

## BCP Food Support Fund - Summer 2022 - Impact report

This funding programme was delivered by Dorset Community Foundation on behalf of BCP Council, with funding awarded to successful groups in June 2021. All grants were used to address food insecurity and spent on food provision projects, including food parcels, food vouchers, cooked meals or food skills initiatives. All projects will utilise grant funding by the end of October, apart from Poole Communities Trust, who have been granted an extension to end of November.

- Total funding of £112,000 has directly supported **21,109 local residents**
  - 6855 In Bournemouth
  - 1080 in Christchurch
  - 13,174 in Poole
- Projects have involved **585 volunteers**
- **47% of funding supported households with children, 20% supported older people aged 65+ and 34% supported other vulnerable households including single occupancy**

### Summary

| Grant recipient              | Project area           | Grant/s | Beneficiary households                    | Number of beneficiaries | Number of volunteers | Project summary   |
|------------------------------|------------------------|---------|---|-------------------------|----------------------|---|
| Bournemouth Community Church | Bournemouth (Moordown) | 8000    | 80% families<br>2% 65+<br>18% vulnerable  | 550                     | 12                   | Provision of vouchers for a local greengrocers and butchers in Winton, for families identified as experiencing food poverty                                       |
| Bournemouth Foodbank         | Bournemouth            | 7000    | 26.3% families<br>73.7% vulnerable        | 2872                    | 200                  | Contributions to food stock and core costs for core activities of charity providing crisis food parcels   |
| Christchurch Foodbank        | Christchurch           | 7032.5  | 45% families<br>20% 65+<br>35% vulnerable | 1000                    | 32                   | To support meal-in-a-bag and lunch bags for local families and a voucher scheme in partnership with local café's to enable those on a low income to access a meal |
| Community Alliances Limited  | Poole                  | 2000    | 40% families<br>60% vulnerable            | 248                     | 20                   | Celebratory community meals working with existing groups, and a mobile filming kitchen to support members groups of the Access to Food Forum                      |

|   |  |        |   |      |    |   |
|---|--|--------|---|------|----|---|
| Grounded Community                              | Bournemouth (Boscombe, Pokesdown & Springbourne) | 7000   | 50% families<br>15% 65+<br>35% vulnerable | 1200 | 65 | Pilot of community meals to be offered at the Well Spring cafe on a low cost basis, plus core costs for existing food provision project; Feed our Community and Grounded Gatherers  |
| HealthBus Trust                                 | Bournemouth                                      | 6500   | 100% vulnerable                           | 104  | 3  | Provision of food for homeless individuals being supported by the charity - meal at drop in clinic, 'go bag' following GP appointments and emergency food vouchers  |
| Hope Community Church                           | Bournemouth (Winton and Moordown)                | 4487.5 | 60% families<br>40% 65+                   | 100  | 20 | Supporting community meals for over 60s, school holiday meals for low income families and hot meals for children on Friday evenings   |
| Poole Communities Trust                         | Poole (Turlin Moor and Bourne Estates)           | 6080   | 55% families<br>35% 65+<br>10% vulnerable | 918  | 17 | Funds to support core costs of Moor Community Food and for the launch of Bourne Community Food  |
| Poole Community Exchange                        | Poole (Parkstone)                                | 7500   | 50% families<br>25% 65+<br>25% vulnerable | 7377 | 50 | Supporting core costs for existing community pantry, and funds to launch a cookery club teaching cooking skills to beneficiaries to benefit their families at home but also with a view to delivering community meals for pantry users and for SMILE Connect (Faithworks Wessex project for single parent families) |
| POOLE FOODBANK - a project of Faithworks Wessex | Poole  | 8000   | 60% families<br>12% 65+<br>28% vulnerable | 2500 | 35 | Supporting existing work at the Foodbank including purchase of additional food, purchase of food vouchers, provision of cookery courses and Recipe Bags, and vouchers for hot meals at The Spire on Poole High Street   |
| Poole Waste Not Want Not                        | Poole  | 7000   | 41% families<br>40% 65+<br>19% vulnerable | 500  | 36 | Additional food and core costs for the social supermarket, cooking equipment for beneficiaries to enhance cooking on a budget at home, and food vouchers to help families over the summer holiday   |
| Pramalife                                       | Poole (Hamworthy)                                | 7000   | 85% 65+<br>15% vulnerable                 | 25   | 6  | Weekly lunch club for older people in Hamworthy, and a 'cooking on a budget' course   |
| Recreate Dorset                                 | Bournemouth (Boscombe)                           | 7680   | 55% families<br>25% 65+<br>20% vulnerable | 67   | 7  | Provision of healthy meals to be shared at existing and newly developing support groups for refugees in the BCP area  |
| Safe and Sound Dorset                           | Bournemouth (Boscombe)                           | 7620   | 100% vulnerable                           | 150  | 20 | Provision of food boxes and food vouchers for vulnerable women experiencing food poverty, plus community meals offered alongside the charities other social activities and services that support them in other ways   |

|  |   |                |   |                                    |                           |   |
|--|---|----------------|---|------------------------------------|---------------------------|---|
| Somerford ARC Community Centre             | Christchurch  | 5000           | 38% families<br>31% 65+<br>31% vulnerable | 80                                 | 10                        | To support lunch club for over 65s, term time breakfasts for low income families, and hot dog lunches to accompany holiday activities for children & families   |
| The Friendly Food Club                     | Bournemouth (Townsend, Beaufort and West Howe) & Poole (Turlin Moore) | 8000           | 55% families<br>20% 65+<br>25% vulnerable | 303<br>(197 Bmth,<br>106 Poole)    | 9                         | Cookboxes for vulnerable families in the BCP area, which enable families to cook meals together – families to be identified through existing partnerships including Townsend Community Centre, Poole Communities Trust (Moor Community Food), Beaufort Residents Association, West Howe Community Enterprises |
| West Howe Community Enterprises            | Bournemouth (West Howe)   | 600            | 100% families                             | 115                                | 3                         | Community lunches during schools holidays at Henry Brown café, for low income families – alongside dance activities offered in partnership with Pavilion Dance  |
| Winton & Parkstone Community Pantry (WPCP) | Bournemouth (Winton) & Poole (Parkstone)                              | 5500           | 40% families<br>30% 65+<br>30% vulnerable | 3000<br>(1500 Bmth,<br>1500 Poole) | 40                        | Supporting core costs for food pantry offered at church in Parkstone and Winton   |
| <b>TOTAL</b>                               |   | <b>112,000</b> |   | <b>21,109<br/>beneficiaries</b>    | <b>585<br/>volunteers</b> |   |

## Thanks to Dorset Community Foundation and BCP Council

*“We have loved being able to offer vouchers to support our local shops - it's been a win win situation; the clients have been blessed with fresh food they can choose, the butcher & greengrocer have benefitted at a time when they are under threat financially, but mostly because it has felt as if we are all working together to make lives better. Everyone has been thrilled, we can't thank you enough for giving us the grant.”* Bournemouth Community Church

*“DCF have always been very helpful and supportive of the work we do in the community to help those struggling and in need This Summer would have been very difficult without this funding”* Christchurch Foodbank

*“We are really grateful to this fund and to DCF who are always so helpful and supportive of the work we are doing. The understanding and flexibility in this fund has been really appreciated.”* Grounded Community

*“Many thanks to the Dorset Community Foundation and BCP for providing this opportunity to support some of the most marginalised and vulnerable people in our community.”* Healthbus Trust

*“The additional support to 109 individuals to support tools for cooking has been a lifesaver, we would like to thank you for your support. You have given our charity the security to support our members, and more choice leading to greater control. We are much more than a social Supermarket, it's not about selling cheap food, but building strong community support.”* Poole Waste Not Want Not

*“Thank you for the funding. It has further improved our partnership with The Friendly Food Club and has provided an opportunity to support people who are lonely and isolated and who are at risk of poor mental and physical health and wellbeing due to lack of nutrition” PramaLife*

*“The support we get from Dorset Community Foundation is invaluable to us as a charity. We work with women who have multiple complex needs and many of our service users live on a very low income and struggle to pay bills and make ends meet. They all value the little bit of extra that is available each month and the sense of community when they can come and eat with others, which is a big part of our creative community.” Safe and Sound*

*“WPCP are immensely grateful to Dorset Community Foundation for the grant. This grant was given at a time of transition and the money helped us through this whilst continuing to run the sessions and support the local community. Speaking to Ellie was very helpful when the grant was first given. The importance of the volunteer expenses was reiterated and the volunteers now submit their expenses frequently.” Winton & Parkstone Community Pantry*

## **Report and case studies submitted by the groups**

### **Bournemouth Community Church**

- **Funded activities**

We offered clients vouchers for the local butcher and greengrocer. These clients consisted of referrals from local support organisations for an emergency food parcel, as well as support for local families known to us that require a bit of support with meal provision. Remaining £150 worth of vouchers will be distributed during October half term.

- **Outcomes**

This money has made a huge difference in local people's lives. Families have benefitted from being able to choose fresh fruit and veg, their children helped to choose and lots commented on how lovely it was to choose great quality fresh meat from the butcher. The shops have enjoyed being part of this project, helping out with advice when appropriate. They've done all they can to help. Phrases like *“giving us dignity”*, *“seeing us as real people”* & *“being part of community”* have been used often by the people using the vouchers. The butcher has run out of lollypops! He was always treating the children with lollies and adding extra items into the bags. Both shops have felt part of a bigger community action.

- **Case study / story of change**

*“It has been a fantastic help. enabled us to have fresh meat and vegetables We are mainly on benefits due to my daughters death and having to give up work to bring up her three children. The children have also found using a butcher and greengrocer an amazing experience and through them choosing the fruit veg and meat they have eaten it far more. I am truly grateful for the food and support where we are made to feel human, wanted and special. Thank you so much”*

*“The fresh food vouchers have been an absolute god send! These have helped our family out more than I could explain. They have enabled us to provide our children with fresh meat and vegetables which we would have struggled or been completely unable to do on a weekly basis, which is not something as working parents we thought we would ever struggle to do. We are already worried about this funding coming to an end as it has made such a huge difference The Lifehouse staff are all totally amazing and deserve full recognition for the help they have provided not only to our family but countless others.”*

- **Sustainability**

The fresh food initiative will not continue - but we will go back to just providing the ambient food, tins and packets to help with crisis situations. This is funded through Bournemouth Foodbank (of which we are a hub). However, we do have funding from another charity to provide evening meal provision for families in need so we will continue the work in a different way and there is also scope within this funding for us to continue to partner with the butcher and greengrocer.

## **Bournemouth Foodbank**

- **Funded activities**

The grant contributed towards food stock, vehicle lease, fuel, rent and a portion of Warehouse Manager costs. We are very grateful to have received this grant from the BCP Food Support Fund as it was much needed this year. Donations from the public have remained stagnant, however, need has risen by 40% this summer alone. This means that Bournemouth Foodbank has had to spend over £25,000 on stock this year, compared to £600 in previous years.

- **Outcomes**

Because of this grant we have been able to offer an effective service and maintain a high impact. Funding for our vehicle lease and fuel meant we could deliver food parcels to our hubs and collect donations from supermarkets. Financial support with our rent and bills has been particularly helpful considering the rises in costs that we are facing as a charity. We had a busy summer period ever helping over 2872 people compared to 2041 over the same period last year. We are confident that our ability to supply food at crisis point means our clients don't have to choose between heating their homes or providing a meal for their family. We have also been able to effectively signpost our clients to specialist services such as CAB's Money Matters service as well as offer emotional support.

- **Case study / story of change**

*"We had to borrow money to pay our rent and needed to use the foodbanks. It's taken time to recover so we really needed the food parcels because we were struggling to get the right benefits. The parcels have been a godsend. We couldn't manage without them. It's been so helpful to get to talk to the people at Citygate Community Hub... I can relate to them... you could get rid of your stress through talking to them and getting their advice. I had got to feeling quite suicidal and developed early dementia through stress. I'd never owed so much money. Sue referred me to Community Money Advice and for some help with my electricity. CMA has really helped take the worry away... I feel much more positive about the future."*

*"It started when I had to pay for a new school uniform for my daughter who was going into secondary school. I was at the point where I was going to have to just phone the school and tell them she couldn't go - the other option was don't eat. Someone suggested I try the foodbank and they have been great. In the past I've found asking for help humiliating, you feel like a waste of space. But the foodbank has always been amazing. The volunteers are friendly helpful and non-judgmental and the extra information they've given me has been really useful. The Cost of Living is a huge worry especially as I have no hope of a rise in income whilst I'm a student."*

- **Sustainability**

Bournemouth Foodbank continues to be funded by a combination of generous donations from the public and grant funding from various trusts and grant makers who support our aims. Having said that, with the cost of living spiraling, need for food support has risen by 41% compared to this time last year. We are working to increase donations again instead of spending reserves on stock which we have never had to do before.

## Christchurch Foodbank

- **Funded activities**

The grant was used to continue the community supper throughout the summer, bringing people together over a hot homecooked meal. We have partnered with The Runway/Godfirst and Dial-a-bus to ensure transport is provided for our elderly, and families who have no transport. 'Meal in a Bag' were provided to all those who came to foodbank+, enabling them to cook together with a recipe and all the ingredients provided. Lunch bags and outdoor activity bags provided for those struggling to provide days out and activities for the family. The grant also helped provide stock to fill our School Holiday Hunger bags.

- **Outcomes**

This grant was amazing, it was the busiest summer we have experienced at Christchurch Foodbank+ and the grant enabled us to make sure all our visitors were able to have access to fresh fruit and veg, lunch bags, Meal in a Bag, meat, and the lonely, vulnerable and isolated families and individuals were able to join the Community Meal and sit together in a safe space and 'Do' community together.

- **Case study / story of change**

S, was living in his van after being made homeless when his wife died of Covid. He came to the food bank for assistance with food and we asked how else we could help and if he would like to attend the community supper. S says this was the only time he sits at a table and eats off a plate with company. His confidence grew each time he attended the meal and in between meals he would attend the Foodbank for assistance. Our Local Church allows S to park his Van on their grounds. S now has a job, has repaired and insured his van and now helps newcomers who attend the community Supper to settle in.

A single mum who attends the Foodbank for assistance has been taking the Meal in a Bag home to cook for her children, each visit she shares with us how the meal went, the family attend the community supper and mum gets to mix with other adults while the children enjoy the activity table. The Foodbank Parcels, Meal in a Bag and fresh fruit and veg helped mum to cook healthily for her family, the community suppers built her confidence with others and stopped her feeling so alone. At the end of September mum had made such great progress Social services signed her off. Amazing We are continuing to provide fresh fruit and veg, MIAB and community Supper evenings.

- **Sustainability**

We have applied to other funders and will continue as long as the funds allow.

## Community Alliances Limited

- **Funded activities**

We worked with Poole Community Exchange CIO and their members to plan an event to celebrate the 2nd Anniversary of the opening of Poole Pantry, on the 27th of October 2022. We have 98 beneficiaries who have booked tickets for the event and members have been engaged in designing the event and the activities that will sit alongside the cooked lunch. We also hosted with Dorset Ukrainian Community CIC, a celebratory buffet lunch on the 15th of October 2022, which was attended by 150 Ukrainians including children, to celebrate "Kosak Day". It provided the opportunity to support and give advice to Ukrainian refugees with a number of wellbeing masterclasses as well as practical help including housing, paperwork, tax, benefits and employability from 11 support agencies.

- **Outcomes**

The feedback from the Kosak Day celebration from refugees and attendees was warm and positive. Simple celebrations in times of hardship bring a sense of community and joy. It's difficult to put across the importance of warmth and laughter experienced by people who we know to be struggling financially and with mental health. A connection we witnessed made over lunch between two Ukrainians who had never met before, with the benefit of a facilitator could lead to working together to help each other with complimentary skills to overcome mutual challenges around work that could be overcome by job sharing. A volunteer who had been struggling with depression commented on how attending the event had lifted their spirits.

The Grant has enabled us to provide our partners with additional resources and expertise from us working together that has helped them to build their capacity. We have been able to work with Poole Community Exchange to improve its communications, setting up Eventbrite and Mailchimp and help with creating a database of members they can use to engage better using technology. There is a gap for bridging groups particularly across the cultural divides on a more regular basis than the one-off annual events that occur. It has also helped us to identify that winter month activity is needed to balance the summer "festivals".

- **Sustainability**

We will be making further funding applications both to DCF and other grant funders. We are also exploring how to grow our sponsorship model with local restaurants and food establishments.



## **Grounded Community**

- **Funded activities**

Part of the funding was to operate our usual Feed Our Community food box programme and all money has been spent. For the Social Canteen pilot - we have so far created an amazing community team of around 30 volunteers including 2 BCP Community workers, Food Bank staff and others. We have worked together with local chefs to establish the programme. We have provided marketing to many local services, engaging with local people to make sure many of those we will feed will be those in high need. The challenge here has been to gain the confidence and trust of those people to try something new. The response has been amazing and many sign ups have begun. We have been preparing the space (a brand new kitchen and cafe owned by Bournemouth Foodbank) and setting menus. We have also been documenting the whole process to produce a PDF pack for others to replicate this programme. We have run a trial meal for 25 people. The next plan is to sign up more people (up to 400), serving them food and gaining evaluation during the rest of October.

- **Outcomes**

Feed Our Community is providing weekly food boxes to over 100 households. In July and September we supported 80 adults and 245 children as well as other hostels and projects. The offer of the Social Canteen is made too. We get many positive feedback stories and personal thanks. 80% of our volunteers are also beneficiaries. This grant has enabled us to continue our service provision for the past few months and it has helped us buy a few items of new equipment.

The Social Canteen This has not had full impact yet, but the response and sign up we are getting is huge. Many other organisations have already been learning from our process including West Howe Community Hub and Boscombe Baptist Church, who both want to run something like this.

- **Case study / story of change**

We are supporting a rough sleeping lady with her friend. She comes every other day to pick food up. She came this week asking for vegetables to make a soup. We helped her with all the ingredients she needed. We then also gave her a picnic set we had donated. She was in tears when we gave her that and overwhelmed with how we have helped her. We have signed her up to the Social Canteen.

- **Sustainability**

The Social Canteen concept is to engage the community with a different way of eating. This is different from a normal community cafe or meal. Our long term aim is to make meals like this regular/daily in the area. Although this pilot has cost significantly more per head than it would were it to be regular, we estimate 50 people paying £2 per head for a 2 course meal can pay for a chef, food and utilities for this to run sustainably. Especially if surplus food is factored in.



In this time of food insecurity, high energy prices and isolation, it makes sense to eat together. Come to The Social Canteen, open to everyone.

Suggested donation £1 - £4 per meal  
Takeaway available (bring your own container)

**Monday 24th - Thursday 27th October**  
**5-7PM**

**118 Haviland Road, Boscombe, BH7 6HW**

To book, scan the QR code, visit [socialcanteenboscombe.eventbrite.co.uk](https://socialcanteenboscombe.eventbrite.co.uk) or ask at Joy Cafe or Feed Our Community



## HealthBus Trust

- **Funded activities**

This grant provided 16 weeks of nutritious food in takeaway food bags for people who are experiencing homelessness from August to October 2022. As a result, the HealthBus patients were able to access high quality healthcare and also food. Our aspiration is that the wrap around health support in conjunction with nutritious food and support from our partner agencies, will stabilise those individuals with complex health needs. We found that food vouchers were refused by patients due to access, distribution and getting registered. Takeaway food bags were more appealing and useful so we increased the content amount of each takeaway food bag to £12. The bags consisted of good quality food items which could be eaten dry/cold or consumed by using hot water. Items included: biscuits, protein bars, fruit, nuts, tinned meats/fish, juice, tea bags, yogurts. Each week we have distributed 18 takeaway food bags to HealthBus patients.



- **Outcomes**

The grant has enabled the HealthBus to encourage healthy and nutritious eating, in support of their physical and mental wellbeing. The grant has also, brought relief and reduced anxiety for those who are concerned about their diet and healthy eating. Offering the takeaway food bags has encouraged new patients to attend appointments and has been a valuable incentive for patients to maintain and continue with their clinical care.

- **Case study / story of change**

*"The HealthBus have given me so much help. They have put me in the right direction. The team are friendly and supportive and I feel they really care. Having a food bag means that I have access to good food for the next 2-3 days."*

*"The HealthBus have helped me with my treatment and recovery. The team are so helpful and caring. I wouldn't be where I am now without their support. I am now able to access the right medication to help with my condition. My anxiety over my diet and food has been reduced with the food bags. Having something which I know is good for me to eat has been really helpful. I am so thankful and feel that I have a better future."*

- **Sustainability**

We are hoping the charity can continue to offer some type of food incentive for patients, especially over the winter. We have approached our local Asda and Tesco superstores to see if they can donate suitable food. We will endeavour to support patients and help them with a healthy diet.

## **Hope Community Church**

- **Funded activities**

We have provided 2 course hot meals for over 65s each month, in August we provided a subsidised lunch and tea for this age group as part of the 'holiday at home' programme which included entertainment. During term time we have used the funds to provide hot meals for school age children on Friday evenings alongside activities. In the summer holidays (and for the October half term) we provided a hot meal for children plus a parent. All of these activities took place in our cafe, however during the holidays families had the option of ordering a packed lunch for the next day if they wished.

- **Outcomes**

The over 65s meal has been well attended and we have new volunteers helping with this project. We have received thank you letters stating how much the over 65 activities have meant to them. It has helped to reduce isolation and the "holiday at home" provided welcome communal social contact. As word spread about the school holiday scheme we had local residents approaching us for help who have never come into the hub before, helping us to establish their needs and offer them other sources of support to improve their circumstances. Children met new friends and were entertained by the activities which ranged from craft activities to video games and free play for the younger ones. Whilst the children were entertained some of the parents received befriending and 1:1 support. We have been able to access further funding support for some parents e.g. to help with school shoes. The food support initiatives have achieved more than just helping with food poverty, we have been able to trust with new families, which we hope will lead them to access further support.

- **Case study / story of change**

One mum who has severe anxiety issues and was initially very nervous to come into the cafe, came in every day for the free meals and through meeting the volunteers on a regular basis has grown in confidence and this month approached us to start volunteering in the cafe. Through this she has the opportunity to gain new skills and qualifications which will hopefully help her to gain paid employment in the future and break the poverty cycle.

A single parent struggling with a multitude of issues was assisted to access further support, financial and other, again through 1:1 support. The initial contact was through her need for food support for herself and her children. From there, the challenge was to gain her trust, & once gained she felt comfortable to reveal her challenges and we were able to help her to apply for benefits and assist her to access other support. When a crisis occurred during this spell she came to us for help. Once again food support has led to us helping the client to address the root causes in the hope that it will only be a short term need.

- **Sustainability**

Over 65s meals will have to be charged for (at cost). We hope to be able to budget so that a few free meals can be offered. We hope to continue to open our low cost cafe during the winter although with significantly reduced hours due to heating costs. Currently we will be unable to provide free meals to school children on Friday evenings unless we access further funding. We are continually seeking further grants to fund the work of the community hub.

## **Poole Communities Trust**

- **Funded activities**

The grant has been spent on buying food for the Community stores in Turlin Moor and more recently in Bourne. The sharp increase in food prices has meant the grant has not been able to buy as much food as we had originally planned for. In addition, the supermarkets are limiting how many items a shopper can buy from their 'budget' ranges, and this is also having an impact on how we can buy enough budget foods to meet the needs of the community foodstores.

The opening of the Bourne Community Foodstore was due to open in July but was flooded just before it was due to open. This delayed the opening until early September and then the building flooded again! The store will now open on 9th November and the food purchased will be distributed by the end of November.

- **Outcomes**

Each week at Moore Community Food we have 53 - 79 customers. Some are families with up to 5 children and others are older couples or individuals. The thing they all have in common is that they are struggling financially. Many families come in every week and tell us repeatedly how being able to use the store makes such a difference to their weekly budget. Other families come in once or twice a month when they need to; knowing we are there each week is a great safety net. Over the past 6 months we have had an increase in the number of single men coming into the store. Citizens Advice Bureau park outside the store every other week and during September it has been a great partnership to be able to refer people 65+ to the Household Support Fund. We also work closely with the food bank satellite at St. Gabriels Church, so that we refer to each other's services. We have also been receiving food recipe/meal bags from Friendly Food Club.

- **Case study / story of change**

A man who lived with his mother, when she died he was going to be evicted from the house as it was in her name. The coordinator was able to support him to contact the right people about his housing situation which was resolved in his favour. As he was no longer a full time carer he was also keen to get back to work and the coordinator was able to support him to apply for a small grant to get retrained in his field as an HGV driver. This has resulted in him working full time and staying in his home. We no longer see him in the store which is a great outcome for him.

- **Sustainability**

Poole Communities trust have every intention for both the foodstores to continue. Ongoing work will be funded through a variety of fundraising applications, donations and grant applications. We already have our name down for the Asda green tokens scheme between now and December, we have been successful in our application to the Co-Op. We also have a small number of regular donors which we are hoping we may be able to build on in the coming months.

## Poole Community Exchange

- **Funded activities**

We have used the funding to buy food to provide hot community meals 3 days a week at lunchtimes, and after school hot meals twice a month in partnership with Parkstone United Reformed Church (PURC), and SMILE which also included craft activities. The remainder of the grant was used to equip the new kitchen for the meal preparation and for the cookery club. Unfortunately due mainly to health issues we were unable to start the cookery club during the grant period.

- **Outcomes**

Vulnerable people, including families with children have had the opportunity to have at least 3 hot well-balanced 'home cooked' meals a week. Single parent families have been able to get together over a meal they have not had to cook, and had time together. Vulnerable people struggling to pay for food, rent energy, etc have been helped with low-cost healthy food.

- **Case study / story of change**

*"I recently found Poole Pantry. On my first visit to the pantry, I was welcomed and even had a cup of tea made for me, I live alone so that doesn't happen. So very appreciated. The food is so helpful, but also the inclusion and kindness you show is worth the world. You have so many great services too. Citizens Advice bus to quiet contemplation and so much more. I was very isolated until I found you, a lot of years of struggle, but now I have joined a coffee and chat group and am making some new friends. Thank you so much."*

- **Sustainability**

We ask people to make a donation towards our costs. We will also need to apply for other grants

## POOLE FOODBANK - a project of Faithworks Wessex

- **Funded activities**

Fresh fruit and veg, fresh bread, recipe bags, cheese and fresh and frozen meat and fish have been purchased to add to the ambient food normally donated to Poole Foodbank by the general public. Cookery courses and fresh food have been delivered at a refuge for emergency housed ladies and children. Vouchers have been provided for specific items not available at a Foodbank. Hot meals provided by partner charity. £500 retained to support families in the October half term.

- **Outcomes**

This grant has transformed the meaning of a visit to the Foodbank. The ambient food donated by the public is 'adequate' but certainly not ideal. To be able to offer fresh fruit and vegetables, fresh bread and cheese alongside our ambient food parcel is a 'life changer'. Here at 'Jimmy's' (frontline of Poole Foodbank) our volunteers work hard at making visitors welcome and this is made far easier when such lovely food is available. This helps to remove the shame that some people feel when they come to ask for food. The team feel that they are offering something special which then has a positive impact on mental health and leads to further engagement with individuals, thus providing an opportunity to offer the additional services on offer (eg with debt, housing, clothing etc).

- **Case study / story of change**

'Bill' (over 65) came to Poole Foodbank because he could not make his money go round. We provided a food parcel and got to know him. Over time he explained that he had 'unknowingly' supported his son's drug habit and had used his own resources for this purpose. Heartbroken that he has sacrificed his private income and now supporting his wife who is ill, he comes to us for food and a happy place to be. What a joy to be able to give him great food!

'Max' came to us having given up his job of 10 years to care for his teenage son who had become homeless. His son has serious health issues and Max has a lot of debt which he can no longer support as he is not in employment. We have supported him with food parcels, benefit claims and now with budgeting and debt services. All of this is only possible because he was referred to us for food in the first instance.

- **Sustainability**

Our work is currently funded with private donations and donations of food mostly via the public donation points in supermarkets. This will continue. What will have to be 'downscaled' is the provision of the additional items provided for by grants such as this.



## Pooler Waste Not Want Not

- **Funded activities**

We have seen a detrimental downturn in our donations due to the cost of living crisis - this grant has helped us bulk buy some additional stock, enabling us to support our most deprived to ensure they have access to food as well as being able to afford to cook wholesome meals at home. We have been able to give air fryers and soup kettles and have had tears of joy and fun demonstrating the tools to make life easier at home. Getting the children involved has been a fun way of reducing the generational trend of not trying new things, doing demos cooking in the shop, we have been able to offer tasting plates, such as a gnocchi bake and vegetarian alternatives - great feedback.

Due to extremely hot weather, we had to keep our air con unit running during the day to ensure volunteers and members stayed cool - many members stayed in the shop longer, The funding helped to keep them hydrated with bottles of water and ice creams for the children (plus two months of electricity cost covered).

- **Outcomes**

Our service has seen an increase in demand showing the detrimental effect the cost-of-living crisis is having on our already struggling people in our society. We managed to get a discount at our local Curry's to buy Ninja dual air fryers at the same price as cheaper options so thanks to your funding our families were given these to help cook a meal and save energy bills, with many bills being reduced by half. 20 families received air fryers, 9 received Soup kettles, plus 7 couples and

11 single 65+. Providing the tools to our most deprived members has been overwhelming and we have been able to demonstrate how easy it is to control your money on a budget. We have already seen a positive change in member's shopping habits, now trying new things because we make fresh ingredients more affordable. Our members have gained

- Skills in batch cooking
- Understanding budgeting of daily essentials
- Reducing food costs by shopping more wisely.

*"Thank you so much for your time today helping me with meal planning. After sitting with you I feel truly inspired and motivated to make a change to my eating habits, to suit my budget."*

*"I'm not good with words, but with all my heart I want to thank you for your kindness and for never judging us! You are one in a million... I am already seeing savings, my electric meter still has money on it, this never happens"*

*"My girls are so fussy, they only eat chicken nuggets and chips - since you gave us the air fryer they want to try new things, we are even eating fish, and salmon I can't thank you enough"*

*"We are a family wanting to thank all the wonderfully kind people who have helped us with things we truly could not afford! You have helped us beyond words in these very tough times, you have turned our worries into happy times. We had to make choices between bills and food, making me feel we were letting our children down. Your kindness has reduced me to tears."*

- **Sustainability**

We will continue to apply for funding hoping to buy a few more air fryers; we can demonstrate that the energy bills can be reduced with the right equipment. We have been approached by South Today, Radio Berkshire & Wave 105 to share our energy-saving tips.



## **PramaLife**

- **Funded activities**

Working with The Friendly Food Club, we will have delivered 16 sessions of Lunch Clubs by November 8th 2022. Each week we have supported between 18 and 24 people. Originally it was intended that we should provide a meal and the raw ingredients for that meal, with a recipe so that they could replicate it at home. It was immediately apparent that people did not want this and were extremely concerned about the cost of gas & electricity. Instead, each week people have received a two course meal to eat at the club, with a takeaway meal to heat quickly in the microwave at home. The recipe/ingredients has been attached to each meal. The majority of those attending has been older people. This has opened a discussion about the need for warm spaces, and also a future lunch club.

- **Outcomes**

People have made new friends, have received information on other services and support available/ E.g. 9 people have been put forward for Household Support Fund and 1 person has received Foodbank Vouchers. Those who have attended have suggested that they need this activity to continue.

- **Case study / story of change**

One person attending the group has a serious medical issue. I have written to the GP and consultant on her behalf and also sourced a supply of incontinence pads for the lady. She told me at the last meal that this had increased her dignity and provided her with a different quality of life. The intervention with the GP has led to a re-appointment and an examination leading to a potential surgery.

- **Sustainability**

We are working with the Friendly Food Club to continue for 7 weeks after the last funded session, and participants will pay £5 per week each (underwritten by FFC and Prama for those who can't afford it). There will be a Christmas meal and in the meantime PramaLife and FFC will be working together to apply for funding. In addition, we would also like to support a 'warm space' incorporating refreshments at some times of the week and a soup lunch one day a week.

## Recreate Dorset (formerly Bournemouth 2026 Trust)

- **Funded activities**

The funding has been used to provide weekly healthy meals for our Seeking Refuge community groups, for refugees and asylum seekers. We offer 3 workshops per week and additional events at the weekend where food was provided. The addition of the meal gives time for the groups to meet and socialise together.

- **Outcomes**

Providing a hot, healthy meal as part of the support group has been critical to bring together the many different cultures and nationalities who attend. The sharing of food and eating together has helped the group bond and find common ground to connect with each other and form friendships, despite language barriers. We know many of the participants live on their own and because of a lack of confidence in their language skills, do not have opportunities to socialise.

- **Case study / story of change**

Valentina is a young Ukrainian woman. After attending the workshops for a number of months, Valentina has become more confident and has now brought in some of her own lace work to show to the group and is planning to run lace making workshops. Although starting with very little English, the support from the group has given her a chance to practice English in a comfortable environment and she has fed back that this has really helped her learn more words.



Mary Lou is from Venezuela. There is a regular group of older Venezuelan women who attend the workshops and they all enjoy the friendly and supportive environment and having something positive to do which is local, free and provides a free meal. Mary Lou has fed back that before attending the workshops she felt really lonely and although she had met a couple of the other Venezuelan women, she had not had any social activities to attend because of low income she could not travel far to take part in other events. The sharing of food has been really important for Mary Lou and she has said this makes her feel part of something.

- **Sustainability**

Word of mouth has really encouraged new members to join and we are hoping to hold more family workshops at the weekends, where children can also attend. We have received 2 years funding from People's Health Trust.

МИ ВІТАЄМО ВАС  
РУКОДІЛЛЯ ТА СПІЛКУВАННЯ  
ПО ЧЕТВЕРГАХ

10:00 - 12:00

AT THE OLD SCHOOL HOUSE (ОЛД СКУЛ ХАУЗ)  
GLADSTONE ROAD (ГЛАДСТОУН РОАД)  
BOSCOMBE (БОСКОМБ)  
BH7 6BG

ГРУПА РУКОДІЛЛЯ ДЛЯ УКРАЇНОК

Ми вітаємо вас у безкоштовній групі рукоділля під керівництвом художника текстилю, де ви зможете насолодитися шиттям, в'язанням ганчком, макраме тощо. Ви познайомитесь з іншими українськими гостями, які приїхали до нашої області.

SEEKING REFUGE PROJECT

Email caroline.bjohnson@recreatedorset.co.uk for more details

Trusted by: The National Trust, Dorset County Council, Dorset Council, The Housing Trust, Arise Arise Group, Bristol Old Vic Theatre Festival, and TO SH.

## Safe and Sound Dorset

- **Funded activities**

We have a shared buffet lunch at our Monday and Wednesday creative sessions. We have a small group of women who are part of a cookery group who prepare and cook for this time together. We sit down and eat together as a community twice a week, which alleviates isolation for many of our service users. Every Thursday afternoon we have a housing group at The Well coffee lounge, for women experiencing issues with their housing or needing help contacting landlords or maintenance. There is a meal provision with these appointments. We give £10 Aldi vouchers to our service users and those on our food list in the community once a month to help with their food shop. We also give a £10 gift card from The Well for each service user to use within the coffee lounge.

- **Outcomes**

The summer food provision has been an amazing life saver for many of our service users. In this present climate it is important to have that sense of belonging to a community so people aren't struggling alone. We offer sessions to women who are often facing multiple disadvantage and for us as a provider it is heart warming to be able to offer the little bit extra that a community meal, food bags or food vouchers can give. All say how grateful they are to receive a little bit extra and we especially appreciate the dignity food vouchers offer people so that they have the means to do a shop for their own personal food items.

- **Case study / story of change**

One young woman we met multiple times over the last 2 years, primarily begging on the street, rough sleeping and during the pandemic in a B&B, has started coming to our creative sessions. We have been able to help her with food vouchers towards her budget. She joined our summer programme, eating with our community whilst on outings. She comes regularly to the Thursday housing support group which Shelter attend twice a month and is now in supported housing. A Healthbus nurse remarked on her progress and what a difference her connection with Safe and Sound Dorset is making to her health & wellbeing.

We have supported one woman through her pregnancy, difficult housing situation, calling in to see her weekly, making sure she had a food voucher to help with her monthly shop. Since the birth of her baby we have been able to encourage her with a rota of meals delivered to her house and food vouchers which enables her and her partner to shop without anxiety. She comes to 2 creative sessions per week where she sits down for the buffet meal with others.

- **Sustainability**

We will be looking out for further funding and will be creating a cost of living crisis fund. We work with local groups such as CAP to help women budget better, but it is the community around each person that helps to provide a support system. We have reinstated our weekly housing group meal in a cafe for those who are isolated, homeless, sofa surfing NFA or in temporary/supported housing. We have found this to be a beneficial time for women to reassess their situations and move forward with housing and maintenance issues. A representative from Shelter join us twice a month.

## Somerford ARC Community Centre

- **Funded activities**

The grant has supported the Breakfast Hub; food costs, hall hire, staff costs and equipment. We have expanded our menu to promote healthy eating offering yoghurts, chopped fruit and baby food- this is help yourself all you can eat, meaning we needed cooling trays to keep the food at the correct food standard temperatures. The grant has also supported food costs for our Children's half term hotdog lunch, & Children's weekly crafting and movie days with lunch. Finally, the grant has supported our Lunch Club; food costs, hall hire, staff costs & equipment (Kitchen aid, two 5L catering jugs, three catering roasting tins, two 2x 9L catering mixing bowls and two 13L catering mixing bowls).

- **Outcomes**

We have been able to expand our menu at Breakfast Hub offering healthier options. We had 30 families attend and an elderly resident. We also run SEND Parent carer drop in breakfasts. Lunch club numbers are rapidly rising either by word of mouth or by referrals from external organisations. The funding has helped us expand our menu options and cater for larger numbers without having to drop our standards or portion sizes. Elderly & vulnerable members of the lunch club were unaware of the household support fund, our volunteers were able to sit with the members helping them to complete the forms ensuring they could access the fund - we helped 30-40 members. We have been able to expand our hotdog lunch offering fruit and side snacks.

Our food groups help us engage with hard to reach residents, with in-depth planning we have carefully interlinked our groups with our drop-in's to maximise access to support in the community. Residents attending our groups have also accessed: • Food bank vouchers • Household support fund help • Citizen's advice support • Enrolled on courses run here at the ARC • Support from Swan UK • Support from the Early help team • Support from the parent carer Foundation • Support from SEND Services • Support from the SAMEE Charity including access to grants.

- **Case study / story of change**

At Breakfast hub, one lady come in very upset that her washing machine and tumble drier had broken; she had no money to replace them and was unable to hand wash her clothing due to disability. We were able to refer the lady straight away to SAMEE who were able to process a grant application providing her with a washing machine and tumble drier to be delivered the following week.

- **Sustainability**

We will continue to go out for funding to ensure these food provisions groups continue.



## **The Friendly Food Club**

- **Funded activities**

Packed and delivered 726 Cookboxes over 13 weeks of delivery to at least 75 families/households across 4 of the most deprived areas in Bournemouth, Christchurch & Poole, facing food poverty, plus hosted a summer family workshop/fun day in each area. Ingredients for a total of 3,013 meals were provided.



- **Outcomes**

The summer Cookboxes provided these households with additional food ingredients at a time of great anxiety about dramatic price increases. The workshops we held also supported skills development amongst the families and young people that attended. At Townsend, our project had a large impact, being able to supply one Cookbox to over half of the Community Fridge users, each week. The West Howe boxes went to struggling families that attended Fernheath Play. Boxes were also given out through Moor Community Food who tell us *"the people who have taken the cookboxes have all been so grateful. So many of them are struggling with putting ingredients together to make a meal. The boxes take out of all this hard work and makes it much easier for them to cook."*

*"This is a fantastic idea. it has given me and my daughter something free to do for the day and being able to feed everyone for tea too"*

*"It has made me cook to make the most of the ingredients. I made some to eat and froze some."*

*"My daughter ate food that she never would have before!"*

*"The recipes are all so tasty and my kids will help me make them and we can all sit down together and enjoy them. Fun family food for summer. Thank you."*

The grant also enabled us to open doors to Abri Housing, build links with the new Community Development Officer and other organisations. We attended the Beacroft Family Day and gave out 50 cookboxes. This project enabled us to recruit 2 new volunteers who have continued to work with us.

- **Case study / story of change**

*"I live alone. I used to like cooking occasionally when my wife would let me. Since she's gone I hadn't cooked much. I got the Iceland 99p meals and reheat them in the microwave. When Carol asked me if I wanted a bag, I didn't know what one was! It was the tuna fishcakes that got me interested. My daughter came over and we made them together. They were delicious and made 4 meals! Since then, my daughter has been inspired and made me portions of cottage pie and a chicken casserole to put in my freezer too, using some of the vegetables and potatoes from the Townsend Fridge. I wouldn't cook every day but I am definitely going to have another go. I now have much nicer food to eat and actually look forward to my dinner! The community fridge is my lifeline. It gives me a reason to go out and say hello to people. There is no judgement, just support and a friendly smile. That is all one needs some days"*

- **Sustainability**

We intend to continue focusing on these key areas of deprivation in the BCP areas. We have developed much stronger relationships with local community development and engagement teams, venues and volunteers in these areas. We have been awarded some funding from Abri Housing for continued work.



## West Howe Community Enterprises

- **Funded activities**

For the 6 weeks during the summer holiday Pavillion Dance South West delivered a 1 hour free dance session. WHCE provided each child that attended a free lunch after the dance session. We purchased a Bain Marie to enable us to keep cooked food warm. Over the 6 weeks we provided 115 meals. These meals included jacket potatoes, salads, fruit skewers lasagne, pizzas, tuna and pasta bake, chicken wraps, shepherds pie all very much enjoyed by the children. Each week we included fresh fruit, vegetables or salad. Many children came back to ask for 'seconds' which was encouraging and there was little waste.

- **Outcomes**

Children were trying food that they may not have had before, such as vegetables and salads. The fruit skewers were a hit and again encouraging to see so many children eating fruit and enjoying it. It has introduced some of the community to our service at WHCE. Parents and carers were spending time in our cafe whilst the children were dancing and having some social time with other adults.

- **Case study / story of change**

One parent who bought multiple children each week told us that her son never ate vegetables before attending these sessions but he ate everything, every week and asked for more. He was always very polite and it was a joy to see him enjoying healthy food. *“He doesn't usually eat that at home but since he tried it here, he loves it and has asked me to cook it at home”.*



- **Sustainability**

I'd like to thank you for making this possible. It was a privilege to be able to make a difference for these 6 weeks. We hope to continue offering sessions from PD.

## Winton & Parkstone Community Pantry (WPCP)

- **Funded activities**

We organised 53 open pantry sessions from July - September 2022, supporting approx. 3000 customers. We see about 60 individuals at each session. They will take a bag of food for their family and often share the food with neighbors, friends and colleagues. Approximately 80% of the people who come to the sessions return each week but we see new faces each week as well. Particularly over the last few months we have noticed lots of people who are new to the country and area. The grant money enabled us to purchase 7 brand new fridges and freezers, shelving for the ambient food, equipment to run the sessions better (gazebo/cleaning equipment/ PPE) and surplus ambient food. We also started paying our volunteers expenses which has enabled a wider group of volunteers support us.

- **Outcomes**

The surplus food makes a huge difference to the customers and wider community. When we have an excess of an item (e.g most weeks we have too much bread) we encourage customers to take bread for anyone else who would use it. We share recipe ideas and how to store food for the longest time possible to maintain its quality. The food provides school lunches and dinners for children, supports those on low wages prioritise their pay towards heating and other essentials, and supports refugees to find their feet when relocated to a new area.

In addition to this the sessions have become a hub for the local community. At the Winton session they now give out hot drinks and a local lady makes a hot meal once the food is collected. People chat, come together to share ideas and talk about their experiences. These people would unlikely have spoken to each other before. Both sessions have built up a strong volunteer base of volunteers from across the world - we have volunteers from Afghanistan, Portugal, Albania, Serbia and Latvia. Many volunteers want to integrate with the local community and feel that they are a part of something by joining WPCP.

- **Case study / story of change**

Ahmed is from Afghanistan and left in summer 2021 with his family of 8. His daughter was born in the UK a few months after they arrived. They were put in hotel accommodation until Dec 2021 when they were relocated to Poole. We first met the family around Christmas when we were low on volunteers and told us they would like to volunteer (4 sons + dad). As we got to know Ahmed we learnt more about his story and his journey since arriving in Poole. The family were very keen to integrate, learn English and work. Each week Ahmed would tell me about his JCP appointments and various interviews. The family took food and supplies for the baby if we had them but never wanted to take more than necessary. Ahmed and his sons ended up getting jobs early in 2022 and continue to do well. They talk about how they appreciate the welcoming reception and extra food to keep their family going when they first moved to Poole.

From volunteer Vic who greets people and provides hand sanitiser.

*“During the Summer a gentlemen visited for the first time and after welcoming him he told me that he had walked all the way from Hamworthy to Douglas Road to attend the food distribution. He was so pleased with the food that as he was about to leave he approached me and said that he was so overwhelmed by the warm welcome he had received from all the volunteers and the excellent food, that he wanted to return later that week to contribute when his Universal Credit came to him from the government. I was insistent that this was not necessary and the raison detre of the WPCP was to look after such as he.”*

*“Two weeks ago a lady visited for the first time accompanied by one of our regular friends living in refuge accommodation. The lady had only recently been allocated a bed, having been sleeping on the streets for over 7 months. I was able to explain that we ask no questions, but welcome all, and she was delighted to be there. When she came to leave I asked her if the Pantry had been helpful, to my amazement she literally jumped into the air and danced with joy at what she had received. This is what WPCP is all about, it had made an enormous difference to her, and we felt humbled by being able to contribute a small part to improving her life.”*

- **Sustainability**

The Winton and Parkstone Christadelphian Churches allow us to use their facilities free of charge. The Churches provide donations through collections from their members and they have committed to continue to provide funding to run the project. This will be in the form of volunteer expenses, and surplus food for sessions when it is required. Running costs are low on the project as the surplus food we collect is donated from supermarkets. WPCP will apply for other similar grants if we have the opportunity to do so. This gives us more stability to continue in the future.

