

Impact report

Grants using funds from BCP Council via Dorset Coronavirus Community Fund, Phase 3 & Phase 4

Summary

Grant recipient	Project area	Grant/s	Expenditure	Beneficiary households	Number of beneficiaries	Number of volunteers	Project summary
Bournemouth Foodbank	Bournemouth	7027 + 1500 (+ DCF funds 473)	100% to support food provision	90% families 10% others	3915	50	Grant to support general staff costs for existing services and equipment needed to prepare for launch new Community Café
Christchurch Activities for Young People	Christchurch	7500 + 5000	100% to support food provision	80% families 20% others	1000	10	Supporting the continuation of the Food Pantry serving families in hardship mainly in the Christchurch area (and others in BCP)
Christchurch Community Partnership	Christchurch	6000	100% to support food provision	60% families 40% others	420	5	Supporting the continuation of a hot meal delivery service to older people and families in need in Christchurch
Faithworks Wessex	BCP	7500	100% to support other household essentials	0% families 100% others	28	10	Cooking equipment and white goods purchased for previously homeless individuals in new accommodation, plus 5 fridges
Its All About Culture	Boscombe	3055 + 1052.20	100% to support food provision	75% families 25% others	142	6	Supporting the provision of culturally sensitive food parcels to the local BAME community in Boscombe – grant for food and storage
Lovechurch	Boscombe	7340	100% to support food provision	90% families 10% others	2219	15	Supporting food parcel project delivered in the Boscombe area
Poole Communities Trust	Poole	7228 + 1749.86	100% to support food provision	57% families, 43% others	220	15	To support the continuation of Moor Community Food, providing low cost food to residents in Turlin Moor in financial hardship
Poole Community Exchange	BCP	5000	100% to support food provision	95% families 5% others	2140	10	Provision of food parcels to families in financial hardship, as identified by local schools via Poole Housing Partnership

Poole Waste Not Want Not	Poole	2744.95 (+ DCF funds 1186.8)	100% to support other household essentials	80% families 20% others	10	2	Purchase of cookers/fridge freezers for vulnerable households without these items
The Crumbs Project	Bournemouth	4000	83% to support food provision, 17% to support other household essentials	40% families 60% others	43	4	Pilot project involving food boxes with ingredients and recipe cards to enable crumbs trainees to cook for and with their families
The Friendly Food Club	BCP	5970	100% to support food provision	100% families 0% others	396	13	Contribution towards chiller van, relocation to professional kitchen and enhanced packaging and labelling – for existing Cook box project
Umoja Arts Network	Boscombe & small numbers in Parkstone & Christchurch	5740	100% to support food provision	60% families 40% others	236	8	Extension of project providing free meal boxes to BAME communities in Bournemouth, plus new element of prepared meals, and signposting families to other relevant services
West Howe Community Enterprises	West Howe	1593	100% to support food provision	30% families 70% others	41	1	Meal ingredient boxes alongside cooking tutorial videos for families facing hardship in West Howe
TOTAL		80,000			10,810	149	

Thanks to Dorset Community Foundation and BCP Council

“DCF has been really user friendly throughout the pandemic. I'd like to particularly thank Ellie for her understanding and approachable manner when we have needed to make small changes during these last few months” Grounded Community

“The grant enabled us to sustain and develop a critical service for the local community of Turlin Moor during a complicated time. The criteria for the grant application was clear, along with the deadlines for submission and decisions. The Foundation staff time are helpful and quick to respond to any queries. Poole Communities Trust, considers that having an effective local funder like the Dorset Community Foundation is crucial to the development of essential services and grass roots activities.” Poole Communities Trust

“It has been amazing to be part of a wider community in Dorset during the pandemic. It has given us confidence as an organisation to have other organisations around us all working for the common goal of benefitting our communities. It has been helpful to join webinars and Zoom sessions where we know people are gathered to listen, learn, support and encourage each other. Thank you for the funding you have given us to enable us to be the support our community needed at this time. It has been invaluable.” Safe and Sound Dorset

“The support of the DCF have been immense to Umoja Arts Network again . The whole process of being able to apply and the level of flexibility has been greatly appreciated.” Umoja Arts Network

Report and case studies submitted by the groups

Bournemouth Foodbank

- **Funded activities**

Unfortunately due to the national lockdown caused by the COVID-19 pandemic we were unable to open the community café at this time. As an alternative to funding the café manager salary (intended with our phase 3 grant) we were able to spend these funds on outfitting our new kitchen area and to cover some of our core costs focusing on our office manager and volunteer co-ordinator. The additional hours have made a big difference to the operations of our charity as both of these roles required more hours due to the impact of COVID-19. With the pandemic and people needing to isolate suddenly, volunteer coordinating has been a complicated job and the extra hours has been highly beneficial to ensure we have enough volunteers on rota and on standby. We were also able to put some of the grant money towards the increased rent of the premises that we are currently using. This has helped us have more space so that we can continue to run our new warehouse, as well as providing volunteers with a safe space downstairs in which we can socially distance. The phase 4 grant was used to partially fund a new commercial oven which will be placed in the new kitchen space. This oven will allow us to offer more formal training in terms of the kitchen and provide a better quality product to our customers once we are able to open.

- **Outcomes**

Our foodbank continues to make a difference to lives of those who live in food poverty within our community. During the pandemic we have seen the need for our service continue to rise with the increase in furlough and unemployment. The additionally recruited volunteers has increased the output we are able to achieve as a by-product of this. Previously we were only able to have 8 volunteers in socially distanced. Now we are able to have a maximum of 16 volunteers. It is our ultimate aim to eliminate the need for foodbank. Part of how we hope to do this is through our community café project. We hope to offer work experience here so that we can support our clients out of their crisis. The project is going to drastically change the way that we can interact with our clients and the support that we are able to offer them.

- **Case study / story of change**

"The foodbank to me is essential and much needed. I've had problems with benefits and also major health changes over the last several years and now have to carry oxygen permanently due to a brain condition. My PIP benefit was stopped due to a initial court date that had been set, this disrupted my payments. along with my health conditions made it difficult to manage. The foodbank has been a lifeline!"

"My situation is at the moment my wife is on furlough, we have her mother living with us now. The present time all our bills have come in at once leaving us completely broke until she gets paid her furlough at the end of the month."

- **Sustainability**

We are currently applying for grants in order to further fund the expansion of our downstairs café. Once this is renovated it will become a community HUB. We anticipate this area of our operation will become self-sufficient in the future, either through long terms grants, specific fundraising events or community support.

Christchurch Activities for Young People

- **Funded activities**

We were able to purchase food which we were then able to pass on to families who are experiencing food poverty.

- **Outcomes**

Families who have been isolating have been able to have food delivered to them. Those families experiencing struggles financially have been able to get food.

- **Case study / story of change**

KP has 5 children at home. Her husband is self-employed and has been unable to get work in 2020 but because she works part-time and due to previous earnings it has been impossible for them to get Universal Credit. She has Pantry deliveries weekly, sometimes twice a week. She describes this as being a lifeline for them.

SK is a single parent with 3 children at home. She has high levels of anxiety and has many additional health conditions. She has not gone out much and says her Pantry deliveries are always very exciting as there is always so much variety and they never know what they are getting.

MH lives on his own and has significant Mental Health needs. He is clearly confused and anxious about the whole Pandemic but while we have been delivering food to him he has had a lifeline to the outside world. He is grateful of the company for 10 minutes each week to just be able to have someone to talk to. We have been able to give him links to other organisations that may be able to offer to help him.

Through our youth activities we have got to know the N family, who are in great need with mum caring for 6 children at home. The family had to move around the area various times due to escaping domestic violence. Mum does not drive and is unable to get the children around. We have not only been able to deliver food but when we have had activities on, we have been able to pick the children up and bring them safely to the centre then drive them home again afterwards.

- **Sustainability**

We are making ongoing funding applications.

Christchurch Community Partnership

- **Funded activities**

Provided hot meals to the housebound/elderly/isolated in partnership with 2 local cafes through the winter in the BH23 area. The Funding covered the entire cost of the meal and an element of the administration of the operation.

- **Outcomes**

The meal provisions have been a vital supply to a number of people during Lockdown 3; in some cases supplied the only hot meal to that individual each week.

- **Case study / story of change**

The meals were delivered to a lady who is bringing up her granddaughter and had recently lost her husband so was really struggling. Although not in financial need the school was concerned about her mental and emotional state so referred her for the hot meals. She was absolutely overwhelmed by the kindness and wrote a lovely card saying how that had helped her through a difficult patch.

- **Sustainability**

We have now restructured the provision of the meals and brought it back in house as of 1 April 2021. This has resulted in cost reduction and we believe we have resources to continue this activity for the period we predict it will be needed for.

Faithworks Wessex

- **Funded activities**

With the initial grant plus top up, we bought a range of cooking equipment including under-counter and table-top fridges, microwaves, mini Ovens with twin hobs; Slow cookers and mini grills. We provided these as part of a furniture package to those moving on from emergency accommodation into their (often completely empty) new home. In addition, we were able to start a cooking club at our Staysafe project: Staysafe is a daytime provision for homeless people (ex – rough sleepers) who are in Emergency Accommodation offering an initial 20 weeks of support and friendship through FW staff & volunteers from local churches. One of our aims is to help people keep and or sustain a home by teaching them how to cook and providing them with the equipment to do so. We are currently running a cooking club teaching vulnerable adults the following: 1) What to buy on a budget (cost), 2) Recipes for a budget (What to use / putting a meal together), 3) How to use the equipment. Then once a guest has learnt the skills they are given the food, recipe and equipment (Slowcooker / Microwave etc).

- **Outcomes**

We are very grateful to have a variety of cooking equipment esp. slow cookers to give to our clients. Slow cookers are a great way of cooking as they are cheap to run, can fit into rooms where there is not much space, and are an inexpensive and healthy way of eating. For those who have little or no experience with cooking, they are very simple to use. They're also helpful for our clients as, when they first move into their own accommodation, they sometimes need to use Foodbanks - you can put a few random tins in there with a tin of soup and you end up with a delicious meal which lasts a few days. There are many benefits from providing this package of skills for life and equipment: 1) Offers different methods of cooking, 2) Helps store fresh food, 3) Improves diet, 4) Helps reduce individual costs for those in poverty, 5) Teaches new skills, 6) Encourages friendship/ sharing, 7) Teaches life skills, 8) Helps turn a room or accommodation into a home, 9) Helps reduce risk of people returning to streets, 10) Helps with confidence, self esteem and improve mental health.

- **Case study / story of change**

1) W is a Long term rough sleeper (8 years). Got off the street and was put in a local hotel where - used the microwave and accessed Staysafe. Got own flat and is now using the microwave there until the cooker is connected. The microwave is used to help heat up ready meals and other donated food items / voucher donations. Microwaves offer the ability to reheat food or make simple snacks such as scrambled egg, porridge or heat up soup, or tinned foods and packet rice.

2) Ex - Homeless Mr & Mrs T are a highly vulnerable couple referred to us by BCP council. They were moved from a local Hotel into own accommodation by BCP council, where they had some basic equipment but no fridge or other furniture. We provided some furniture items including a fridge which helped the couple store fresh food and keep food costs down as the fridge stopped food spoiling and also gave them choice re cooking with fresh produce, offering a healthier diet. Fridges are bulky items and can be expensive. Being able to store fresh /cold food helps people plan meals and store food for several days and keep costs down.

3) Ex - Homeless K is a vulnerable adult moved to Bournemouth having spent time in Rehab out of area. Looking for a place to socialise and gain, came to Staysafe looking to make friends and learn new skills. Attended cooking club and is now getting a slow cooker to help make casseroles. Never been shown how to cook before, lacked confidence re preparing food especially meat dishes. Uses the slow cooker to prepare meals with cheaper cuts of meats and also has meals ready later in the day following a day of activity doing different courses/ visiting friends and volunteering. Helps vary diet and teaches different cooking methods and possible healthier ways to eat. Excited about having a meal with a friend now! A slow cooker can provide meals for at least 4-6 people / servings.

- **Sustainability**

We will continue with the Cooking club and use crowdfunding sites such as Acts435 to allow us to buy equipment for individuals. The feedback has been so good we will also seek a business or local funder to provide an ongoing supply of cooking equipment to also help those moving on from emergency accommodation.

It's All About Culture (IAAC)

- **Funded activities**

After the grant was awarded there was another lockdown the multicultural centre was closed for events, so IAAC concentrated on culturally sensitive food parcels for the BAME communities and the wider communities. We also ran a Male support group once a week for isolation and loneliness (not grant funded). Grants used to purchase food and storage to store food items. We delivered altogether 142 culturally sensitive food parcels before the initial grant money ended (before the top up). The grant for storage has made a great difference to the centre. It allowed the volunteers to stop going into the shops frequently which lessened their chances of getting Covid, the fridge freezer will enable IAAC volunteers to cook and store freshly made food to freeze, for when lockdown ends. Food can be organised and rotated and is easy to find, it is also safer than having food trollies in the centre, which we were using - Aldi are very pleased to have their trollies back!

We gratefully received extra top up funding enabling us to provide food parcels for priority families in need over Easter. We provided 11 food parcels 3 to vulnerable single people with mental health issues; 6 to families with children from age ranges to 1 to 14 from a diverse background (we provided Portuguese and Romanian families with traditional Easter food and cakes from their country as well as extra canned and fresh goods for the school holidays); 2 families who are from the majority communities who we know are in food poverty. Altogether 21 children and 16 adults. Once again on behalf of those, thank you as they were extremely grateful.

- **Outcomes**

This project has made a huge difference to members of the BAME community , the grant allowed these people and their families to be fed at such a terrible time. It is not easy for those whose second language is English, to access food support or services. We had those who were getting benefits for the first time where members suffered from Covid so were isolating. We gave out Nappies and sanitary products as well and pet food. The embarrassment for these communities are acute in regards to sanitary products. The largest BAME communities who benefitted were the Portuguese and Romanian and they were mostly people families. We also had people from these communities as well as the wider communities who had mental health issues, including members of our male support group which is hours a week , where 6 men come and talk or just listen. We have also referred to citizens advice and the council , and other food places and put leaflets in boxes for people to access food.

- **Case study / story of change**

"Thank you so much for your kindness' I have just sat here and cried my eyes out"

"Thank you so much my family and I are pleased thank you"

"Thank you for your kindness to my family, we are so grateful"

"I am so grateful I have just come out to hospital due to my Mental Health issues we are so grateful for this food"

- **Sustainability**

We have a couple of cupboards which are full of food for absolute emergencies, for anyone who comes into the centre; we were donated food and hopeful this will continue. With help from the food organisation with surplus food when needed, IAAC will commit to feeding accompanied children for free. This is sustainable from the rental of space in the multicultural centre

Love Church

- **Funded activities**

As a response to Covid 19, in April 2020, LOVECHURCH established in partnership with LOVE YOUR NEIGHBOUR a response which has over the last 12 months provided over 140 000 meals, online budget and debt advice through our CAP programme, and launched 2 unemployment programmes called Re-Work and Spear. We are so grateful to be one of the charities supported by the Dorset Community Foundation to continue supporting those that are most effected during this challenging time. Preparation of the food parcels were arranged and delivered weekly on a Wednesday. Different teams were assigned specific tasks throughout the day comprising of receiving the bulk food, allocating correct quantities, distributing into boxes, sealing packages, and transporting food parcels to the allocated people. The funding was utilized to cover the 2021 March and early April food costs including Holiday Hampers distributed last week of March 2021. 1972 people were supported which amounted to 18,928 meals with a total of 7.7 tons of food delivered, including 86 Easter holiday food hampers for families. All families were identified by the school as in need of extra support over the holiday period. We made up bags of food containing enough for around 7-8 lunches for a family of four which were distributed through the schools.

- **Outcomes**

This funding has enabled LOVECHURCH to bring hope and dignity to struggling children and families most impacted by Covid 19: The funding has enabled us to provide free weekly, healthy meal packages to children, families and the elderly who would otherwise go hungry; these are some of the most vulnerable people in Boscombe during this period. We have created and trained a team of volunteers within the LOVECHURCH community to bring hope to struggling children and families through this period of the Corona crisis. The meal provision's goal is developing into opportunities and skills development encouraging children and families to grow and develop a self-empowering foothold in food preparation and nutrition for people of the local community. LOVECHURCH have also partnered with 2 schools namely Bethany CE VA Junior School and Saint Clements. Both organizations are working at a grassroots level within the community and have hands on knowledge of residents' issues and needs. This group represents over 600 families in the area. The LOVE YOUR NEIGHBOUR PROJECT has involved over 13 partnerships/organizations and 60 volunteers that are involved in the development and delivery of this project since its inception.

- **Case study / story of change**

"Past quite a few families who were carrying their lunch bags home and they were really grateful for the provision, including one girl who made her mum stop so she could see what was in theirs, and she was so excited with what she found! You really are making a difference to families in our community!"

"Just wanted to let you know that yesterday was one of the most proud I've ever felt of being part of a church community. What you organised and co-ordinated was nothing short of brilliant. Thank you for all you've done for my school's families. Just wonderful." Andy Poole, Headmaster at St Clements

"Thank you so much for arranging all of this. I know how much all your support is appreciated by the families. Just speaking to some of them this week has shown how many would not have survived without these food parcels. It does seem unbelievable in 2021 that we have such a need so close to us and it seems to be growing." Bethany School, Pastoral Lead

- **Sustainability**

Love Church currently have a full time fundraiser identifying continued funding resources through Trusts and Foundations, Businesses, one off donations, and fundraising events. Our main source of funding will come from donations from our congregation.

Poole Communities Trust

- **Funded activities**

We continued to run the community food store we opened in June 2020 and to expand the number of people who know about the store and how it works. Membership continue to grow, we had our 100th member at the end of July 2020, currently we have 218 members plus 9 young carers that we deliver to. We seem to get 1 or 2 new members each week so anticipate this number will continue to grow. Currently, on average 60 people use the store each week. Over 13 weeks we had 780 customers (some were people who come to the store each week and others when they needed to). The approximate breakdown of household size is 36% 1-2, 40% 3-4, 24% 5-7. Community store customers pay £2.50 for a bag of 10 items usually costing £9.81 (using Asda price comparison) plus additional free items available each week. This is a typical bag from the store with the basic items, before additional free items: Bag of pasta, 2 pts milk, 6 eggs, Potatoes, 2 tins soup, 3 for 1 snacks, Pasta sauce, Apples, Tea bags, Packet of biscuits, Sliced white loaf. Following our phase 4 grant, the users of our community store greatly appreciated the continued provision of fresh milk, fruit juice and eggs. It has ensured a balanced and nutritious diet for many people including children living on Turlin Moor. It also ensured that people have continued using the store; these foodstuffs were specifically requested by the users of the store, so it helps us to demonstrate that we are listening and responding to their need.

- **Outcomes**

The store has generated considerable savings for the people using it. At a time when people in the community have been made redundant or placed on furlough, these savings have helped with a variety of issues. We regularly deliver to 9 young carers and their families; we also provide a free delivery service for those that need it every week due to their disability or because they are shielding or have had to isolate. There are many other outcomes from the store, particularly the contributions it makes to people's health and well-being which are difficult to monetarise and others like the benefit of recycling food. In the future we would like to explore with the store users how they use the savings they make.

Due to the involvement and leadership of local volunteers, it has highlighted to the community that local people can take action to help others. There are now 15 regular volunteers who do regular shifts. The day is split into 3 sections so that people can do the time that works best for them. First part of the day is to receive and log all deliveries and get the store set up and ready to open; secondly the store opens and the first hour is always particularly busy; the last part is the close down of the store and putting any remaining stock back in the storage area. The volunteers have said what a great thing this has been for them to do during lockdown as it has given them a sense of purpose away from home. One volunteer has undertaken the level 2 Food safety and hygiene for retail course, we have 2 other places booked which we hope will be used shortly.

Due to the grant funding, we have strengthened our partnership work, e.g. we work very closely with Poole foodbank and we now collect regularly from Greggs the Bakers and Lidl's. This enables us to offer a wider selection of food. We were able to do some additional events over the Christmas period so that families who were in financial hardship could have some extras that would have been impossible otherwise. There were some amazing local donations around that time, and we worked closely with the local school and church to pull together our Christmas goodie bags.

- **Case study / story of change**

We know that the store is having an impact on individuals but we must draw out more detail on this. Many people have said this has been an absolute lifeline for them, without the store they would definitely be hungry. One person said she works in a food store but still cannot afford to buy what she needs there, and the family really does rely on the community store. One woman lives almost opposite the church (where the store is based) and she comes every week and collects 2 bags, one for her and one for her neighbour who cannot get out. Many people have said how good the 3 for 1 deal is, as this is ideal for school lunches, there are quite a few families who do not quite meet the eligibility for free school meals but do really struggle and they really love the 3 for 1 snacks for lunch boxes.

- **Sustainability**

Unfortunately, our paid co-ordinator Ann, died in January 2021. Ann with the support of local volunteers had developed the store. Fortunately, because of the dedication and skills of our volunteers the store continued in the short term, and we have recruited a new co-ordinator from the existing group of volunteers.

A key aim is to upskill local people and give them opportunities to make an impact as well as developing their careers. Unfortunately, due to the ongoing situation with Covid 19 we have been unable to explore further opportunities for people to meet for social reasons or to participate in activities e.g., cooking demonstrations. We very much hope this will be something to explore in the coming months.

We consider that the store is sustainable for the following reasons: There is significant demand for the store, in an area which lacks advantages. We are hopeful that this will attract external funders to take an interest in our work. The store is producing positive outcomes for the individuals who are using it and the community collectively. We are fortunate to have a skilled and committed staff and volunteers. We have the support of numerous partners. So far, we have developed the store by applying for small grants, in kind support and the £2.50 contributions each user makes. We have calculated that we have enough funding to continue running the store until 31 March 2021. We recognise that to sustain the store in the longer term we must: Apply for multiyear grants, for example we are exploring applications to Henry Smith charitable trust and the Big Lottery Community Fund. We have been introduced to a funder through the Roman Catholic Diocese of Plymouth, who might also provide some funding. We must continue collating information on the impact the store is making, explore how we can access more in-kind support/donations of food and how we can realistically do more for the users of the store, e.g. cooking demonstrations. We must also continue to engage with the most vulnerable people in the community and explore with the community how they can help us to fund raise.

Poole Community Exchange

- **Funded activities**

We have delivered food to over 40,000 people since April last year. In the period of this grant, some 3000 people have been fed from our provision, and have provided food to schools via our partner Poole Housing Partnership, to those families, identified by them, who just miss out on the criteria for free school meals. We used just over 8 Tonnes of food, and this was packed by volunteers from PHP and ourselves, and collected and distributed by the 9 schools involved, mainly to those who were just outside qualifying for free school meals. The Grant covered costs including the rent of space for storage and packing, staff costs, food (from surplus providers), fuel, volunteers expenses, and the food bags.

- **Outcomes**

Most of our beneficiaries will have been furloughed, or lost their jobs because of Covid, and some will have been shielding. We are unable to access this type of data, but all we know is that they have all had needs identified by the schools involved and referred to us for assistance.

- **Case study / story of change**

Because of the reasons given above, we cannot identify the recipients to ask for this type of case studies.

- **Sustainability**

We have generated several donations because of the work we are doing, or from our users who wish to give something in return. We have received some further grants to enable us to continue at least until May, and we will then divert previous surplus that was originally restricted to provide our core services.

Poole Waste Not Want Not

- **Funded activities**

We supplied a large chest freezer for Wimborne Food Group (using funds from DCF Coronavirus appeal) to allow them to store food and prepared meals as they serve 300 people a day and had no freezer capacity. Using the funds from BCP Council, ten people received white goods, 5 electric cookers and 2 gas cookers. We also provided 2 fridge freezers and a small chest freezer.

- **Outcomes**

Wimborne food group have been able to store more meals for those in need. We have helped our 8 families and two single people to have a more nutritious diet either through having freezer space or facility to cook hot food. They now have modern equipment with will provide them with more efficient energy units. Beneficiaries have also been able to discuss more of their problems because we were concerned about their wellbeing and offered them something that had not been done before. It has been a very worthwhile exercise as we have been able to discuss with individuals some of their problems and even if they did not want white goods it has meant we have been able to signpost more of the community. It has been a means of interacting with our members and has meant volunteers have enjoyed being involved and getting to know our members at a new level and has been an advantage to both the volunteer and the member.

- **Case study / story of change**

One couple, the husband being disabled has had to shelter due to his illness and they never had freezer space and this has meant they can do a better and bigger shop without risking their health.

The second person was a volunteer and even though having volunteered for us for over a year did not tell us she was only buying freezer meals due to her oven not working. As she had not been able to afford a new one when she heard us discussing the fact we were being supported by yourselves shyly asked if we could possibly help her. Since then she has been trying various fresh foods and has also joined our cooking class support by Jamie Oliver and Fareshare.

- **Sustainability**

We will aim at trying to build this into future bids as we are seeing an increase in people telling us that they can only have microwave food or have problems with their washing machines etc.

The Crumbs Project

- **Funded activities**

We radically changed our services once again due to the 3rd national lockdown, ensuring we are still able to offer vital support for both our trainees, who are adults with life-changing challenges, as well as their families. Not being able to support practical training face to face at the centre has meant the support we have given at home via online training has been more important than ever, keeping our trainees engaged through cooking and baking, helping them to eat healthily and creating a greater bond within the family. Items purchased with the funds have helped us to support our trainees/families taking the worry out of how to provide a nutritious meal and helping alleviate food hunger and financial worry to many of our trainees. Without your support, none of this would be possible - Thank you so much. Cleaning boxes have been given to trainee families who require extra support – understanding the importance of hygiene in the kitchen. Recipe cards have been adapted to meet our trainees need e.g. Pictorial -easy read cards, weekly meal planners. We purchased a freezer for storage at the centre to keep essential items, enabling us to bulk buy meats, fish, etc. A fridge freezer is stored at the centre whilst waiting for a moving date for one of our trainees. Everything is bought ready for the first step into independent living. " I can't thank you enough, I have been waiting a long time to have my own place"

- **Outcomes**

Our pilot scheme to support families and children over 2021 has become a great success - getting to know the household to support their needs and the impact it has had on educating them has been amazing. Fun time, support and transferring skills together is so good for their overall mental wellbeing. Photos of all the meals our trainees have shared have shown how important it has been to stay engaged during the lockdown. Their great innovation, skills, and dedication have inspired us all. Discussing food likes and dislikes have shown they are in more control of what they eat. Allergen training, as well as dietary needs, have been addressed in a fun way. Many of our trainees learn better via practical training. Eating fresh, understanding the ingredients and sharing their skills with the family has shown you can save money by cooking from scratch. *“Processed foods may be convenient but don’t taste as nice”*. Supporting the behaviour requirements of the family has provided functional skills - a great confidence boost for the trainee. Packing up the food boxes to the family’s requirements and providing the equipment needed has given us a greater awareness of the challenges many of our trainees have to face. With the support of their keyworker we are beginning to overcome food poverty, and being more motivated in cooking wholesome meals has helped mental health, as well as the physical wellbeing.

- **Case study / story of change**

Dennis has been on our training program for 15 months. Before Crumbs he attended Linwood School (supporting special educational needs and disabilities). He hated School and found classroom learning difficult, lost confidence, and felt he would never work. He joined our training program to build his low literacy and numeracy skills – this has undeniably been the right decision for Dennis he has gained confidence and skills. His journey has begun - his goal to gain part-time employment one day, and he is an inspiration to us all. Practical 1-1 learning support is how Dennis learns best. His determination has shown by offering him the chance to find his niche, Dennis has found his strengths. Due to the pandemic, which has been very challenging for Dennis, we all had to continue training on-line. Dennis’ parents struggle with financial hardship and are both vulnerable due to health issues. Self-isolating over Christmas to protect his family Dennis started to lose confidence – staying engaged has been hard as he had no means of connecting online via laptop or tablet. We have managed to enable Dennis to stay connected using some of the funds. His keyworker set up contact via WhatsApp –1-1 daily contact and training via Zoom. I am not sure who was more excited when Dennis connected for the first time, it was truly amazing. *“I am so pleased to be doing zoom... it’s great to talk to everyone”* Slowly we began to see signs of improvement – emotionally more engaged and felt part of the team again. Dennis is now interacting via chat, planning recipes to cook for the family, transferable skills learned at the centre. I feel without the support of food parcels, recipe ideas (easy read recipes for Dennis) he could have become isolated from everyone until face-to-face learning could resume. The food parcels really do provide nutritional support, the whole family is now talking about what to cook next. This has inspired the family.



Sophie joined Crumbs to build confidence, she had very low self-worth and over the years she has self-harmed and became isolated. Joining Crumbs has helped her overcome her anxiety – her vision is to gain her independence, life skills and develop transferable skills to gain part time work in a café one day. Sophie lives at home with her mum and siblings as well as the partners of her mum and sister. Sophie does not always get along with them and things can be difficult but her dreams are coming true – Sophie works voluntarily at Julia’s house and has become much more confident, she has loved supporting the team when managing events and serving guests, so we have no doubt she is gaining her independence. The pandemic has been a challenge for Sophie as she is unable to concentrate when joining group zoom sessions – her learning has been very stressful. The support of Crumbs has helped reassure Sophie – staying connected via WhatsApp with her peers and keyworker has been a lifeline. News of independent living has given her the chance to gain her own life. We are so very proud of her success. *“I have built my confidence, learnt new skills in the kitchen and improved my cooking skills. I have also gained confidence to improve my customer service skills”* She is also good at buddying up with other trainees for Peer-to-peer learning which is wonderful. Sophie cannot wait to move into independent living thanks to the support we can offer her, via the funding; a fridge freezer, hoover, kitchen utensils, storage jars, food mixer and pot. She has never had anything new, so giving her this opportunity is priceless.



Other quotes:

"We can never thank you enough, the food you send has helped us so much, we as a family have found it hard to get motivated, having the support has shown we can cook - we love it"

"Rich has been amazing in the kitchen, your training is paying off - everything tastes delicious"

"I can't be prouder - the hardest thing for William is to transfer skills to others Wow, he has overcome this - cooking from scratch - transferring skills to mum"

- **Sustainability**

Moving forward will continue providing free food boxes to support any trainee suffering financial hardship to prevent food poverty, we have a well-stocked freezer for our trainees to take as required, we will support and monitor the menu planning to guide each member of the household to maintain a healthy and nutritious meal. We are lucky to have the support of our food donations, from supermarkets such as Aldi, Teco's M&S and bookers who provide fresh fruit and vegetables daily - surplus stock will be boxed up and a mini shop will be available. Keeping our trainees and their family unit motivated when we resume some kind of normal, recognising the struggles they may face juggling daily activities and meal planning – understanding that cooking tasty meals does save money by planning meals a week ahead makes things easier, continue to involve the family.



The Friendly Food Club

- **Funded activities**

The Friendly Food Club purchased temperature controlled transit boxes, a delivery van, a refrigerator and computer hardware which was installed in our Hub at West Howe. With support from a computer expert, the computer system is now running with all tutors and volunteers trained to manage the labelling, packaging and delivery of the meals and COOK BOXES more efficiently.

- **Outcomes**

The funds allowed the Friendly Food Club to streamline our operation, delivering more meals and COOKBOXES to a wider range of residents. The new systems have made the whole process more efficient and fully compliant with EHO guidelines and was invaluable in delivering a Holiday Activities and Food project for BC&P at Townsend.

- **Case study / story of change**

There are numerous posts on the Friendly Food Club facebook page <https://www.facebook.com/thefriendlyfoodclub> particularly in relation to the current Easter COOKBOXES which have been made up with the help of the new technology and delivered throughout BCP with help of the delivery van.

Thankyou from Lolly Cull and Lucy Cull their first time making carrot cakes, dont they look fantastic! They loved their easter cookbag!

Big thanks for our Easter cookbag. So far we have made cheese & onion scones, really easy to make and something a bit different for lunch! Delicious with butter!



The Friendly Food Club thank you for our Easter goodies cookbox, made apple crumble with some of the ingredients.



Maiada of The Friendly Food Club is pictured here preparing delicious hot meals - tuna pasta bake plus a vegetarian alternative at Townsend Community Centre this week. As well as store cupboard staples, these meals will also be on offer at Townsend Community Fridge.



When Sapphie's family received Cookboxes she created some fabulous meals with mum Sam - and there has been no stopping her! Sapphie has been making a great job of preparing beautiful vegan pizzas. Sam said: "I do try to cook with her as much as possible, she loves it" Sapphie is learning some hugely important life skills, whilst having fun with mum! Great teamwork ladies!



- **Sustainability**

The funding will enable us to deliver many more projects to our most deprived and vulnerable families way beyond the pandemic, as the process of application and project monitoring is simple allowing us to focus delivering the project. This will include delivering more projects with funding from BC&P and Dorset Councils through the Holiday Activities and Food programme, the Big Lottery Community Fund and Communities Against Cancer for our Eat a Rainbow project.

Umoja Arts Network

- **Funded activities**

Umoja Arts Network firstly conducted a survey to find out the food needs of the ethnically diverse communities at large and then purchased the food items that they identified before distributing to their homes. An additional part of the project also involved the preparation of ready cooked meals mainly aimed at those who were more challenged when it comes to cooking for themselves. Once people identified what they wanted, whether it was mainly meat, fish or vegetarian related, our volunteers assisted in the shopping and distribution of such items. The network mainly distributed food in Bournemouth and Poole. 56% were of African and Caribbean descent, 22 % of South Asian origin, 12% of North African and or Arab backgrounds, 6% from Turkish backgrounds and there were 3 White British people who also received the food parcels.

- **Outcomes**

The project has given food to people who were clearly struggling due to a sudden loss of income as a result of the pandemic. The project has also helped to reduce some levels of stress and anxiety because of "people looking out for us". Some of the recipients were able to supplement their foodstuff as well as learn about other means of support in the community such as the food banks and the BCP council coordinated programs. The project gave a valuable opportunity for our charity to further engage face to face with people to gain a better understanding of their local experiences and signpost them accordingly. The appeal of the project also resulted in ethnic minority security guards working in supermarkets, asking their places of work to donate further provisions to those in need.

There is only positive things to say about this award to Umoja Arts network. We were honoured to have an opportunity to support our communities during the pandemic. We have learnt a lot about the lives and experiences of the local ethnically diverse communities. During this project we were able to unearth the isolation of some voiceless communities namely those of the South Asian university students who were largely forgotten by support services. We used this project as a way of also letting the so call 'hard to reach' know more about local support services. We primarily operated from an 'integrity' point of view and took into account how some ethnically diverse communities viewed charity work or giving and ensured that the communities had a big say in which food they wanted and how they wanted it delivered. We noticed for instance that there was level appeal for the readily cooked meals and more for people preparing meals for themselves and adjusted accordingly. Our recipients have been largely touched by the project aims and even more so that there are local organisations such as Bournemouth SHOUT OUT, CAN and DCF facilitating such opportunities for funding and other support or giving. We saw a lot of humility by recipients recommending other people for the food when they felt someone else was more in need and or extending the offer to White British friends or neighbours.

- **Case study / story of change**

An international student at Bournemouth University had their financial support stopped as a result of Covid and was not entitled to any public benefit, furlough or support from the university. Our project was the first to provide food support to her and 80 other students stranded in the area. *"It was a godsend to receive the food as I had not eaten properly for nearly two weeks"*

Person B has a family of 3 and had not worked since the pandemic started. His family are mainly French Algerians and live in France so he was isolated. Not only did the food provisions help his family out but Umoja were able to sign him up with the food bank at Haviland Food and they now receive regular supply of food.

- **Sustainability**

We do not anticipate seeking funding to carry on the work, but we want to carry on registering those in need of food relief with the various support systems in the area. During the project we signposted 23 and we are currently circulating a questionnaire to ask if other recipients would like us to register them with support systems. We have registered as distributors to the Haviland Road Foodbank to lessen stigma issues with people accessing the foodbank.

West Howe Community Enterprises

- **Funded activities**

The project has run exactly to plan. Each week a video is made & shared showing how to make a simple, healthy family meal. Residents in West Howe are able to sign up to receive a free parcel with all the ingredients needed to make the meal, along with a recipe card. This is delivered by volunteers on Thursday morning.

- **Outcomes**

The feedback from participants, both in person upon delivery & in writing on social media has been very enthusiastic. People have reported enjoying cooking new meals & tasting the results, as well as involving their children in the cooking. They have said they would like it to be an ongoing project as it has helped them & many expressed surprise at the limited uptake. We know that these parcels have helped families with limited financial resources, as well as those who told us they lacked confidence in cooking meals with fresh vegetables from scratch. We hope that they will use these recipes again & that this project has helped to build their confidence & enjoyment in cooking healthy food. We have been sent photos of the finished meals & some of the participants have congratulated each other on their efforts via our Facebook page. It certainly shows how a remote activity can still engage people & create some sense of community. I have created a feedback form to ask participants to complete so that we can further evaluate this project.

Due to slower uptake from participants than expected, we agreed an alternative way to spend the final part of the grant, by the given deadline. We bought: 15 x 3.5ltr slow cookers, 10 x 6.5ltr slow cookers, 25 recipe books, 25 food storage containers, 25 silicone spatulas. We created a sign up sheet to receive a free slow cooker & recipes as a way to create cheap, healthy meals easily. It was fed back from those who took part in the earlier part of the grant project that this was important to people so we are confident they will make a difference when distributed over the coming weeks. Slow cookers are cheaper to use than electric or gas ovens & so are great for those on a tight budget. They also make tasty meals out of cheap & easy to source ingredients, without lots of preparation time & washing up. Those I spoke with & who joined in with the cooking part of the project said how they enjoyed trying cooking from scratch & would like to do more, but the cost of equipment & time needed can be prohibitive for those who haven't done much home cooking before. The provision of a slow cooker (sized to suit their household), with a recipe book, silicone spatula (so the non-stick surface isn't damaged) & storage containers will set people up for lots of cooking.

- **Case study / story of change**

As the activity was remote, it's been more difficult to know the impact of this project. People are often private about their home life & financial struggles. Most of the interaction with participants has been via Facebook on our weekly posts with the cooking video, and on the doorsteps when myself & a volunteer deliver the parcels each week.

"Thursdays over the past few weeks have been less stressful, deciding what to eat or finding I've not got what I need to cook what I fancy. Exciting, waiting for the lovely volunteer to drop off the bag. Fun unpacking the bag working with fresh ingredients again (and very tasty). The cooking club have supplied the ingredients, recipe sheet and a helpful video to follow if unsure what to do. Up to now the chili con carne closely followed by last weeks sausage casserole were my favourites but tonight's risotto has whizzed into the lead. I have never made risotto before and apart from not leaving the cooker, taking a bit more stirring and stock (because I used a fry pan I think). It was well worth the effort, tasty flavourful and filling and yet again having halved the ingredients still made enough for three portions yet the pan is empty because [partner] said that it would not do for another meal lol so seconds it was."

This participant has become more engaged with our charity during the project, sending weekly messages about the cooking & showing an interest in attending other activities as we start to reopen the centre. They had said in their sign up form that they usually ate ready meals, so this is a big change for the family.

Another participant who joined in the 3rd week has spoken with me each time I've dropped off the parcel, becoming noticeably more open & friendly. In their sign up form they said that they weren't very confident about cooking meals from scratch. Their two small children greet me excitedly & tell me about how they helped with the recipe the week before. It's been a delight to see such young children getting excited about what they will make from a bag of raw ingredients.

- **Sustainability**

Without ongoing funding we will not be able to continue the project as it is. With the gradual reopening of our community centre I would anticipate that we would be able to engage more local people with the project, should further funding be available.