

BCP Food & Energy Support Fund – Winter 22/23 - Impact report

This funding programme was delivered by Dorset Community Foundation on behalf of BCP Council, with funding awarded to successful groups in November 2022. All grants were used to address food and energy insecurity and spent on projects including: food parcels, food vouchers, cooked meals, winter warm spaces and food skills initiatives. All projects utilised grant funding by the end of March 31st 2023.

- Total funding of £200,000 has directly supported **30,068 local residents**
 - 18,401 In Bournemouth
 - 2902 in Christchurch
 - 8765 in Poole
- Projects have involved **957 volunteers**
- **58% of funding supported households with children, 16% supported older people aged 65+ and 26% supported other vulnerable households; largely single occupancy households, homeless individuals and disabled people**

Summary

Grant recipient	Project area	Grant/s	Beneficiary households	Number of beneficiaries	Number of volunteers	Project summary
Access Dorset	BCP	£7500	30% older people 70% vulnerable	51	8	Warm Welcome of Thursdays and Fridays with lunch and games provided
BH1 - Boscombe Salvation Army	Boscombe	£5000	15% families 55% older people 30% vulnerable	2360	21	Supporting BH1 drop in centre during the winter to provide a warm space, meals, food vouchers and food parcels, clothing and sleeping bags for rough sleepers
BCHA	BCP	£6000	50% families 7% older people 43% vulnerable	100	0	Wellbeing packs containing food vouchers, food and essential household items, to families fleeing domestic violence, living in temporary accommodation – plus food vouchers for those staying in BCHA refuges
Bournemouth Community Church	Bournemouth	£7500	95 families 5% older people	703	15	Voucher scheme to help low-income households receive food from a local butcher and greengrocer
Bournemouth Foodbank	Boscombe, Springborne, East Cliff, Pokesdown	£9727.26	85% families 15% vulnerable	2000	15	Vouchers for hot meals at the Foodbank Cafe

Bournemouth Methodist Church	Winton, Moordown, Ensbury Park, Victoria Park	£3000	30% families 30% older people 40% vulnerable	100	7	The Welcome Inn Café at Bournemouth Methodist Church at Victoria Park (Winton) offers a Warm Welcome initiative with free drinks, light food, free wi-fi and a few planned activities
Bournemouth Parks Foundation	Winton, Charminster	£650	20% older people 80% vulnerable	166	2	Warm space offer on additional Monday opening times with basic refreshments and simple food
C3 Collaborating for Health	Boscombe, Bournemouth	£4500	55% families 5% older people 40% vulnerable	289	7	To support The Good Grub Cooking Club offering cost saving cooking equipment to low income household and an opportunity to cook together – plus offer of Warm Welcome space for other community members to share in the meals they create
Canford Magna Parish Church	Merley, Bearwood, Wimborne	£470.59	40% families 55% older people 5% vulnerable	100	20	Weekly evening Warm space with hot meal, games for toddler group and Warm Pack for older people
Christ Church	Creekmoor	£1319	20% families 40% older people 40% vulnerable	100	20	Warm welcome space with food at the Hub plus warm items e.g. blankets, hats, scarves, mittens and a small number of Slow cookers, cheap and safe to run.
Christchurch Foodbank	Christchurch, Mudeford, Highcliffe	£6777.26	50% families 30% older people 20% vulnerable	820	32	Community meal for the elderly, and hampers for households in need
Citygate Church	Bournemouth	£2000	17% families 3% older people 80% vulnerable	900	20	Contribution towards Community Hub, Foodbank, Christmas hampers and community meals
Dorset Race Equality Council	Poole	£7550	60% families 15% older people 25% vulnerable	1470	110	Supporting diverse communities facing food poverty - grant to support food packages and meals, breakfast club for the homeless community, and a Christmas day meal for the homeless community
EDAS	Poole	£7500	33% families 16% older people 51% vulnerable	188	3	Warm welcome space & food vouchers at community cafe Serenitea, for venerable residents including the homeless and those affected by addiction or mental health issues
Gateway Church Poole	Ashley Road, Rossmore	£3500	80% families 10% older people 10% vulnerable	19	16	Tuesday evening Warm Welcome space with evening meal for local families affected by the cost of living crisis
Grounded Community	Boscombe	£7500	35% families 10% older people 55% vulnerable	2930	75	Feed our Community food boxes, and to continue the Social Canteen piloted earlier this year, offering weekly community meals

Hamworthy Church	Turlin Moor	£6398	60% families 15% older people 25% vulnerable	960	22	Creation of a public living room in St Gabriel's Church, in Turlin Moor to be open Tuesdays and Wednesdays, including a community meal on Wednesdays
HealthBus Trust	Bournemouth town, Boscombe	£6500	15% older people 85% vulnerable	44	4	Hot meal at Thursday drop in clinic at St Stephens Hall, plus Go Bag with food for 2-3 days, and provision of Meal Vouchers to be redeemed at Bournemouth Foodbank cafe
Home Start Wessex	BCP	£6500	100% families	124	15	A range of support to help vulnerable families this winter including provision of warm clothing, distribution of foodbank vouchers, Christmas hampers, smart budgeting workshops and laundry service
Hope Community Church	Winton, Moordown	£7500	55% families 30% older people 15% vulnerable	250	30	To support a warm space with soup offer, community meals for over 65s, school holiday meals for families and a children's hot meal on Friday evenings
Hope Housing ,Training and Support Ltd	BCP	£5500	100% vulnerable	92	3	To support residents of Hope Housing sheltered accommodation with food, food vouchers, cooking skills and equipment, and basic items to help them keep warm
Iford Baptist Church	Iford	£321.62	90% older people 10% vulnerable	30	6	Warm space provision with soup and a roll, 1 day a week
Immaculate Conception and St Joseph's Church	Purewell, Stanpit, Somerford, Burton	£1610	6% families 84% older people 10% vulnerable	390	28	A Thursday Warm Space offer to include refreshments, activities and 2 course lunch
Lovechurch (St Swithun's)	Boscombe	£1150	100% families	6066	54	Childrens community breakfasts 2 days a week
MS Centre Dorset	BCP	£3500	75% older people 25% vulnerable	234	30	Warm space and community meals at MS Centre Dorset
Parish of St Nicholas and St Hubert	Broadstone	£3200	20% families 80% older people	450	80	Warm Welcome space within the church building during the day and evenings plus a hot lunch at least once a week
Plymouth Diocesan Trust	Poole	£47	100% older people	2	23	Warm Welcome space at St Mary's Church in Poole with drinks and soup
Poole Communities Trust	Bourne, Branksome	£3500	50% families 30% older people 20% vulnerable	1305	20	To support community cafes at Bourne Community Hub and Branksome Community Centre offering a warm space with free refreshments and soup

Poole Community Exchange	Poole	£8427.27	60% families 40% vulnerable	2700	50	Supporting Poole Pantry, community meals including specific meals with SMILE connect, cooking tuition and general warm space provision at Parkstone URC
Poole Foodbank	Poole	£7500	80% Families, 10% older people 10% vulnerable	600	44	Additional food for food parcels, recipe bags to enable families to cook together, vouchers for use at The Spire café for hot lunches, plus some core costs
Poole Methodists Church	Poole	£4000	25% families 75% vulnerable	1133	23	Provision of free food at Westley's Cafe during the winter for the homeless, and childrens meals during school holidays
Poole Waste Not Want Not	BCP	£7500	60% families 17% older people 23% vulnerable	900	32	Additional funds for essential food, Christmas hampers, food delivery costs, food vouchers for volunteers and funds for winter coats/jumpers
Pramalife	Boscombe, Hamworthy	£4000	98% older people 2% vulnerable	70	9	Support for existing lunch club in Hamworthy and launch of new lunch club in Boscombe – in partnership with Friendly Food Club.
Recreate Dorset	Boscombe	£4500	80% families 20% older people	104	6	To support The Old School Brunch offering a warm space at hot meal for the elderly, at The Old School House in Boscombe
Routes to Roots	Poole town	£1200	10% families 20% older people 70% vulnerable	70	30	Supporting the Genesis Centre, offering a warm welcome to the local homeless community
Safe and Sound Dorset	Boscombe	£6000	20% families 20% older people 40% vulnerable	120	35	Supporting vulnerable women in Boscombe - food vouchers, meal vouchers, community meals with cooking tuition, frozen meals to take home, cooking equipment
Somerford youth & Community Centre	Christchurch	£7500	80% families 5% older people 15 % vulnerable	800	8	Support for the People's Pantry, offered to local families in long term poverty
St. Thomas Church PCC	Ensburry Park, Redhill, Northbourne	£650	26% families 34% older people 40% vulnerable	80	16	Warm Welcome community space on Wednesday and Friday mornings, with breakfast or lunch plus childrens activities
Strouden Park Community Association	Strouden Park	£410	100& older people	7	2	Warm Welcome space at Strouden Park Community Centre
The Friendly Food Club	BCP	£6331	60% families 25% older people 15% vulnerable	191	6	A range of food initiatives to be offered to local groups as a way to enhance their community provision e.g. recipe cards, cookboxes, cookery tuition.

Townsend Community Association	Townsend	£2761	50% families 25% older people 25% vulnerable	250	21	Additional food for community fridge and utility costs to offer a warm space in building at Fridge opening times, plus supermarket vouchers for families most in need and cooking workshops with Friendly Food club
Water Lily Project	Christchurch	£7500	10% families 15% older people 75% vulnerable	100	15	Meals in community cafe for those identified in highest need, by Water Lily and Christchurch Foodbank
West Howe Community Enterprises	West Howe	£5500	30% families 70% older people	700	6	Extending opening hours to offer a warm space and additional lunches
TOTAL		£200,000		30,068 beneficiaries	957 volunteers	

Thanks to Dorset Community Foundation and BCP Council

“This grant has been a real godsend to support vulnerable people through a very difficult period when energy prices have been continuing to rise as part of the cost of living crisis. We are grateful to the BCP Food and Warmth Support Fund and the Dorset Community Foundation for your support.” Access Dorset

“I would like to thank you all at the DCF board for approving this grant and allowing us to support the most vulnerable in our local community. I thank you for the patience with our accounts (it's all done and audited now!) and for the way Ellie was so kind and prompt in our communications.”
Bournemouth Methodist Church

“Thank you for the opportunity to serve our community. We have seen such a positive influence with sharing food, offering warm space and creating an environment that is safe and welcoming. Long may this continue!” Gateway Church, Poole

“This grant has given us an opportunity to experiment and change our practice as a church, which has resulted in activities that we will continue to offer our community. We are grateful to DCF for giving us the opportunity to try something different, and giving us confidence that we had the funding covered for a set period. It was incredibly valuable having a phone number for a grant officer who we could speak to easily over the phone to answer any questions we had about the grant application process. It is incredibly difficult writing grant applications as a volunteer for small scale work, so it is very likely we would not have applied to this grant without having a person we could speak to.” Hamworthy Church

“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 application and feedback process is helpful because it is straightforward and not too time consuming . Short lead time between application and payment of funds meant we could hit the ground running and get the activities in place very quickly.” Hope Community Church

“Thank you for enabling us to extend our welcome to people over such a difficult winter for many. We are a small church of mainly older people but wanted to offer something to help others in this economic crisis - the grant helped us to do this.” Iford Baptist Church

“This has been such an easy and enjoyable exercise, thank you very much. Initially I contacted Ellie Maguire to find out if we would be the right kind of establishment to be considered for this grant. She answered all my questions kindly and competently and made me feel confident in completing the necessary application. The fund has made a huge difference to the way the Trustees are looking at the future of the Centre as it provided the nudge and finances for us to get on and make the necessary changes.” MS Centre Dorset

“We are very grateful for the grant as it has enabled us to continue to be an affordable community space in this challenging time. Because of the grant we have been able to welcome more people than ever from our community into a warm and caring and supportive environment.” Parish of St Nicholas and St Hubert

“It is hard to express the massive the difference this grant has made to this community... It has supported our ambition to be more than 'A Foodbank' and to become a community that supports its local community in ways which match the times in which we live e.g. encouraging to 'cooking from scratch' and eating healthily. This has raised the spirits of visitors and volunteers alike.” Poole Foodbank

“We could not do any of this without the support of people like you. The Dorset community Foundation is much more than a grant provider, they support us in many ways... social media, news and offer advice when we need it thank you so much for all the support you have given us and continue to offer.” Poole Waste Not Want Not

“Working the DCF is always a smooth and intuitive process, from the application form to the end of grant process. The grants allow for flexibility to respond to local needs and your trust in us to do that is highly valued.” The Friendly Food Club

“This was a very valuable scheme providing a much-needed help to so many people who were struggling, especially through the worst months... As always the grant process worked smoothly and really helped us to add real value to the community in which we operate. Thank you” Water Lily Project

“Again, we are extremely grateful for the support of DCF and BCP. The process is really user friendly and straightforward. If I need to speak to someone, I know who to contact and there is never an issue. Everyone is very supportive and helpful. The work you have enable us to do has raised our profile in the community and taken us forward. We are thankful that we have been able to support our community and residents in this difficult time” West Howe Community Enterprises

“We would like to thank DCF, and everybody we have been in contact with. Without exception, people have been approachable and supportive, enabling us to develop a long held wish to provide a Community Cafe to help everyone, whatever their needs and personal circumstances. We feel we are doing that well and making a difference to so many people... Thank you again and again and again.” Immaculate Conception and St Joseph's Church

Report and case studies submitted by the groups

Access Dorset

- **Funded activities**

The funds were used to provide a safe haven at The Bridge for local people affected by the cost of living crisis. The project was delivered between 10am and 5pm every Thursday and Friday throughout January, February and March 2023. Attendances were consistently high with 10 -18 vulnerable people attending on Thursdays and 6-12 on Fridays. Attendees were able to relax in a warm and comfortable space accessing TV, a stereo music system, internet and free refreshments. A free cooked lunch was also provided each day by disabled people on our vocational training program. A Project Worker and 2 volunteers were on hand to encourage and enable participants to develop peer relationships and a group dynamic by organising board games and gentle exercise sessions. By popular demand staff and volunteers organised sessions on cake decorating, sowing seeds for spring flowers, basic cooking skills and arts/crafts.



- **Outcomes**

The Warm Place scheme has enabled us to support more new people. The grant allowed us to open up our premises to both new and existing participants; to provide a safe and supported environment where people struggling to cope with the cost of living crisis could find shelter and the company of their peers.

- **Case study / story of change**

"I've thoroughly enjoyed coming to the Warm Place on Thursdays. We've really gelled together as a group. Everybody is so warm and friendly. Volunteers are really good at breaking the ice and getting us all doing things together. Today I've had a go at decorating a cup cake, played Trivial Pursuit, done seated yoga and had Mac and Cheese for lunch. There is no pressure on anybody to join in though. A few are watching TV or in the Chill Out Room. Being here helps take my mind off the stuff that worries me when I'm at home alone. Money is getting tighter than ever and I'm struggling to manage complex health issues."

- **Sustainability**

The project proved so successful with participants that a core group of 10-12 people are continuing to attend regularly on Thursdays. The main difference will be that refreshments and lunch will need to be paid for by participants. However we will continue to keep prices down so that they are only covering the cost of food. Staff and building overheads will be funded from core funding and we are working through how we can attract further funding to cover this.

BH1 – Boscombe Salvation Army

- **Funded activities**

Provided a warm space for up to 60 people daily, with nutritious meals and hot drinks. Good quality meat from a local butchers, good quality vegetables and fruit. Food parcels to help them when they were struggling to purchase food. Provided warm clothing, clean and fresh underwear. Also the provision of sleeping bags for those who are rough sleeping.

- **Outcomes**

This has kept people off the streets, and supported those suffering in a cold home, struggling to keep well and warm. This grant has helped us to choose better food/menus and to create a warm environment without the worry of keeping to a limited budget.

- **Case study / story of change**

One of our clients was struggling with depression and isolation and having recently moved had problems heating his new accommodation. We helped him furnish his new place, move in and get all his bills in order. BH1 was able to support him with good wholesome meals and adequate warm bedding etc. He is now settled and is enjoying his new place and he is not so isolated and much happier now. He continues to attend BH1 for support and help.

- **Sustainability**

We are looking to apply for more grants and to increase donations and fundraising opportunities.



Bournemouth Churches Housing Association

- **Funded activities**

Funding was spent delivering vouchers and food parcels for users of our domestic abuse outreach service, and our two refuges in Bournemouth and Poole.

- **Outcomes**

This support has given our customers a lifeline in a very chaotic and difficult time in their lives. They have been helped to purchase food and essentials to keep them fed and well, allowing them to focus on establishing their next steps. The support has been invaluable for those at crisis points, and without knowledge of, or access to, support networks. The vouchers/food parcels help us to show that someone cares, and their health and wellbeing matters. It's not just about the food and clothing, it's the care and kindness that this offers demonstrates, which perhaps makes the biggest difference to a person.

- **Case study / story of change**

AL attended the drop in following an end to an abusive relationship that left AL struggling with her finances. Debt had escalated due to perpetrator being The main financial provider and restricting any financial assistance. We supported AL to contact utility companies and have payments reduced. AL was Provided with a Tesco gift card so that she was able to buy essential items for herself and 2 children.

- **Sustainability**

We will continue to apply for new pockets of funding to support this work. However, it will be halted until further funding is found.

Bournemouth Community Church

- **Funded activities**

We spent the whole amount of the grant on a voucher scheme to help low-income households receive food from a local butcher and greengrocer.

- **Outcomes**

It enabled us to provide more suitable food than what we would normally allocate through the foodbank or our family food programme. Families were helped by accessing good quality food and this had benefits for their health, their finances and their relationship with local shops. It also helped those with medical conditions who benefitted from having fresh produce rather than food with preservatives in. It also cemented our partnerships with local shops - the Butcher has done a raffle to raise money and the greengrocer continues to support our weekly family food programme by giving produce for free.

- **Case study / story of change**

"We've found having the vouchers so helpful, the children have come with me and chosen the veg or fruit they wanted. They were so surprised when we went to the butcher that he makes the sausages and burgers. He also gave them a lolly pop"

"Getting some fresh food has been a life saver... we've managed on tinned and packet food for so long, that we've forgotten what fresh food tastes like. Everyone is so kind at Lifehouse. Thanks for all your help"

- **Sustainability**

We aren't in a position to continue because of the cost but we will continue to connect with the people involved through our other activities.

Bournemouth Foodbank

- **Funded activities**

We provided warm spaces with hot drinks and hot nutritious food to Foodbank users, people in hidden poverty, old, young, refugee, marginalised communities, people with disabilities.



- **Outcomes**

The grant made a significant difference to people in our community who were desperate, struggling and experiencing poverty. Although we did support a wide range of different people, overall families with children under 10 yrs old were our largest group, which made us realise just how many families are genuinely struggling and unable to properly feed themselves and their young children. Children ate fresh fruit and vegetables and wholesome meals, which not only provided nutrition but also improved wellbeing by uplifting their moods and giving a sense of community. While our aim was to provide warm spaces and hot nutritious food, there were so many more benefits including reducing loneliness, improved community cohesion & wellbeing, and people being safer in our space than at home. Homeless people using our warm space and enjoying hot food said it made them feel 'human and valued'.

- **Case study / story of change**

We had had feedback from a Ukrainian refugee who cried from feeling moved by the generosity of the warm space and free hot food, she told of her struggles and her partner (who was with her) had recovered from drug addiction and homelessness and both of them felt so uplifted to know that the community cared for them. They enjoyed hot food, warm space, played piano and socialised and felt more connected to the community.

We had an 87-yr old with dementia and her elderly sister who couldn't cook, had no fridge (and couldn't afford to buy one) and were scared of turning their heating on. They enjoyed warmth and hot food and said their spirits were uplifted.

- **Sustainability**

We hope to gain more funding and continue this project. At present the project has ended once the funding was finished on 31st March.

Bournemouth Methodist Church - The Welcome Inn Cafe

- **Funded activities**

The 3,000 received was used mainly on free meals and the employment of a seasonal staff to help with the higher number of people accessing the Cafe over the winter period. Volunteers & staff received training to offer the best welcome possible. The grant supported 121 adult meals and 38 family meals.

- **Outcomes**

We had those who came for the warmth (with free Wi-Fi and newspapers/magazines), those who came for a free hot drink and meal (many were foodbank or other charity referrals), and those who came to escape loneliness and isolation. The interaction between those groups were visible and encouraged by the staff and volunteers who modelled a way of welcoming and serving people that was inclusive of all abilities, ages, genders and faiths. We saw friendships forming, people reaching out to help strangers, intergenerational interaction and some very deep conversations about life and struggles took place.

- **Case study / story of change**

A gentleman in his 60's came every day, sometimes for free meals, sometimes for hot drinks only, and stayed all day. He had no heating whatsoever at home, and just wanted to feel warm. He used the free Wi-Fi and read books, played games and shared his very interesting life with a few other customers. He said 'this place' had offered him more than we could ever imagine, using words such as lifeline and being in a dark place before coming.

- **Sustainability**

We have secured the manager's salary with a church legacy, and have started fundraising for other costs, especially our energy bills.

Bournemouth Parks Foundation

- **Funded activities**

The grant enabled us to open our café on 12 Mondays (when we're usually shut) from 9:30 – 12:00, offering unlimited free tea, coffee, squash and toast - targeted specifically to those impacted by the cost-of-living crisis and living in Winton and Charminster. The majority were long-term unemployed and experiencing poverty. Our small team spent time with those who came into the café and it was often this companionship that was most valued.

- **Outcomes**

Being able to offer a warm, safe space, along with some people to talk to, was deemed the most important aspect for most of those who came along. Many had been into our café before, so felt comfortable in our company; they conveyed gratefulness for having such an inclusive space close to where they live.

- **Case study / story of change**

One regular lady lives on her own in an old property that she struggles to heat (due to the cost of fuel and an inefficient old boiler & radiators). She became more talkative and trusting over the weeks and clearly enjoyed having people to chat with. She explained that, although the free drinks were very welcome, it was the warm café environment, the ability to sit there all morning without any negative judgement, and the companionship that she really enjoyed.

- **Sustainability**

Although we won't be able to continue to offer free food and drink, we will continue with our community café, and plan to soon open two more.

C3 Collaborating for Health

- **Funded activities**

Project offering cost saving cooking equipment to low income households and an opportunity to cook together. The grant supported venue hire, contribution towards energy costs, staff & volunteer costs, food costs and the cooking equipment (air fryers, soup kettles, multi-cookers).

- **Outcomes**

Cooking equipment distributed to 65 households (99 adults, 67 children). This supported people to eat well over the winter and save money on energy bills. We have also been able to facilitate a weekly Warm, Welcome Space at Boscombe Baptist Church and 'The Good Grub Club', bringing people together to cook easy, healthy and cheap meals, share recipes and eat together. 158 people attended over 12 weeks. Our Community Engagement Facilitator worked closely with Bournemouth Foodbank & Feed Our Community, speaking to people about what cooking equipment might work best for them. We supported a number of people to access financial support through the NHS Winter Crisis Fund and the Household Support Fund, and signposted to other local services.

- **Case study / story of change**

K has an 11 year old daughter and cares for her husband who suffers with PTSD. The family have been experiencing food insecurity since the pandemic and rely on food boxes from Feed Our Community. We were able to give K a multi-cooker that she now uses 4 times a week using recipes from the website.

"It has definitely reduced the cost of cooking. I can't believe what a difference it has made to our energy bills, Thank you for your support."

- **Sustainability**

This project has been a huge success thanks to the funding received from DCF but the need is still there, even as we move in to Spring.

Canford Magna Parish Church

- **Funded activities**

We provided a warm space and hot meal, with a book corner, puzzle and games corner, craft and homework table. Volunteers were on hand to play with children and chat to parents. Sadly we did not get the expected take up, despite promotions through foodbanks, schools, nurseries, leaflets, & social media.

Returned funds of £529.41 redistributed to other groups

- **Outcomes**

The families that attended appreciated the nutritious food and the opportunity to spend time in a relaxed space with other adults interacting with them and their children. 4 families (15 people) and 4 individual's benefitted from 73 meals on site, whilst 24 take home meals were provided, and 85 volunteer team meals. The volunteers came from two separate church congregations, and this joint project has built community between those congregations.

- **Case study / story of change**

A single Mum and her daughter with dietary issues appreciated us adapting menus to suit. As she only has one child, both she and the child can be quite lonely in the evenings and they both enjoyed interacting with the team, particularly on the craft table, where her daughter made gifts for the volunteers.

- **Sustainability**

We will try to understand what might be supportive for local families next winter.

Christ Church

- **Funded activities**

Slow cookers provided to 10 families and 50 hats, gloves, scarves and blankets provided for warmth. 100 meals and hot drinks provided free to members of the community who were unable to afford to feed themselves. We didn't receive the uptake on the free food and drink that we expected as people were reticent to receive what they viewed as 'charity'. **Returned funds of £5081 redistributed to other groups**

- **Outcomes**

This grant has ensured that at a time of great need, the community in Creekmoor had a warm, safe space that they could attend. We have seen and spoken to many in need these last few months who have been able to keep their children warm or afford their heating bills or to cook during difficult times. It has also increased community awareness of the other services we offer at the community hub and increased our links with other local agencies & stakeholders.

- **Case study / story of change**

One of our Warm Space volunteers came to the realisation they wouldn't be able to afford their heating/gas. They received warm clothes to reduce heating bills, advice on how to better insulate their home, and a slow cooker to reduce their fuel bill. This meant they were able to avoid debt over the winter.

A family who found themselves in emergency temporary accommodation after being made homeless visited at least weekly. The child has had a safe and large space to play, and toys that they currently don't have access to. We've also been able to offer them food and drink, warm clothes and blankets.

- **Sustainability**

Our "PayItForward" scheme (donations from the community) will provide continuing hot food and drinks for those in need into next autumn.

Christchurch Foodbank

- **Funded activities**

The funds were used to gather those isolated in the community, bringing them together to sit and eat a hot meal in the evening; families, working, elderly. They were also used to provide and pack ingredients for food hampers to help those struggling to provide food. When people only eat basics for such a long time it has been amazing and humbling to bless them with goodies, eggs, cheese, bread, butter etc. Fresh fruit and veg goes out with every food hamper.

- **Outcomes**

People of all ages attend the community supper and eat together. Our table friends encourage community and friendships. Families identified as in food poverty benefit from the food hampers - referred through schools, social services and children's centre's,. This grant helped us show hope and love to those who feel they are alone and no one cares for them. It is great to watch people grow in confidence over the weeks and build relationships.

- **Case study / story of change**

A young mum brings her three small children to the supper and also received a food hamper. While the children colour and play in the children's area, Mum gets to have adult conversation and a break from being their only adult. She said how wonderful it is to have 'me time'

"I have no support and do not get a break from the children, the supper just gives me a little space to chat to others and not worry about the children."

- **Sustainability**

We have used the examples through funding to promote the project and apply for other funding.

Citygate Church

- **Funded activities**

We ran a Community Hub for 2 hour sessions, 5 times a week. This hosted a variety of services in partnership with local agencies including Bournemouth Foodbank, CMA, Citizens Advice, WiseAbility, Migrant Help and ICN. The Hub provided a warm space for visitors with access to hot drinks and biscuits. Our Monday group provided meals for individuals and families experiencing poverty and food insecurity through the cost of living crisis.

- **Outcomes**

1,774 people were supported with emergency food through our Hub. The Monday Club supported three households through the winter with weekly meals.

- **Case study / story of change**

"I was unwell through alcohol withdrawal, effectively homeless, wet, cold and extremely unwell. A stranger directed me to Citygate Church, informing me I would be able to get a hot drink in addition to a foodbank. Upon entering, I was met by two extremely welcoming gentlemen at reception. They saw that I was in a very poor state and offered me a seat and a hot beverage and cake. They were extremely caring and upon my health declining, contacted 111 and took me to Hospital. Citygate without exaggeration, I truly believe, saved my life. I am now in rehab, found accommodation, and am healing. Thankyou Citygate Team. I'll never forget what you did for me. I wish you all the success you are amazing selfless and a hugely important part of the community."

- **Sustainability**

The grant has facilitated a higher standard of food hygiene and safety in our kitchen and has allowed us to sustain an offer of hot drinks to our Hub guests.

Dorset Race Equality Council

- **Funded activities**

The Christmas day event was so popular we ordered more hot meals on day as we ran out! Over 1000 people attended. We support local low income families from diverse communities. We provided 230 vulnerable community members with breakfasts, including those in sheltered housing and street homeless. We provided 700 hot lunches, 50 takeaway lunches and 70 evening meals for local refugees and asylum seekers (residents in hotels). We also provided 150 sausage and chip meals to residents of BCHA and families in temporary accommodation.

- **Outcomes**

From our first event - Christmas day in Bournemouth gardens - we were able to distribute the BCP flyers and at the same time invite all the families, street community, refuge residents, Afghan refugees, Asylum residents and those in temporary accommodation to join our Facebook page. We now have over 1,841 members who call out to us for food parcels, our Sunday lunches and our Monday sausage and chips delivering to families, sheltered accommodation BCHA St. Paul's, Pivotal housing and the Dorset Lodge also the street community.



- **Case study**

"We are from Afghanistan and we came in 2021. We stay in Park Inn Hotel and now we have a house in Poole. We met Sister Tama fist time we come to hotel. She gave me and my children clothes and shoes and halal food. When we came to new house Tama still helped me with lunch. It is halal and fresh and my children have lunch box for school. We are now safe and happy, thank you to Tama."

- **Sustainability**

We have always struggled to continue to support people but with this funding this has kept us going.

EDAS

- **Funded activities**

We offered 55 free meal vouchers per week to people cafe Serenita including over 65s, families on low incomes and individuals with mental health, housing or addiction issues. The voucher could be used once per month and in total we supported 220 different individuals who received vouchers. Whilst enjoying their meals, people were informed of the services we offer at EDAS and how they could access free courses and free personal therapy.

- **Outcomes**

The grant attracted different groups of people to spend time together and battle loneliness, building new social networks. Many people visited Serenitea in between voucher visits and met their new friends and brought family members along. Mental health groups for older people were hosted weekly. Families were able to bring their children to eat for free. This led to some of the children forming friendships and meeting after school. Some of the older people started to meet for a weekly book club and some people enrolled on EDAS courses. Recently, 6 participants from the food voucher scheme enrolled on Entry Level 3 Maths with EDAS. 5 Undertook our Level 2 Healthy Living Award and 4 undertook our Level 2 Understanding Mental Wellbeing Award.

- **Case study**

“Richard is a 92 year old male who is a carer for his wife. We started to offer Roger regular food vouchers as he was on a state pension only and struggled to afford to come daily. This enabled Roger to visit a warm space daily and feel safe and secure, talking to staff about his wife who subsequently went into hospital and passed away. EDAS staff went to Roger's wife's funeral to support him in his time of grief as he had no family or friends. We also supported Roger by arranging meetings with the Citizens Advice Centre to organise benefits. Roger continues to visit the cafe 3 or 4 times per week and says it feels like Home and that he is part of the EDAS family. Peter is a pensioner with mental health issues and struggles with his anxiety. The vouchers have enabled him to visit the cafe and receive free meals, but more importantly he has made friends with others and formed new social networks with other older people. He attends the weekly older people's group and has enrolled on the Maths course to support his mental simulation.”

- **Sustainability**

Free vouchers cannot be sustained by EDAS without further funding.

Gateway Church Poole

- **Funded activities**

From January 18th, we started a weekly dinner and homework help club that ran on Wednesdays from 3.30-6pm. We provided homework help (teacher present every week), creative resources for craft, board games, and a safe space for the children to play. Hot drinks, snacks and drinks provided. We also provided food to take home as the families were in financial hardship. Every week we had an average of 21 Adults and 25 Children.

Gatehouse is a community hub that runs every Thursday and Friday 10am-1pm)to members of the wider public. We aim to create a warm space for relational connection, support and fun. There are groups and activities running such as Golden Generations, arts & crafts, a toddler group, a confidence course and a work space.

- **Outcomes**

The project provided a place during winter for families to come and play, receive homework help, chat and eat dinner. Cooking nourishing meals and sending people home with leftovers enabled tired and lonely parents to have a safe space for their children and was a money saving activity for them.

- **Case study / story of change**

One mother of 4 said the impact of the project was significant for her. As well as providing meals for her children (aged 0-8) and saving her time, we were able to connect her with other Spanish speaking mothers with whom she is now forming friendships. Additionally, we were able to assist her oldest child with homework that the mother was not able to understand due to language barriers.

- **Sustainability**

We would love to continue to serve the community. We will continue to run Gatehouse weekly on Thursday and Friday. The Table will be something we will continue with if future grants allow.

Grounded Community

- **Funded activities**

We ran our social canteen 6 week pilot as planned; a 2 day per week 2 course meal for 60-90 people. These were prepared by our 45 volunteers. Feed our community project continued to support 100 households per week with food boxes as well as drop ins and thousands of local resident bread donations.

- **Outcomes**

The Feed Our Community is on continued need of match funding from our lottery grant so we are really grateful for this grant. The need is mounting for this service and currently our waiting list is over 50 and growing. Social Canteen was a new venture for us. The grant enabled us to Pilot the scheme for a good period and assess the impact. We sold out 90% of sessions, but had lots of walk ins. We connected well with schools and established relationships with Hope Housing, Friendly Food Club, Food Bank and SWARAK. Sue to the high demand for tickets it is possible people would see was sold out and then not come but we have ideas to address this; to have vouchers to hand out to those we know we are in high need and have a more limited online supply of tickets.

"I live alone so nice to eat with others"

"a tasty meal which is better than i know how to cook myself, for cheaper than i can buy myself"

"Its' lovely to eat with others and meet new friends, as a single mum it's awesome to have the pressure of thinking about preparing and tidying up after a meal taken for the night"



- **Case study / story of change**

A single mum with 3 boys suffered from major anxiety. She knows local community workers through Churchill Gardens and 3 local families became regulars at the canteen through this link. On the first night she had a big panic attack and could not cope with being here. Her boys were being very difficult. Team members were able to support her and helped her to calm and the boys to settle. They continued then to attend almost every time throughout the canteen and totally loved it. T said it was such a relief not to have to cook every night for them and clear up. It was a well needed rest.

- **Sustainability**

Feed Our Community will fully continue its functions and further fundraising will happen. We learnt a huge amount delivering the Social Canteen. One great result was that we discovered the food can be self funded. We spent £1400 on food, but raised £2000 through donations. We intend to create a PDF pack to enable others to deliver this style of event. SWARAK NEAT Young People service joined with C3 & Friendly food club and began cooking at the Food Bank space on Fridays. We saw this opportunity and the young people cooked for our Friday events too. There is a possibility that this could carry on After April.



Hamworthy Church

- **Funded activities**

Our warm space was open three days a week for 14 weeks, aimed at providing practical cost of living support in a way that was non stigmatising. On a Tuesday, we offered a community food store offering heavily discounted groceries and food supplies, along with a cafe style lounge space for people to hang out. On a Wednesday we provided a hot two course meal, followed by an after school hangout space in the afternoon which included a bring and share meal. Services are not signposted on the basis of poverty and anyone can participate. One mum saw herself as being "savvy" by using these food offers, and had pride in herself because of this, rather than feeling shamed by her situation. Beneficiary numbers ranged from 12 to 107, but averaged 48 people per day. The Citizens Advice van visited every other week during the warm space, and we signposted people to support offered by BCP council.

- **Outcomes**

Our regular guests are all from low income backgrounds, and facing barriers to employment including disability or family breakdown. Our guests frequently mention the cost of living pressures that they face, such as school uniforms, or not having the heating on at home. Whilst this economic benefit is important, other benefits are through making friends, having a welcoming place to go during the week, and having a bit of relief from childcare. We furnished the warm space with sofas, armchairs and homely items like nice lighting, to create a relaxed and welcoming space. The space became relatively self managed, with more equality between volunteers and guests - participants get involved with cleaning up, making teas and coffees or packing down at the end of the day.

- **Case study / story of change**

A single mum with two kids recently left an abusive partner. Both children have diagnosed learning needs. She is on universal credit and is socially isolated. The after school space on a Wednesday has provided a "moment of sanity" in her week, with our volunteers engaging her children in crafts and games while she chats to other parents. She has made a friend made through the group who is also a mother on low income, and they talk at the school gates.

"I don't have many friends after I left my controlling ex-partner, so we are stuck at home usually with nothing to do. Coming here is the one bit of sanity in my week, and the kids love it. It's really hard being a single mum with no friends."

- **Sustainability**

We wish to continue offering the community food store on a Tuesday with support from Poole Communities Trust, and the Wednesday after school group, relying on our regular giving from church members. We will keep St Gabriel's Church set up as a lounge type space, keeping the sofas and armchairs in place.

HealthBus Trust

- **Funded activities**

From December 2022 to March 2023, HealthBus patients had access to hot breakfasts and take away 'go bags' served out of a local community hall.

- **Outcomes**

Once a week vulnerable patients were able to access a safe warm space, have food and connect with our GP, outreach nurse. And Social Prescriber - who is often the first and only trusted relationship people accessing the HealthBus have. By offering food, our Social Prescriber was able to support patients with other needs such as budgeting, finance, food supply, self-organisation, drug and alcohol services, and linking with the local authority and housing support services to organise accommodation. Cumulatively this has enabled patients to maintain a sustained level of health and wellbeing; being recipients of health care is the first step in the recovery journey to enable people to value themselves enough to progress to a point where they can access mainstream services.

- **Case studies**

"Being able to come to the Hall and have toast and hot porridge is the best part of my week. Being in a calm, warm and caring environment helps and gives Me hope. Talking with the volunteers makes me smile and having the help of a Social Prescriber with accommodation has been a life saver."

"Coming to the HealthBus drop-in sessions has changed my life. Not only do I get food, but they help me with warm clothes and personal care. The food bags gives me the opportunity to have food which is good for me. Thank you to everyone and the team."

- **Sustainability**

We will continue to fundraise and make applications to relevant grants and funding providers.

Home Start Wessex

- **Funded activities**

The grant was used to help 9 low income families by providing warm clothing, baby, household supplies, food bank vouchers and surplus food, as well as emotional and practical help to cope. This included managing shrinking household budgets by shopping and cooking smarter, and making sure they are accessing all the benefits and financial help available. We've also been helping 25 homeless parents who are living at the Quay Foyer shelter with accessing essential food, clothing, baby banks, use of our. Our washing machine and supporting them to access permanent housing

- **Outcomes**

Our project has greatly benefitted the low-income families living in BCP who after years of pandemic pressure, are at breaking point. As a result of our emotional and practical support families now have: • Reduced stress/anxiety/pressure in homes • Improved budgeting/money management skills • Increased resilience and skills to cope with the cost-of-living pressures on family life • Reduced risk of falling into debt • Improved parental/child mental health and physical wellbeing. Although the bigger problem of rising costs is getting worse and these children will be impacted by growing up in poverty, we have helped minimise the impact this winter.

- **Case study / story of change**

Mum and baby at Quay Foyer (awaiting permanent housing) were supported at our family group. We were able to issue food bank vouchers and help mum access Poole Pantry and complete 'Healthy Start' Voucher application. We provided warm clothing /equipment from local charity partners 'Hope for Food', 'Bundles that love' and 'The Wardrobe Foundation'. Surplus food from local supermarkets and nappies & baby milk was shared which we received from donations. 1:1 emotional support was provided and group-led discussion on relevant topics which included debt management. We supported mum to move into new social housing, organising benefits and childcare provision so mum could work. Practical help/advice were provided around hygiene, child safety, routines, managing a budget and shopping/cooking healthy meals on a low budget.

"You helped support me where everyone just saw me as a sket. Monday I move into my new home. You have been there throughout and helped with so much meals, toiletries, clothes, food, I have even learnt some songs, there is a bunny one that I like."

- **Sustainability**

We continue to apply for grants funding from local and national trusts and foundations. A focus this year is also to continue to diversify our income streams. In the last 2 years we have increased support from corporate/business partners and we are also exploring the potential to set up a charity shop this year.

Hope Community Church

- **Funded activities**

The funding has been used for food support and our warm welcome space including a monthly community meal for over 65s, a subsidised meal offer at our non profit café, weekly provision of hot meals for school age children and free hot meals for children and a parent in school holidays (single parents often go without food in the school holidays). The warm space has included free hot drinks, hot breakfast, soup and snacks as well as warm up kit (hot water bottles and throws) plus the facility to wash/dry wet clothes and have a hot shower. We ran a fortnightly craft activity and a fortnightly social group for over 65s.

- **Outcomes**

Without the grant, we would not have been able to carry on with most of our activities because of the costs of heating our building. We used the warm space to host an energy support morning with guest speaker which enabled users to access cost of living and energy support.

- **Case studies**

The S family, who have 4 children, have had a very hard few months over the winter as a result of reduced income for both parents due to job changes out of their control. Being able to access our weekly free family meals and the school holiday meals support as well as being able to come and work in our warm space has helped to ease the pressure on household bills during this challenging time

- **Sustainability**

We will have to start charging for our community meals for over 65s and will be unable to continue to provide children's meals in school holidays. Weekly children's food provision will change from a substantial hot meal to a snack. We will continue with our welcome space alongside our cafe in the summer.

Hope Housing, Training & Support Ltd

- **Funded activities**

We have been running food health and wellbeing sessions for residents, giving examples of simple changes that can be made to their diet to improve their health. We have been providing emergency food parcels for residents on low benefits and having difficulties budgeting. We have been encouraging group cooking sessions at each of the houses and helping with new cooking skills and providing the ingredients and equipment to enable them to try new things.

- **Outcomes**

Cooking is therapeutic and new friendships help with isolation. Emergency food had reduced the desperation of residents and the chance of relapse.

- **Case study / story of change**

We have a gentleman who was isolated in his room. He found people in large numbers very distressing. We encouraged him to take part in this project with some individual sessions initially. He looked through recipes and talked about foods which reminded him of happier times. He had a go at preparing meals and was paired with someone he trusted and was eager to help him. He found some happiness in preparing meals and developed further friendships in the house by being out of his room more, offering to share prepared food with others. He has now reduced his drinking and got involved with other activities.

- **Sustainability**

We have now achieved a further grant from the Heart Foundation to continue the benefits of food and fitness for the heart.

The extent of the effect on our volunteers was unexpected. Many now consider themselves to be beneficiaries and some had not volunteered before. Most feel that their lives have been changed by their interaction with others and the camaraderie of the team. Several have commented on how life affirming it has been, to feel involved and have their suggestions valued. The fulsome appreciation of their baking and cooking skills has empowered them, as well.

- **Case study / story of change**

Mr A's stroke left him unable to communicate clearly. When he and his carer first came, they sat at their own table but attending weekly, Mr A is happy to talk to everyone now. He says he cannot always find the words but lets us know that it is his weekly highlight.

Mrs C and Mrs D have become firm friends. One comes while her husband is at the hospital, enabling her to chat to so many different people. The other is a widow and is still adjusting to the loneliness of being alone. Both have been introduced to CCP, which now provides transport to the Café and to dentist, hospital and optician appointments, so far.

A mother of six (one of whom is severely disabled), who'd come in after visiting the Foodbank.

"Everyone here is so welcoming. People usually just ignore me. But here people are really kind."

- **Sustainability**

The Community Café has developed into a Friendship Group, which attracts isolated people wanting company and will continue enthusiastically. We have received donations which we anticipate will fund the project well into July /August.

Lovechurch

- **Funded activities**

We have been serving breakfast to children and families before school two mornings in the week. St Clements church is situated adjacent to two primary schools, and there is considerable foot fall past the church at school drop off and pick up times. We provided a choice of milk, hot chocolate, fruit juice, fruit cups, yoghurt, bagels or brioche (and tea and coffee for adults). Some families will stay to eat whereas others will take their food and continue to school. Numbers have grown rapidly. Patio heaters provide instant affordable heating in cold weather. Parents have returned after drop-off to enjoy the warmth.

- **Outcomes**

A significant proportion of both schools are eligible for free school meals or in the income bracket just outside this eligibility. Poor nutrition is associated with worse outcomes in school. Providing this breakfast means that children who would otherwise go without, can have food, warmth and a warm drink before going to school, improving their ability to learn. Parents report children being eager to get up and leave the house to come to breakfast cafe.

- **Case study / story of change**

From the schools *"Just to let you know that we had some very happy children arriving at school on Wednesday and Thursday. We did not mind that they were coming into school still eating, it was just lovely to see them happy and having had breakfast."*

- **Sustainability**

We have been able to develop a sustainable model and these breakfasts are planned to continue longer term.

MS Centre Dorset

- **Funded activities**

Your grant has made a huge difference in enabling us to provide free 2 course hot meals for our members. We charged partners a nominal fee to cover the cost of the food. Members are typically unable to cook for themselves, so providing a hot meal, particularly during the winter months, is not only welcome and comforting, but also improves their general well-being. We used the grant to warm the main areas of our Centre. We also thought it important to train a number of our volunteers in the Level 2 Food and Hygiene qualification and we are advertising for more volunteer drivers, so we can get everyone here.

- **Outcomes**

In December when we became independent from the MS Society, we wanted to make several changes to the organisational and social aspects of our Centre. Your fund gave us the impetus and confidence to make a large start with these plans. The free lunches have brought more of our members back to the Centre and will be an important part of our ongoing activities. It really is exciting seeing so many of our original members and several new members chatting and enjoying the Centre. We are now obtaining quotations from therapists to come to the Centre and offer massage, facial treatments, chiropody, reflexology, manicures. Our community has a more vibrant atmosphere and the members are really enjoying the changes we've been able to make.

- **Case study / story of change**

*"MS fatigue hits me in the afternoon and I'm too exhausted to cook, so these hot lunches are really helping me to eat healthily and without getting too tired"
"I can't cook now because it's dangerous for me to lift food in/out of the oven. I live on cheese and biscuits at home, so these hot lunches are a God send"*

- **Sustainability**

We have already been fundraising so that we can continue with our hot lunches e.g. Xmas Fayre and 2 quiz nights. We also intend to apply to the Lottery.

Parish of St Nicholas and St Hubert

- **Funded activities**

Money used has supported us to provide a warm space and community activities twice a week, provision of a hot meal once a week, and a 'Day Centre' and support to our Foodbank. We provided Christmas lunch and mothering Sunday lunch.

- **Outcomes**

New friendships have been made. Some of the elderly who come to our community lunch report this is the only time they get out in a week. A new team of Social Prescribers have recognised how much we do in providing social opportunities and are now signposting.

- **Case study / story of change**

A gentleman was identified who had gone into sheltered accommodation two months before Christmas after being homeless for some time. He had no plans for Christmas day despite having his 8 year old grandchild with him for the day. He eagerly took up the invitation to lunch. A box of small Christmas gifts was made up for his grandchild. He says he doesn't know what he would have done on that day had we not provided such an event.

- **Sustainability**

Now the Spring is here we hope our heating costs will go down dramatically. We will also make further grant applications and to continue charitable giving.

Plymouth Diocesan Trust

- **Funded activities**

Seven sessions were offered, one afternoon per week (11.01.2023 - 22.02.2023), providing a warm space with light refreshment. We had an extremely low take up of Warm Space provision so not able to spend all of grant.

Returned funds of £803 redistributed to other groups

- **Outcomes**

We did have new people who volunteered and have since indicated that they will be available for future community initiatives.

- **Sustainability**

St Mary's Parish has a number of initiatives working in the community, e.g. SVP caring for elderly and vulnerable community members, and a who assist in feeding the homeless. These initiatives are all funded by donations from parishioners.

Poole Communities Trust

- **Funded activities**

We used the grant to welcome low income residents into two community cafes at the Bourne Community Hub and the Branksome Community Centre with hot drinks and home made soup & roll, and supplied our Community Food Store at the Bourne Community Hub. We also hosted free cookery demonstrations (with food to take home), arranged energy advice sessions, money management sessions, and hosted the Wardrobe Foundation, a new clothing charity who offered winter clothing. During the teachers strike and school holidays we offered children and young people a filled roll/wrap.

- **Outcomes**

As well as offering low cost food to help residents limited resources go further, and a warm place to reduce household energy costs, the service reduced loneliness and isolation and helped build friendships and community. We were able to signpost services to support residents further. Staff have increased their knowledge of the issues facing residents by spending time with them. The project has confirmed our view that food does bring people together and running several compatible activities together is well received. The grant has increased the numbers of residents using both venues for a range of different activities. The Warm Space and Community Food Store has been very well supported by the local settled gypsy and traveller community.

- **Case study / story of change**

A local resident attending the Branksome Community Centre has become a regular with his dog at the Warm Space and enjoys a coffee and a chat with staff and a volunteer. The resident has said how it helpshim feel less lonely and he values somewhere very local he can call into and feel welcome.



- **Sustainability**

Ongoing fundraising and grant applications.

Poole Community Exchange

- **Funded activities**

In partnership with Poole United Reformed Church we provided: free and low cost food through Poole Pantry, lunches three days a week and twice a month after school (in partnership with SMILE Connect), cookery classes, a warm welcoming space 3 days a week offering a hot drink and cake, a chat, use the free wi-fi, take part in games/activities including Knit and Natter, Art and Craft, Tai Chi, Gardening. We provide food to 'Let's Talk Moor', a satellite for Poole Food Bank, and opportunities for Tricuro COAST clients to volunteer. Advice, support & signposting through partners including Citizens Advice and WISEability.

- **Outcomes**

The community meal provided by PCE and PURC in partnership actively promotes inclusion and a safe haven to engage socially in the local community, meet friends and enjoy a hot and nutritious meal at a very reasonable cost.

"I feel good knowing that there is a place I can go, have a nice warm meal and a chat, and there is also possibility of talking to someone if I have a problem."

"The pantry means I can gather ingredients for a meal. The warm space means I can be warm and have a hot drink as I really can't afford to put heating on."

The community aspect is very necessary, people coming together."

"The Pantry really helps us out every week with our food bill as we are struggling. The community meals are great, we come as a family and try new things."

- **Case study / story of change**

"The Pantry and Fridge have helped me massively in a great time of need where I had to stop working on my self-employed business due to poor health, and could not claim housing benefit due to landlord/property restrictions. It gave me local access to food for a low cost price. It helped me to feel better about myself and that I have support when I need it. It got me out of my depression by talking with staff and volunteers, even if just briefly."

- **Sustainability**

Grants & donations but also trying to think creatively about funding.

POOLE FOODBANK - a project of Faithworks Wessex

- **Funded activities**

To each person who visits the Foodbank, we have been able to offer a parcel of store cupboard essentials (including bathroom and kitchen products) and then fresh fruit & veg, bread, cheese and a fabulous Recipe bag which includes meat (e.g. chicken, beef mince, sausages etc). Thursday afternoon 'Tea and Chat' sessions have offered warm space. Poole Foodbank partners with 'SMILE' (a sister project that supports lone parents in Poole). We have been working alongside the staff and volunteers to provide food and ongoing support for the families with whom they are working.

- **Outcomes**

Creating meals from store cupboard (ambient) ingredients alone can be challenging, so additional funding for fresh ingredients and 'Recipe Bags' raise the value of a food parcel to a whole new level. It has been a real joy to see the value that is placed on receiving these additional items. Our visitors feel so much more valued (we offer personal shopper choice of everything including the ambient parcel) and our volunteers are proud to be able to offer the type of food that they would naturally purchase during a visit to the supermarket.



- **Case study / story of change**

A & S and 18 month old son approached us for help when A had to give up his self employment due to a health issue. They had no immediate friends or family to support them. S also became ill and was admitted to hospital. A came to us with his son in a desperate state. We were able to provide a food parcel and all the fresh ingredients and Recipe Bags. The family has continued to come to us for ongoing food and emotional support. S is now working part time. They have been so overwhelmed by the support offered, that they have asked that their story be shared as an encouragement to others.

- **Sustainability**

We will endeavour to continue to add ambient food parcels with fresh products but this will be need to be reduced from April 2023 due to lack of funding.

Poole Methodist Church

- **Funded activities**

Wesley's Community Cafe was able to offer food and drink to those in need. Staff are assisted by young volunteers with additional needs.

Kids Eat Free: 492 meals provided. in the school holidays for children who may not receive one. It does not require proof of need so doesn't stigmatise users.

Hot meals provided in conjunction with Jimmy's Food bank: 232 meals provided to those offered a voucher by the Foodbank.

Suspended Tea & Coffee: 280 drinks. These are free drinks given to those in need, including many regulars who are homeless or sleeping rough.

Soup and roll: 129 provided. For people who needed something warm and nourishing but who didn't fit easily into our other schemes.

- **Outcomes**

There are desperate needs on our doorstep; many of our customers live close by, in the centre of town, often in cramped and cold conditions. On a regular basis the food we were able to give out was often the only meal or hot drink that the customer would get that day, both for adults and children. Being able to offer a hot meal to a mother who had brought her daughter in for a free meal but had not, herself, eaten since the previous day, confirmed to us the sacrifices some parents are having to make in order to feed their children. The dignity we allow people to feel by accessing our food and drinks schemes is making, in some cases, a difference to life and death and a difference to the value some place on themselves. Financial struggles can lead to low self-esteem, social exclusion and mental health problems, so we are glad to be able to bring some light into these dark situations.

- **Case study / story of change**

"February half term myself and my 2 children had early lunch at Wesley's. We were in town and my little boy said he was hungry. If it wasn't for Wesley's we would have had to go home, as eating out is not something I could afford at the current time. My little boy has hyper-mobility so we cannot eat on the go and he needs to rest when he eats so he doesn't get too tired. They thoroughly enjoyed the healthy balanced lunch. My son even chose to talk about his visit to the cafe in his show and tell at school.

Without this amazing cafe and the generosity of the free meals sometimes my kids could well go hungry. There was a time my eldest was poorly so couldn't come with me and my youngest, so I asked the staff whether they could do a packed lunch to take away and they were more than happy to supply one."

- **Sustainability**

The free food and drink offerings we are able to make at Wesley's hang by a thread financially. Previously we have been able to offer support because we have received small grants or donations from individuals but we are concerned that without further funding, we will not be able to provide these services.

Poole Waste Not Want Not

- **Funded activities**

The funds have also helped keep our shelves full as supermarkets reduced the surplus stock due to the knock-on -effect of the economic challenges they face. This means our members can continue to buy items at a price they can afford. We deliver food to homes for those unable to travel to us, checking in on our most vulnerable and checking their well-being. We created 128 Festive Hampers (152 adults and 96 children) full of mince pies, chocolates, trifle, custard, tin fish, meat, crackers, and pickles - we also gave fresh turkey, and all the trimming to every household. Thanks to mission Christmas and neighbourly toy appeal we gave every child a bag full of presents as well. We had tears of joy when we gave the hampers and surprised them with presents. *“Without my hamper, we would not have had a Christmas lunch, you really are special people and we are blessed to have you in our life! thank you so much.”*

- **Outcomes**

The cost of living crisis has hit us all hard, but when you are on a tight budget the impact is far greater. We have seen an increase in demand by 52 percent over the 6-months and we could not have achieved so much without your support. We supported 576 people enjoying a free hot meal and /or coffee and cake in the coffee shop. We delivered 149 crisis parcels to our most vulnerable who due to ill health or lack of funds, struggled to get to the shop. Easter hampers are packed and ready to give out as well. Cash for Kids donated £1,950 for winter coats, shoes, and school uniforms, this has reduced some stress for families on a tight budget. Our families from Ukraine have joined in our activities. We've had fun teaching them new words, and they often refer our coffee shop as the safe place.



“I feel so blessed to be a part of this social supermarket; you really have changed my life! You are always there to listen and support me in so many ways; when I was hungry you helped with food, when I was lonely you made me feel welcome, my children were given school clothes...and now you have offered me an air fryer, I never thought I'd be able to afford one myself – you even showed me how easy it is to use, I really can't believe it, Thank you!”

- **Case study / story of change**

Together with her son Bohdan and daughter Anita, Oksana fled the war in Ukraine in April 2022. devised by the DWP, Oksana's first visit to PWNWN was with some apprehension. Her life was in turmoil, he had very little money and knew very little English. I took time and patience to listen to and understand her. We were able to give her, and her children several days' worth of nutritious food and enrolled her as a member of our shop. Over the course of time, we have been able to help her further by providing the service of the CAB. At Christmas time she received a hamper - she was overwhelmed. With compliments of the Fire and Rescue service, we were also able to give her an electric blanket. Oksana's English vocabulary is growing at a rate of knots and when speaking to her about her feelings of our charity, she replied, *“This is my safe place. I feel supported and I like the friendly atmosphere. I feel you really do care about me and my family. Thanks to you, we do not feel alone”*

- **Sustainability**

Funding from Community Action Network will give us the stability to stock the shop ready for the Easter holiday, and in May we will be looking to secure funds to help cover the summer holiday. Our local Community champions from Coop, Waitrose, and Asda all play a part in giving us support... as a social supermarket, we are supporting the longer issue, budgeting and providing food at a price people can afford giving the choices they deserve. We have been chosen as Poole-Bids Charity Partner 2023/24.

PramaLife

- **Funded activities**

The lunch clubs at Old Rope Walk have supported 35 individuals with the majority of these consistently returning every week. We have a Health and Social Care student from Bournemouth and Poole College on placement with us as well as a further 3 regular volunteers. Many of the people are from the Old Rope Walk bungalows, with other attendees from the broader community. For some of the people who attend this is the only activity they participate in. Primarily the lunch club is about reducing loneliness and isolation. Boscombe Lunch Club has supported 27 individuals. We have a team of four volunteers regularly as well as the senior member of the Boscombe Salvation Army and her husband dropping in to lend a hand and chat to people.

- **Outcomes**

The lunch clubs have been supported by cooks and volunteers from The Friendly Food Club. This has forged a strong partnership and we will endeavour to continue to work together. Everyone recognises the benefits of the Lunch Clubs beyond just being a provision for a meal. The lunch Club is the hub that enables information sharing and vital services to be promoted. It is the opportunity to promote any benefits and funds that may be available to support those who are finding it hard to cope financially, as well as being a place that people can gain information to support their health and wellbeing. We have successfully applied for the Household Support Fund for 9 of the attendees as well as signposting people to the community fridges and food banks and other groups and activities both provided by PramaLife and others. We are engaging with Carers through these activities, signpost them to appropriate support.

- **Case study / story of change**

One lady who has started attending Old Rope Walk confided in me that she was becoming doubly incontinent. Initially I was able to supply her with incontinence pads that had been donated to PramaLife from a member of the Oakley Friends Dementia Carers Group. I made a referral to the continence nurse and she is now supported through this service. The same lady has just been diagnosed with Dementia and I have joined her up with a Memory Lane Group as well as engaging her daughter and son in law in the Oakley Friends dementia carers group. This same lady has made a donation of clothing and other items to Prama and has started to bring books in to the lunch club for other attendees, which is starting a small book exchange!

- **Sustainability**

As we have managed to attract additional funding Old Rope Walk will continue as a fully funded, weekly lunch club until 9th May 2023 and will then proceed forward offering a meal cooked by The Friendly Food Club once a month, and Fish and Chips once a month. Those attending will contribute £4 per meal. We are hoping to achieve the same opportunity at the Boscombe Lunch Club.

Recreate Dorset (formerly Bournemouth 2026 Trust)

- **Funded activities**

We have been running The Old School Brunch every week on a Monday, providing activities, movement classes and a hot meal for local people. We had a very positive response from those who attended.

- **Outcomes**

The project really made a difference to people's lives and had a direct benefit in terms of signposting and offering advice on resources and facilities available in the local area. We were keen to connect with people who can't afford to pay for a bus fare, and found putting out our notice board attracted the attention of



people walking past the building. There was a lot of word of mouth publicity for the weekly events, and because it really linked to our community on our doorstep, people would drop in who were just curious and then stayed for the duration of the session and enjoyed the delicious food prepared by the team. We have brought in a lot of people who would otherwise not have any idea of the facility at The Old School House and we are keen to carry on with this project to bring the largely older local people and local residents on low income to a welcoming space



- **Case study / story of change**

P is a single man living in private rented bedsit and struggling to cook and eat well. He regularly joined us for lunch and it soon came to light that he needed practical help to be able to prepare and cook healthy, nutritious meals at home due to high energy costs and a lack of money. We were able to support P with a referral to C3 in Boscombe who were able to give him a Soup Kettle. We worked with P to share the recipes used to make soup at The Old School Brunch, and source the ingredients through Feed Our Community (food surplus) so he was able to start making meals at home.

- **Sustainability**

We have been fortunate to receive funding from Community Action Network to continue the work started with the grant, which will allow us to provide a weekly session through to the end of 2023.

Routes to Roots

- **Funded activities**

We provide a safe, warm environment for individuals who are experiencing or at risk of homelessness. During the difficult winter period the grant has enabled us to continue to provide our drop in services as well as offering a warm nutritious meal daily, 5 days a week. A variety of professionals from other agencies were available to provide advice and support to those in need.

- **Outcomes**

We have been able to provide a space where individuals are able to keep warm reducing the amount of time they needed to be using energy at their homes. We have also been able to ensure people are able to save on food costs by providing a nutritious, hot daily meal.

- **Case study / story of change**

A is a single mother not currently working and on benefits; uses the local foodbanks. She says that there have been times where she has skipped meals to ensure that her daughter is eating. By attending the Genesis Centre she has been able to ensure that she has at least one hot meal herself daily.

A couple who are currently unemployed and receiving the lowest income from benefits were unable to afford to use their heating and due to living in a cold flat, physical health and mental health had deteriorated. He said that he was just spending all day in bed as it was the only way he could keep warm. At the Genesis Centre they were able to access the warm building as well as receiving a meal. We have also seen a positive impact on their mental well being, building up a group of friends and becoming an active part of our community.

- **Sustainability**

Ongoing challenge.

Safe and Sound Dorset

- **Funded activities**

We have been able to purchase fridge freezers to store meals that we have made. We have had small group cooking sessions to make meals to eat together as a community, and to keep in the freezers for the community. We have been able to offer the local women in our community economical cooking and heating equipment and a warm venue, which has been a haven for many, where they can touch base with others several times a day.

- **Outcomes**

This grant has been undoubtedly one of the most important pieces of funding we have had to help carry us and the community through a very difficult winter. It has made a huge difference to a large amount of women who are isolated or at risk, often dealing with multiple lifestyle issues. We have given: 14 Electric Blankets, 10 Slow cookers, 14 Halogen Heaters, 17 Air fryers, 230 Hot meals, 845 Lunches, 548 Snacks and drinks provided. 104 women benefitted from food boxes.



- **Case study / story of change**

"I want to genuinely thank Safe and Sound Dorset for all the help and constant support I have received, in ways I didn't expect. I have been helped, emotionally, mentally, in my self esteem, practically (given an electric blanket, air heater & air fryer) and more. All the encouragement and opportunities I have been given helps my children as I am a better, more capable and present mum. I have never experienced such a supportive group, always available and compassionate."

- **Sustainability**

We will continue to offer sessions 6 times a week. We will look for further funding to continue meal vouchers.

Somerford Youth & Community Centre

- **Funded activities**

We were able to purchase food and essential items, which were given out to families who are struggling to meet rising costs. We are grateful for this support at such a challenging time for both us in providing a more needed service, and for those families who are finding it difficult to manage throughout this crisis.

- **Outcomes**

This funding has helped families through the colder months of the year by easing financial pressure on them.

- **Case study / story of change**

A single-parent mum maintained providing food for her and her son, who has mental health issues, when she was out of work. The reduction of stress for her allowed her to look for a job and get back into employment.

- **Sustainability**

We will continue to explore funding options and apply to grant providers.

St Thomas Church PCC

- **Funded activities**

A warm space all day Wednesdays and Friday mornings, and a monthly Saturday morning. Providing refreshments, light lunch on Wednesdays and breakfasts on Fridays & Saturdays.

- **Outcomes**

For some, the provision of food was paramount. For some who live alone, we provided a place to overcome loneliness and social isolation. For some with additional needs we provided a safe space to come and socialise. For some it was place for people to share or learn a common interest. It has enabled a few of our members to volunteer and to achieve new skills through food hygiene training.



- **Case study / story of change**

A care-worker from a local care-home brought up to four residents of the home each week, having made an initial visit to assess the venue & activities. Each resident had a variety of needs. Activities appropriate to their abilities and interests were provided. They felt welcome and one resident asked if people from this setting could be invited to their birthday celebration as they do not have any family and now consider the people at this setting as family. The care worker was anxious towards the end of this period that these sessions would cease and was greatly relieved to hear that we are continuing.

- **Sustainability**

We are seeking donations and making further grant applications.

Strouden Park Community Association

- **Funded activities**

Our warm space was taken up by only a few participants. Although we purchased two puzzle boards, puzzles and some board games, I found folk mostly wanted to chat. I arranged for three newspapers to be delivered every Monday, which they enjoyed reading. Every week we had home made cake of one sort or another, which was eagerly devoured. Tea and Coffee was also offered.

- **Outcomes**

Being that so few people participated, despite hundreds of flyers being distributed within the area, the scope is limited. I would say the main aspect was the alleviation of loneliness, and a genuine bond has been built up between those who attended.

- **Case study / story of change**

One lady comes along with her elderly father, who lost his wife recently, and the welcome they have received, has made a positive impact on his demeanor. Furthermore as a group we have been able to assist each other, by sharing info regarding tradesmen, destinations to visit, and tips on various issues.

- **Sustainability**

We are continuing with the warm space and we can financially during the summer months. **Returned funds of £90 redistributed to other groups**

The Friendly Food Club

- **Funded activities**

We have held 16 individual events at 8 different locations across BCP. We provided cooking sessions demonstrating use of low energy equipment, such as slow cookers and air fryers, supported existing warm spaces with soup, supported community meals and worked with struggling young parents and young refugees. We have also worked with young adults with learning difficulties to make food for use in the Boscombe Social Canteen. We successfully delivered 240 Cookboxes to four different locations - Turlin Moor, Townsend, Branksome and SMILE Lone Parent group (Poole).

- **Outcomes**

This grant enabled us to be flexible to respond to needs and requests from local groups accordingly. Not everyone needed a cookery session but requested a tailored activity. To those that attended cooking sessions, the general feedback was amazement at how simple the technology was. There was a significant agreement that they would be using their slow cookers (that were donated from other funding) and air-fryers. The impact of this will be more home cooking with lower energy consumption, leading to lower bills. The community meals helped to draw more people to the events, they stayed longer than if it was just a coffee morning, leading to stronger social networks and support. The Cookboxes have had a fabulous impact, particularly in Turlin Moor. People love the simplicity of the recipes and appreciate that the box also contains store-cupboard essentials.

- **Case study / story of change**

"Soup making was fantastic way to work together as a community, chat and joke. I absolutely love the recipes I took a few and considering the rising cost of living the recipes don't require much ingredients to put a good healthy meal on the table. Thank you"

"The sessions really helped us cooked better. The kids loved getting involved which is something I didn't have the confidence to do before. It helped us save our weekly shop and meals are easy to recreate in the future."

- **Sustainability**

We will continue to apply for further grants.



Townsend Community Association

- **Funded activities**

Funds used to purchase Asda shopping vouchers, so we are able to assist households that come to us needing additional support. Also, to buy food staples to top up the free surplus food we collect as part of the Community Fridge project plus volunteers' petrol expenses. Covered the FareShare paid for food service during the winter months. Funds used to continue running a Warm Space at Townsend Community Centre which ran alongside the Fridge project - offering hot drinks and light refreshments. We worked with the FFC to host x 2 slow cooker and air fryer workshops. Each participant on the Slow Cooker workshop went home with their own slow cooker. Each participant in the air fryer demonstration had the opportunity to put their name in the draw for a chance to win one of two air fryers. Lots of positive feedback.

- **Outcomes**

The warm space has brought the community together, new skills have been learnt, stories shared and many laughs along the way. In addition to emotional support we are also able to offer something practical like food and vouchers to those needing additional help or when in crisis. Citizens Advice attend a Townsend drop-in once a fortnight.

- **Case study / story of change**

A single mum attended the cooking workshops and it has transformed the way her and her daughter eat. Using the slow cooker and experimenting with different food from the Community Fridge has made cooking dinner so much easier. She posts lots of lovely picture of the food she is cooking.

- **Sustainability**

Through donation boxes placed in the Centre. To continue to apply for grants.

Water Lily Project

- **Funded activities**

The Water Lily Project Community Cafe provided free meals to over 100 different people, with 779 separate meals served. The cafe team partnered with Christchurch Foodbank+ to identify those who were most in need. We created a warm welcoming space at the cafe where people could come together to enjoy a meal, socialise, and connect with others.

- **Outcomes**

We were able to provide food to those who were struggling to make a decision between food and bills, and a warm safe space where these individuals could go in the colder months saving them from having to put the heating on. On a couple of occasions we were also able to provide further support to some of the women coming in to help them rebuild their lives.

- **Case study / story of change**

One beneficiary was really struggling financially having recently escaped a domestic abuse situation and now in a small bedsit with very little income. She Has been having to make the decision whether to eat or pay bills whilst she waits for her benefits to be fully resolved. We provided her with meals regularly through this scheme. She said *"Thank you so much, I was on my bare bones. You don't know how much of a difference this makes to me."*

We had another person who we regularly fed through this scheme who was street homeless and regularly went hungry. She went to the foodbank for help and was absolutely thrilled that we were able to give her a good meal. We also set up some support for her and are currently working in order to bring her into safety and to get her off the streets, into housing and away from addiction.

- **Sustainability**

We will continue to provide meals through a pay-it-forward scheme as the provision of food and a warm space has been invaluable.

Step one and step two of our amazing day at community centre will add next step when dumplings go in .yummy xx.thankyou you all so much .amazing x



West Howe Community Enterprises

- **Funded activities**

The money enabled us to open 5 days a week rather than the usual 2 1/2. The warm space coincided with our Community Fridge opening which increased the footfall and awareness of the centre. We have welcomed over 400 residents. Some have attended other events because they have been to the warm space. There has been a great atmosphere in the centre - sounds of the community just 'having a chat', playing board games, listening to music etc.

- **Outcomes**

Being open for longer meant that we were able to sign up 240 residents to claim winter crisis grants. This was a lifeline to many of our residents. Being open for additional days has also given the centre the opportunity to engage with a new cohort of residents and start conversations that may not have previously happened. In addition to the teas, coffees, soup etc, we also provided Sunday Lunch in February free of charge and we repeated this in March for a reduced cost. There was a mixture of families, single people and all ages enjoying a meal together.

- **Case study / story of change**

"I lost my faith in people and communities, post lockdowns, These last few weeks, for me have been dire. I went to warm space, I was so anxious and scared. I shouldn't have been, I had a warm welcome. I had a lovely cup of tea along with a bowl of homemade soup and pizza bread. The soup was delicious. Since then I have been a number of times, Everyone is so friendly and helpful. I have made friends there... This community centre has literally been a life saver for me. I never realised WHCE ran such a hive of activity. I totally recommend going there. friendly staff, volunteers and the community makes it a go to place"

Mrs X first came to the warm space in January, she told us that she was afraid to turn on her cooker or microwave because of the cost of gas and electricity. She came in daily for hot drinks and whatever hot food we had on offer. Mrs X is now a regular and has signed up as a volunteer - she helps out alternate weeks calling the bingo in the centre and tells us she feels very comfortable here.

- **Sustainability**

We will be open longer, every day but as a café. We have secured some funding towards staff costs for this. Our café continues to offer affordable food and drink. Our offer of free Wifi is ongoing, we have also managed to purchase 5 small tablets which will be available for anyone to use for job searching etc.

