provide caring support for families is an experienced carer, began working with him at home and gradually, she started taking him out to parks, soft plays and events. The impact has made a difference in our family life.

“Daniela was able to build a routine that provided Jean Paul with fun and engaging moments that he looks forward to when the weekend approaches. Jean Paul returns home from his outings a happier and calmer boy, less prone to challenging behaviours, and this results in a smoother rest of the day for us, giving us the chance to recover and feel less stressed and anxious around him.

“We never thought that Jean Paul’s positive interactions with an experienced and enthusiastic carer, would bring all of our family members (Mum, Dad and brother Alejandro (6) to such a better place, emotionally and psychologically.

“For this life-changing support, families like us are enormously grateful to Dream the Change and the Catalyst Charity.”

Trustees' Report

P W E Fitt, Secretary



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

K Songhurst LLB (Hons)

E Throver 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 2022.

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 on the Charity's website, www.colchestercatalyst.co.uk. 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

In previous years 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. At a trustees meeting in December 2022 the Trustees agreed that they would instead try to achieve the objective of ensuring that the capital worth did not fall below £12,000,000.

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.

ACHIEVEMENTS AND PERFORMANCE

Financial Review

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

	31/12/2022 £	31/12/2021 £
Direct Charitable Expenditure	626,563	503,355
Deficit	(£142,599)	(142,599)
Realised Gains/ (Losses) on Sales of Investments	(£12,763)	7,547
Unrealised Gains/ (Losses) on valuation of Investments	(£912,133)	1,448,625
Total Net Assets at 31 st December	£11,764,953	12,942,859

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



Caption required

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 2022 there were forty one 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'.

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

20 February 2023

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.

Caption required



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 2022 which comprise the statement of financial activities, the balance sheet, the statement of cashflows and 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 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 2022 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 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 for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, 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.

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in 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 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.

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: <https://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

SENIOR STATUTORY AUDITOR EXEMPTION

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' 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 charitable company and the charitable 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 Streets Whittle & Partners LLP
20 February 2023

Chartered Accountants
Statutory Auditor The Old Exchange
64 West Stockwell Street
Colchester
Essex
CO1 1HE

Statement of Financial Activities

Including Income and Expenditure Account

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	2022 £	2021 £
INCOME FROM:			
Donations and subscriptions etc.	2	344	345
Income from investments	3	373,209	360,411
Total income		373,553	360,756
EXPENDITURE ON:			
Charitable activities	4	626,563	503,355
Net gains/ (losses) on investments	7	(924,896)	1,456,172
Net movement in funds		(1,177,906)	1,313,573
Fund balances at 1 January 2022		12,942,859	11,629,286
Fund balances at 31 December 2022		11,764,953	12,942,859

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 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Tangible assets	11	166,697	166,697
Investments	12	11,344,266	12,653,190
		11,510,963	12,819,887
CURRENT ASSETS			
Debtors	13	293	197
Cash at bank and in hand		328,127	216,463
		328,420	216,660
CREDITORS:			
Amounts falling due within one year	14	(74,430)	(93,688)
Net current assets		253,990	122,972
Total assets less current liabilities		11,764,953	12,942,859
INCOME FUNDS			
Unrestricted funds - general		11,764,953	12,942,859
		11,764,953	11,942,859

The financial statements were approved by the Trustees on 20 February 2023

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 2022

	Notes	2022		2021	
		£	£	£	£
CASH FLOWS FROM OPERATING ACTIVITIES					
Cash absorbed by operations	21		(645,573)		(515,009)
INVESTING ACTIVITIES					
Purchase of investments		(15,972)		(56,861)	
Proceeds on disposal of investments		400,000		200,000	
Investment income		373,209		360,411	
Net cash generated from investing activities			757,237		503,550
Net cash used in financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			111,664		11,459
Cash and cash equivalents at beginning of year			216,463		227,922
Cash and cash equivalents at end of year			328,127		216,463

Notes

To The Financial Statements

FOR THE YEAR ENDED 31 DECEMBER 2022

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 CHARITABLE FUNDS

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

1.3 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.

1.4 RESOURCES EXPENDED

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

1.5 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.

1.6 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.

1.7 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).

1.8 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.

1.9 EMPLOYEE BENEFITS

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

1.10 RETIREMENT BENEFITS

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

1.11 GRANTS AND DONATIONS PAYABLE

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

1.12 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 2022 £	Unrestricted funds general 2021 £
Donations and gifts	344	345
3 INCOME FROM INVESTMENTS		
	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Income from quoted investments	373,209	360,411
4 CHARITABLE ACTIVITIES		
	2022 £	2021 £
Staff costs	54,598	54,959
Office expenses	8,337	7,427
	62,935	62,386
Grant funding of activities	554,502	434,658
Share of governance costs	9,126	6,311
	626,563	503,355
	(see note 9)	
	(see note 10)	
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		
	2022 Number	2021 Number
The average monthly number of employees during the year was:	3	3
EMPLOYMENT COSTS		
	2022 £	2021 £
Wages and salaries	53,008	53,374
Other pension costs	1,590	1,585
	54,598	54,959
There were no employees whose annual remuneration was more than £60,000.		
7 NET GAINS/(LOSSES) ON INVESTMENTS		
	Unrestricted funds general 2022 £	Unrestricted funds general 2021 £
Revaluation of investments	(912,133)	1,448,625
Gain/(loss) on sale of investments	(12,763)	7,547
	(924,896)	1,456,172

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.

	2022 £	2021 £
9 GRANTS PAYABLE		
Grants to institutions:	£	£
Charities etc	287,664	225,521
Special Individual Needs	94,478	85,326
Respite Care	158,360	123,811
Respite Care	14,000	123,811
	554,502	434,658

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

10 SUPPORT COSTS

	Support costs £	Governance costs £	2022 £	Support costs £	Governance costs £	2021 £
Audit fees	-	4,712	4,712	-	4,500	4,500
Accountancy	-	816	816	-	756	756
Sundries	-	3,598	3,598	-	1,055	1,055
	-	9,126	9,126	-	6,311	6,311
Analysed between Charitable activities	-	9,126	9,126	-	6,311	6,311

Governance costs includes payments to the auditors of £4,712 (2021- £4500) for audit fees and £816 (2021: £756) for other work.

11 TANGIBLE FIXED ASSETS

	Freehold land and buildings £
Cost	
At 1 January 2022	166,697
At 31 December 2022	166,697
Carrying amount	
At 31 December 2022	166,697
At 31 December 2021	166,697

12 FIXED ASSET INVESTMENTS

	Listed investments £
Cost or valuation	
At 1 January 2022	12,653,190
Additions	15,972
Valuation changes	(924,896)
Disposals	(400,000)
At 31 December 2022	11,344,266
Carrying amount	
At 31 December 2022	11,344,266
At 31 December 2021	12,653,190
	2022 £
	2021 £
Investments at fair value comprise:	
Charifund:	1,936,628
Blackrock Charities UK Equity Fund (formerly Charishare):	1,385,729
Schroders Charity Multi Asset Fund:	2,008,286
Newton Growth Fund for Charities:	860,030
Newton Growth & Income Fund for Charities:	5,149,593
	11,340,266

LIST OF MEMBERS
FOR THE YEAR ENDED 31 DECEMBER 2022

DIRECTORS

C Hayward
P W E Fitt
M F Pertwee
N J Busfield
M P Hickman
S MacDonnell*
K Songhurst
E Thrower
I S Turner*

PRESIDENT

A H Frost

HON LIFE MEMBERS

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

OTHER HONORARY MEMBERS

D Parnell
C Perry

MEMBERS

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

COLCHESTER
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Print: Optimum Print

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.



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

www.colchestercatalyst.co.uk

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