

## BCP Winter Food Support Fund 2021 - Impact report

This funding programme was delivered by Dorset Community Foundation on behalf of BCP Council, with funding awarded to successful groups in December 2021. All grants were used to address food insecurity and spent on food provision projects, including food parcels, food vouchers, cooked meals or food skills initiatives.

- Total funding of £112,000 has directly supported **16,426 local residents**
  - 9076 In Bournemouth
  - 1108 in Christchurch
  - 6037 in Poole
- Projects have involved **774 volunteers**
- **53% of funding supported households with children, 47% supported other households** including single occupancy

### Summary

Grant recipient	Project area	Grant/s	Beneficiary households	Number of beneficiaries	Number of volunteers	Project summary
Bournemouth Foodbank	Bournemouth	£7500	30% families 70% others	4811	200	Contribution to core costs to cope with likely increase in demand over the winter
Christchurch Community Partnership	Christchurch	£4500	5% families 95% others	260	58	Christmas eve community lunch plus hot meals delivered to vulnerable residents
Christchurch Foodbank	Christchurch	£5880	30 % families 70 % others	348	20	Weekly community lunches from January - March
Citygate Church	Bournemouth	£5000	27% families 73% others	817	200	Grant to support food bank work and Christmas Hampers
Community Alliances Ltd	Poole (Parkstone)	£8000	20% families 80% others	52	10	Provision of frozen meals and meal kits for vulnerable households, supported with online cooking tuition/demos to help households to cook and eat together, using the meal kit ingredients.

Dorset Race Equality Council	400 in Bournemouth 150 in Poole 50 in Christchurch	£6100	90% families 10% others	600	50	DREC will support Sister Tama and her Shout Out facebook group, as a community leader supporting BAME communities - grant to support food packages and meals for the community.
Grounded Community	Bournemouth (Boscombe)	£7000	66% families 34% others	2080	45	Supporting Feed our Community and Community Gatherers projects – distributing unwanted food to those in need including food items prepared by volunteers using excess ingredients
Its All About Culture	Bournemouth (Boscombe)	£4125	25% families 75% others	100	5	Cookery classes and provision of meals for BAME communities in Boscombe
Poole Communities Trust	Poole (Turlin Moor)	£6714.75	65% families 35% others	780	17	Christmas hampers and additional food stock for Moor Community Food
Poole Community Exchange	Poole (Parkstone)	£7000	75% families 25% others	1500	20	Supporting the continuation of the Food Pantry at Parkstone United Reformed Church
Poole Foodbank	Poole	£7500	70% families 30% others	2550	35	Core costs to support increased demand over the winter, including provision of food, christmas hampers and cookery courses
Poole Waste Not Want Not	Poole	£8000	46% families 54% others	890	30	To support all activities during the winter; food stock at the social supermarket plus a new fridge to store chilled items, ingredients and cookery classes, hampers and delivery costs, food vouchers
Recreate Dorset	Bournemouth (Boscombe)	£3840	80% families 20% others	30	4	Meals to be provided for refugees at support group sessions
Safe and Sound Dorset	Bournemouth (Boscombe, Charminster, Winton)	£5500	10% families 90% others	260	20	Food boxes for vulnerable women and a festive meal celebration
Somerford Youth & Community Centre	Christchurch (Somerford)	£8000	90% families 10% others	500	6	Food stock for The People's Pantry
The Friendly Food Club	BCP	£8017.25	75 % families 25% others	375	4	New cooking demonstrations/workshops to be hosted at foodbanks and other community venues

The Rotary Club of Westbourne Trust Fund	43 in Bournemouth 5 in Poole	£3048	46% families 54% others	48	20	Food parcels for BAME communities in food poverty
Townsend Community Association	Bournemouth (Townsend)	£2500	60% families 40% others	300	22	Overheads at Community Fridge, contribution to Christmas hampers and supermarket vouchers for families in need of additional support
Umoja Arts Network	Bournemouth	£3775	40% families 60% others	125	8	Food parcels for BAME communities in Bournemouth experiencing food poverty
<b>TOTAL</b>		<b>112,000</b>		<b>16,426 beneficiaries</b>	<b>774 volunteers</b>	

### Thanks to Dorset Community Foundation and BCP Council

*“Thank you to DCF for administering this grant... We are very grateful to have received this grant from the BCP Winter Food Support Fund as it was much needed this year to support the most vulnerable in our community.”* Bournemouth Foodbank

*“We enormously appreciate the support we have received from DCF and the ease of application and understanding of our circumstances (particularly my personal circumstances recently) so thank you!”*

*“I (Sister Tama) would like to personally thank your foundation without your support I would not be able to support the people I do. BCP Shout Out will be 2 years old this month and I hope we can continue to support our communities in the BCP area of Dorset.”* Dorset Race Equality Council

*“Once again we are very grateful for the ongoing support of DCF as we seek to work with and for our community. Looking ahead, it seems like we will face a more challenging winter in 2022/23.”* Grounded Community

*“We really do appreciate that this grant was made available to us and there is no doubt that it has made a huge difference to many people living in Turlin Moor and Hamworthy. The questions were straightforward and not too complicated which is always a great relief when applying for any funding. Your communication was regular and clear. Please do contact me if you need any further information. Thank you”* Poole Communities Trust

*“We are so grateful to have been awarded this grant and for the simple process of application and the level of trust given to us to use the funds in the most appropriate way.”* Poole Foodbank

*“Thank you so much Dorset Community Foundation for your help and support. We do appreciate the sense of feeling that we are part of the wider Dorset family, working together for the greater good of the whole community. Thank you for always being in the background. Thank you to BCP Council for providing funds that we can obtain and use for the local community.”* Safe and Sound Dorset

*“Thank you, it was lovely to be able to offer additional services to some of our users who needed extra support.”* Townsend Community Association

## Report and case studies submitted by the groups

### Bournemouth Foodbank

- **Funded activities**

We spent the grant on: Food Stock, Vehicle Lease, Fuel, PPE – Boots & Hi Vis Coats, Portion of Warehouse Manager Costs, Portion of Rent.

- **Outcomes**

We have seen record numbers of people seeking help this December-March and, with rising costs, every penny of funding we can get has to be maximized. Because of this grant we have been able to offer an effective service and maintain a high impact. Funding for our vehicle lease, fuel and volunteer PPE meant we could deliver food parcels to our hubs and collect donations from supermarkets over the busy Christmas season. Funding for our warehouse manager means we have a dedicated staff member running a slick operation supplying food to our hubs. Financial support with our rent and bills has been particularly helpful considering the rises in costs that we are facing as a charity. And most importantly, funding for stock has meant we can purchase specific items needed which had not been donated. We have had our busiest winter period ever helping over 4800 people compared to 3800 over the same period last year. We have heard many of our beneficiaries have struggled with the cost of living but are grateful that we are here to support them with food and essentials. We are confident that our ability to supply food at crisis point means our clients don't have to choose between heating their homes or providing a meal for their family. We have also been able to effectively signpost our clients to specialist services such as CAB's Money Matters service as well as offer emotional support.

- **Case study / story of change**

Janine has been accessing emergency food support from Bournemouth Foodbank this winter. Because of the additional funding for stock, we have been able to provide her with appropriate items that she can cook with the limited kitchen facilities to which she has access. She is now accessing support from our partner organisations and is looking for long term accommodation.

*"The foodbank parcels are a lifeline for me at the moment. I'm staying in sheltered accommodation after I was assaulted when I was sleeping rough. I've been treated so well here at St George's food bank."*

Rebecca is moving away from crisis following support from Bournemouth Foodbank and partners who helped her into accommodation after a long period of homelessness. We were able to support her with food whilst she accessed financial resilience support which led to her finally receiving Universal Credit.

*"Bournemouth Foodbank has helped me for a long time. I've just moved into my own place after being homeless for 2 and half years. The food parcels really help me as I'm just getting used to being on Universal credit, I just couldn't manage without the parcels."*

- **Sustainability**

Bournemouth Foodbank continues to be funded by a combination of generous donations from the public and grant funding from various trusts and grant makers who support our aims. Having said that, with the cost of living spiraling, need for food support has risen by 35% compared to this time last year, and, our food donations have reduced by 40% compared to this time last year. We very much hope that support will resume soon and are working to increase donations again instead of spending reserves on stock which we have never had to do before.

## Christchurch Community Partnership

- **Funded activities**

Unfortunately due to the continually changing Covid regulations we were unable to provide an in person Christmas lunch and had to use a local company to provide meals which our staff and volunteers then delivered on Christmas Eve along with Christmas hampers. We were able to provide a Christmas day meal and hamper to 60 beneficiaries. Additionally we continued to support both the Somerford ARC Lunch Club with transport and subsidised meals and provide transport for the new evening Community Meal run by Christchurch Food Bank. We also hosted an Easter Lunch for 40 of our clients pre Easter.

Covid affected the frequency and attendance of some of the Lunch Clubs we were looking to support with our transport services so we were not able to fully deliver the project. Whilst we did subsidise a number of folk who would not otherwise have been able to attend we were looking to meet a much larger need that we know exists. Whilst that has been a little disappointing it has given us the opportunity to learn and tweak the plans for lunch club support over the next 3 months. We are also looking to host bi-monthly cream teas with a number of partner organisations, and quarterly lunches for both our own and others' clients.

- **Outcomes**

It has had a massive impact both in helping rebuild confidence to go out for many of our older clients and ensuring that those who wouldn't otherwise, get at least one nutritious meal per week. It has reconnected people who had been very socially isolated throughout the pandemic to lunch clubs, and given them wider access to ours and other services. The Christmas day provision was particularly appreciated by those living on their own, and carers. Just to know that someone cares was a frequent comment from all of the recipients.

- **Case study / story of change**

One of the individuals we had delivered meals to during the pandemic found himself in dire financial circumstances and unable to afford to feed himself (or his cat!) as his benefits had been messed up. We were able to immediately assist him with funds to do some shopping, and also provided him with a daily meal from a local cafe we work with for a month, so he could get back on his feet. We then connected him to a local lunch club once he was back on his feet. He was so appreciative that he is now looking to volunteer with us.

We delivered a Christmas lunch and hamper to a lady our Neighbour Car drivers have been taking to visit her husband in a home (he has dementia) but was very isolated and afraid to go out, She was so impacted by this that she has now signed up to a local lunch club we support and came to the Easter lunch which she really enjoyed and was so thrilled to be amongst people again!

- **Sustainability**

We will continue to seek funding and sponsorship to hold regular lunches and cream teas, but also to continue to widen our support for existing lunch clubs.

## Christchurch Foodbank

- **Funded activities**

Christchurch Foodbank+ community supper, enabled us to bring together people and families from the community together, there was no agenda, it was people getting together and doing community over a hot home cooked meal and pudding, the meal was aimed at the isolated, lonely, families and those who struggled during covid. We were blessed to be able to partner with Dial a bus, they collected those who are unable to get to the meal and returned them home safely. we were also able to partner with Godfirst and use their amazing safe facilities to hold the community supper.

- **Outcomes**

The Grant was fabulous, it was wonderful to see people coming together and having a hot meal. Individuals have really opened up and because we have an activities table, mums are able to have 'adult' conversations with others and some time for themselves. We have some who come each week, others who dip in and out, and new faces each supper. They are also invited down to the new CFB+ community space for a coffee and a chat to see if they need anything.

- **Case study / story of change**

A lady who attends the community supper is collected by the bus and bought each time, her background is so very sad and during covid, she was taken from her abusive home (after having to pour bleach over herself, outside before she was able to entre) and placed in temporary accommodation. The first few meals she would be very anxious, however as time moved on our table leads or friends would sit with her and now she is so changed, relaxed and very happy to mix and chat with others. She really looks forward to doing community in a space that is safe and friendly.

A mum of three attends with her children, again collected by the bus, the children were drawing and doing the quiz at the activities table and mum said *"this is so wonderful, I cannot remember the last time I had adult conversation without having to worry about where the children were, normally its just me and them, it can be so hard, Thank you....and we have great food too"*

- **Sustainability**

This Grant has enabled us to set up and continue the community supper. We are now applying for other monies and using some donations already received.

## Citygate Church

- **Funded activities**

In partnership with Bournemouth Foodbank, we provided emergency food to clients who were referred to us by local agencies. This winter (1 Nov 21 - 31 Mar 22) we distributed three days of food to 1,965 people. On Thu 23 Dec 21, we delivered 200 hampers to local families in crisis to help them celebrate Christmas together. In doing so, we fed 714 people with 3 days of food. The funding was used to help cover stock costs for the hamper project and some salary required for our Community Worker to ensure the food bank remains operational

- **Outcomes**

The food bank provided relief from food insecurity. The Christmas Hamper Appeal gave local families in crisis the opportunity to celebrate Christmas together.

- **Case study / story of change**

*"I received the hamper and want to say thank you so much It's so lovely to know there's still so much help, kindness & love out there :) Thank you for your thoughts & prayers, I really appreciate it."*

*"Thank you so much to everyone involved from the bottom of my heart. You are making so much difference to people that have nothing at Christmas. She was absolutely in tears to receive the hamper. She has 2 children to feed and had no food at all."* From Jan Hawkins-Kitson from Help and Care Agency.

- **Sustainability**

We will continue to apply for grants and develop a base of regular donors. Our hamper project has a particular fundraising campaign where you can sponsor a hamper. yes we do feel the projects are sustainable

## Community Alliances Ltd

- **Funded activities**

We have facilitated partnership working in the delivery of community meals from waste food from Poole Pantry (at Parkstone URC). We have ensured 540 community meals have been provided. Our original plans for employing a chef changed to ensuring we could support volunteers to cook by providing the background support to facilitate this safely. The outcomes were enhanced as this change has become the most successful outcome of the project. We have produced videos and material which is useful to promoting the projects and we continue to produce more content. We have assisted Poole Pantry in increasing its reach to the public and and tripled its social media following. This will continue to grow into the future as more content is edited and released. We have developed over this period a strategy that will work into the future beyond the grant funding.

- **Outcomes**

The most successful part of the project has been hosting guest chefs who are beneficiaries that share a family recipe and cook and contribute to the community meals. They experience a sense of achievement to be valued by the community. Loneliness and Isolation as a result of COVID and other factors is being combatted through the provision of Community Meals as a part of the offer at Parkstone United Reformed Church and Poole Pantry. The grant has enabled us to build organisational capacity around community meals provision and skill up volunteers in media production. The principal benefit from the funding has been to build partnership working at PURC. It has allowed us to iron out the kinks and put us on a firm footing for helping people as the cost of living rises.

- **Case study / story of change**

Beneficiary A is a women who suffers from mental health problems and experienced over 17 years of abuse. She cooked a meal for the community and gained a sense of pride from being able to connect with people through her cooking. She also hopes to develop skills for future work.

Beneficiary B is a women who has a history of alcohol problems. In a conversation about her life she revealed a talent for cooking. Being highly depressed the delight in her face as she realised we would invite her to be a guest chef for a community meal was priceless.

- **Sustainability**

The grant has provided much needed seed funding and the magic of the project has only been realised in the last few weeks of the winter period. The funding has enabled us to establish the resources we need to continue. Partners now have a better understanding of how this works in practice.

## Dorset Race Equality Council

- **Funded activities**

- Christmas Day Event in the Bournemouth Square fed over 400 including rough sleepers, domestic violence refuge, temporary accommodation and refugees
- Hot home-made meals, refreshments, weekly food parcels for the community
- Hot halal meals weekly for the domestic violence refuges, single parents, sheltered housing, refugees
- Welcome home food parcels when those we helped move into their own homes from temporary accommodation
- Supported new mums with essential foods for babies & young children

- **Outcomes**

The grant has supported many of the temporary shelters/housing with hot homemade meals daily and those in the street community also both the domestic violence refuges in Poole and Bournemouth and families in need.



- **Case study / story of change**

*"We first met Tama March 2020, the start of the first lockdown She came and supported us with a pop up tent and sleeping bags and made sure we had food. Tama then informed us those hotels that had to close were taking in the street community due to the Pandemic. We went into the Lloyds in Westbourne. Tama came every day delivering lunches hot homemade amazing meals for all of us, also started a breakfast club. We all needed food parcels food we could eat in the hotel that we did not need to cook. She also supplied toiletries, clothing and bedding and catered for all we needed. We eventually got our own house and Tama moved us and also delivered free all we needed to make a home including furniture, white goods & beds. She supported us with food parcels every week and hot lunches. We owe so much to Tama, she has supported us with all we need. We have three children that went into our families care. Thankfully now we have them every other weekend and Tama provided all their bedroom items and clothing. The Christmas Day event in the Bournemouth gardens we spent the whole day there with our children we couldn't afford presents or cooked meal so it was amazing. We all got a haircut breakfast lunch and packed evening meal and treats for us all and the children got new toys. We were also able to get clothes, shoes, jackets and toiletries for us all."*

- **Sustainability**

BCP Shout Out was set-up the first week of lockdown 2020 and has grown to over 650 members (those in need and those who would like to donate to support). We will continue to March 2022 when the funding will be gone and after hope to apply for more grants and funding.

## **Grounded Community**

- **Funded activities**

For Grounded this grant came at a critical time, allowing us to kept Feed our Community and Grounded Gatherers going through the winter as we waited for our National Lottery Fund raising application to come live in February. Over the past 4 months the Feed our Community project has continued to collect surplus food from supermarkets, supplemented by food from our garden. We provided 62 food boxes per week to 21 single households and 33 families. During 4 months we also provided 231 emergency food parcels. Fresh food that we have collected has regularly been given to Hope for Food, Sunrise Lodge and other sheltered housing projects at least twice each. We held 8 Grounded Gatherers sessions, which produced items to add to the food boxes. Our sessions saw surplus food prepared into cakes, chutneys etc. We were able to give this to people within food boxes and also directly at our volunteer sessions at the Secret Garden. We have more recently been focusing on preparation for future crisis that we see coming. We held an event for 55 local practitioners supplying surplus food for the event, in order to raise awareness of the need to collect surplus food.

We have allocated £800 on activities to be completed in April through the Easter holidays: £200 for community meal at Easter and our monthly community meal, £250 rent for April (for Feed our Community), £140 for Grounded Gatherers to carry out 2 events, £106 van insurance, £100 kitchen equipment.

- **Outcomes**

At Feed our Community, around 50% of our volunteers are also beneficiaries, so they have benefited from food boxes and also the social benefits associated with regularly working together. The Gatherers food that has been produced has fed people from the community at our community meals. More will be fed in this way at 2 further events at in April. We have been able to raise awareness of waste and surplus foods within our community. We have hosted 2 Public events with over 100 people, where we have explored community resilience and food organisation.





- **Case study / story of change**

*"I started volunteering during lock-down because I wanted to make a difference to people struggling. As time went on I found myself needing the help. Myself and the box of weekly food has been a lifesaver. I enjoy the social side of working with others and I love to meet the people we help and share stories to reassure them that they are not alone in this and we are there for them."*

*"I love meeting new people. During lock-down I felt very isolated, when I joined FOC it gave me purpose and structure during a very anxious time. I have met so many nice people through this project and it feels great to be part of something meaningful."*

*"As a visual impaired woman I like giving back to society. I help out every other Saturday with Caroline who I have become really good friends with. I love opening up the bags and finding out what's inside them. And love the way the bread and other food goes when we put it outside for local collections. I also love how the charity have accepted my disability and made me a full team player"*

- **Sustainability**

We have received a grant from The National Lottery Reaching Communities Fund covering 60% of our core costs for these projects for the next 5 Years.

## **Its All About Culture**

- **Funded activities**

We did manage to get a Laptop that has helped with us being able to show cultural films and do much needed paperwork. We purchased a photocopier that enables us to print many information sheets for our visitors to the hub, and print our own flyers. These items have supported the pepper pot social club on a Friday, which has been very successful and we will always give to those who can't afford a meal a reduced price or free meal and hot drink. We have quite a few regulars now that enjoy the food, the atmosphere and great conversation that they get here. Many make new friends. The men's male support chat group on a Thursday is a blessing to a lot of men that hardly went out and suffering loneliness now have a regular group to go to. Caribbean art class has been a mixture of ages and cultures. Poetry/Spoken word took time to pick up but doing well now. Unfortunately the cookery classes did not take place but we have been able to use the money to open on another day which has benefitted the community a lot and provided hot soup and a place to socialise as there are still a lot of people that have only just started coming out again. We are always looking for more ways to introduce different cultures to all.

- **Outcomes**

Our community has benefited a lot just in the fact that we are open for them, they look forward to meeting family and friends in a good environment, they feel comfortable and at home and are always made to feel welcome. The grant has meant that we could stay open and provide food for more people.

- **Case study / story of change**

There are two elderly Italian ladies-mother and daughter-that used to always pop in and have a look at the local arts and crafts that are here on display and eventually they started staying to eat at our pepperpot social, and now come regularly and have received some advice regarding benefits they are entitled to, and home help for the mum so the daughter can have some much needed respite.

- **Sustainability**

We will definitely keep going and look for more grants and funding. I do think it will be sustainable. We will try and work to get more local people involved in providing a service and renting some space to help fund our ongoing projects.

## Poole Communities Trust

- **Funded activities**

During the week commencing 13<sup>th</sup> December we were able to provide 120 hampers for families who are members of Moor Community Food and had been to the store at least 3 times during October and November. We were able to fill the hampers with a wide range of items that were donated and then we purchased some items from this grant plus a £20 voucher for each hamper. The second part of the grant was to buy additional stock items for the store. The store co-ordinator is able to check the inventory at the end of each week and purchase what is needed for the following week. There is always very high demand for cereals, tea/coffee and cooking oil and are hard to come by through any other means. We also continue to buy fresh items when they are affordable for the quantities we need. We have not yet been able to produce any recipe cards/sheets as we wanted to link these to our staple items in store and this has been a bit fluctuating recently as stock is more difficult to come by at the moment. We still plan to do this when we can.

- **Outcomes**

As the store was closed for 2 weeks we were aware of the impact. We were quite overwhelmed by the feedback from people in relation to the hampers, and many were really quite emotional when talking to us about the difference the voucher had made over that period of time.

*"Thanks so much for the food bag, it's much appreciated and the voucher is really going to help us through the next couple of weeks"*

*"Honestly made my Christmas"*

*"Thank you so very much to all who run Community Food"*

The level of anxiety around rising costs of gas, electricity and fuel continues to be really high at this time and this has now increased, causing a sharp increase in the number of new members and weekly customers at the store. During January we were having 7-8 new members a week, this has slowed to 3-4 but previously we were having 3-4 new members a month. Our attendance in store peaked in the 2nd week in January, 78 in store and 11 deliveries. This has levelled off a bit in March; average 60-65 in store. There is no doubt that without this grant we would have really struggled to meet demand.

I think it is also really important to mention how the store impacts on the very strong team of volunteers, who are also members of the store. They have all said how important this was to them during periods of lockdown to reduce their isolation and how much they looked forward to coming to the store. We are very fortunate that only 1 has had to leave as they had to go back to work and were unable to negotiate their hours around their role of deliveries for the store.

- **Case study / story of change**

Mr and Mrs C they are in their late 70's and both have physical health conditions. Their adult son lives with them and has long term mental health difficulties. They also support their daughter who has 2 small children (she and her partner both work as much as possible to support their family). Mr and Mrs C visit the store every week and each time are very keen to tell us how much of a difference this makes to their weekly budget and their ability to spend the income they do have more wisely. Mr and Mrs C also say how much they enjoy the 'banter' with the volunteers in the store as this is a real highlight in their week. They were really overwhelmed by the generosity of the Christmas Hamper and gift voucher and went to great lengths to describe how they had spent the voucher and the positive impact it had. They were very happy to be back in store after our 2 week break over the holidays. As they are getting older and Mrs C is having increasing difficulties with her mobility. They have said that it is great to know we are there each week when they need support. We have already been able to signpost them to a couple of agencies for some advice regarding their son.

Ms S is a volunteer with the store, she is 82 years old, lives alone and is in reasonable health but has difficulties with her wrists. She has been involved with the store for about 15 months. Ms S has carved her own role as a volunteer and defends it fiercely if anyone tries to intervene! Her main role is to split up large quantities of food, such as 240 tea bags or 3kg. of pasta into portions that can be spread across more people and to bag up the fruit and veg that comes in from the greengrocer. Ms. S has become great friends with 1 of the other volunteers and says how this really saved her mental health during the lockdowns as they were able to go for strolls together and chat. Recently she was unwell and it was great that we were able to support her by delivering her shopping to her, she is very much part of the MCF community.

- **Sustainability**

We anticipate funding this by continuing to apply for any available grants, partnerships or fundraising activities that are open to our type of project. We do have some income from the customers in store but this is not enough to sustain the project alone. We think that the project has proved itself to be very much needed as although it sprung from an obvious need during the Covid period the ongoing and increasing demand for the store is very evident.

## **Poole Community Exchange**

- **Funded activities**

We have purchased and obtained more food to distribute, and delivered to more people than planned as we had surplus short dated food to get used. We are now providing some community meals, though on a simple basis at present to minimise the risks of spreading Covid. We have equipped our Pantry with equipment to enable users to pay by card, which will enable us to increase our income from users and donors, and we have bought much needed tools for the use when teaching. We have had to increase the amount of rent we pay for the expansion of the projects, and the funds received have helped us to achieve more than we expected despite receiving less funds than we requested.

- **Outcomes**

Families do not go hungry, and many benefit from being part of a community from amongst our users, as well as enabling them to take part in helping others or learning skills. When we return to normal, we will be able to help to meet the needs of a wider range of people whether they require homes, employment, food, skills, community etc. The number of people helped can only be estimated, as only one member of a family attends, but collects food for them all.

- **Sustainability**

Our Publicity program is almost ready to go on stream, and we have started to produce videos and leaflets for promotion. Obtaining further Grants, and increasing beneficiaries will lead to increased donations, and also the pool from which we can draw extra volunteers. The new variant(s) of covid, the death of one of our trustees, as well as another having a life threatening complication, have all contributed to reduce the speed of our returning to the norm before the pandemic. However, we are in a better financial situation now, thanks to the generosity of our volunteers, clients and funders, and we see a bright future ahead.

## **Poole Foodbank**

- **Funded activities**

The largest spend was on Christmas Hampers; Fridge and Freezer; Fresh fruit and veg and Cookery/Wellbeing courses.

- **Outcomes**

This has been incredible and has completely transformed the way in which we have been able to serve the people of Poole. To be able to offer a display of fresh fruit and veg each day is brilliant. This is so valued by visitors to Poole Foodbank who are given the choice of fresh food that they will use. We have been able to identify what fresh food items are most popular and purchase these. Fresh fruit is always popular with families. Bread, cheese and 'butter' are available - dairy products can be stored in the fridge. Excess bread is frozen at the end of the week. Volunteers are able to chat about different recipe options. Cookery demonstrations alongside further support 'Chats' and Wellbeing discussions have been very well received at Jimmy's.

- **Case study / story of change**

We have supported 'T' through a crisis. She has now moved to a different area. Over the period of time that she lived in Poole we walked alongside her and became her 'refuge' where she came once a week for food but also as an 'escape' from her home life. Before she left the area we asked her about the impact we had had on her life. In addition to all the practical support, she said that we 'made her happy'. This was an incredible testimony as although we cannot change the lives of the people that we work with, we can offer food, additional support and friendship and if in amongst all of that we can 'make people happy' (in spite of their circumstances), I see that as a 'result'.

We have supported 'E' and her little boy through a period of domestic violence with weekly supplies of food and friendship and other practical support. She has now mostly dealt with her personal situation (including court cases) and has found the self belief to take up the offer of promotion in her part time job that she has not had the confidence to do previously. Even if not in need of food, she pops by to say 'Hi' occasionally.

- **Sustainability**

We will continue our work at Jimmy's offering ambient food, other support and friendship. Sadly, we may not be able to offer the same level of fresh food that has been available to us via this funding. We will pursue other funding as far as we can.

## **Poole Waste Not Want Not**

- **Funded activities**

The successful funding has meant we were able to support 104 households this year (152 adults and 66 children) to help make their Christmas a little brighter. We managed to make up 104 festive hampers filled with mince pies, tins of chocs, Christmas pudds/ yule log, biscuits along with daily essentials such as tin meat, fish, custard, and soup. We managed to get support from DB foods who donated 50 turkeys and Mission Christmas who supported us with sacks full of toys! Our volunteers have worked tirelessly wrapping presents and packing boxes - many who were/ or still are members themselves. We were delighted to be able to support them with vouchers to support them over the Christmas time we were closed, to ensure they had a few treats.

- **Outcomes**

From the 22nd – 24th December we gave our members time slots to come and collect or deliver a festive hamper, with a fresh turkey/ meat joint – a fresh bag of vegetables/ fruits and presents for the household - many left in tears of Joy. PWNWN is about supporting our community no matter what their background. The funds guaranteed our most vulnerable, many of whom struggle to get out to buy food due to ill health, received enough food supplies, delivered to their door free of charge. "Better service than Tesco" one said. This gave them peace of mind, especially over the stormy weeks. Well stocked fridges/freezers.

- **Sustainability** (Established charity, ongoing services according to ability to generate income through their own activities, and from grants)

## Recreate Dorset

- **Funded activities**

The funding has allowed us to provide healthy food and meals for our project, Seeking Refuge, supporting refugees and asylum seekers in Bournemouth.

- **Outcomes**

The project has been vital to providing a safe meeting place for refugees and asylum seekers and has been transformational to many of those attending. Many have been struggling during the lockdown period because of being on their own for long periods of time. This has been made more complex due to language barriers and generally not having family and friends around to support them or having them or other people locally to talk to. The lockdown has increased their loneliness and isolation, so this project has become a really vital meeting point for them. A big emphasis has been to share a meal (funding provided by this grant). In most cultures, sharing food is an important way to spend time together and share and celebrate cultural differences.

We have had many nationalities coming to the workshops and although language is still a barrier, the activities have given them something really positive to do and a way to meet regularly and join together to just have company and chance to build new friendships. The nationalities include Syria, Venezuela, Libya, Iran, Bangladesh, and Afghanistan. The workshops provide a relaxed and safe environment, where they feel comfortable to just be part of the group, but the activities have also helped them work together and slowly build up their confidence. English is the common language and so this has helped them practice their language skills in a less pressured atmosphere than in the language classes they attend. We have seen such a change in those who attend the group, they know this is a safe space and because of this, are becoming more outward looking, talkative and generally more relaxed and involved in the project.

- **Case study / story of change**

Ahed was born in Damascus, Syria. She was a secondary school principal until the war when she and her family were forced to leave Syria and come to the UK in 2015. Ahed has been attending the workshops since they started. She attends every session and often talks about how important they have been to her. Ahed has struggled with not being able to work. Since being in the UK, she feels she did not have the confidence to study again to enable her to teach here. Through the group, Ahed is with women from other countries that have been through the same thing as her. Sharing the same experiences of leaving their families, careers, and homes. This has led to her feeling not alone, and has become secure and confident enough to study her qualifications to teach in the UK. Ahed has since been accepted onto a university course and is so pleased to have the confidence to regain her career.

Pilar is from Venezuela; her daughter, son-in-law and grandson came to the UK first and Pilar joined them in 2018. In Venezuela, Pilar had a successful business of factories that made uniforms for large companies. Coming to the UK, Pilar could not speak any English at all and would not socialise with anyone outside of the family because of the fear of not being able to speak the language. Since joining the group, Pilar has seen and bonded with many women in a similar position as hers. Her English has improved so much because English is the only common language in the room. This has meant that she has had to make herself able to speak to the people with whom she has developed friendships. Her grandson is so happy that grandma is confident and can do more things independently now that she has embraced learning English.

- **Sustainability**

We have been successful in applying for additional grant support from the Valentine Trust and the Alice Ellen Cooper Dean Trust. This will allow us to continue the work for a further year. We hope we can find further support to keep the project going beyond this period.

## Safe and Sound Dorset

- **Funded activities**

We gave winter food provision during December, January, February and March to 260 women. We allocated food boxes, winter hampers and food vouchers to help women who are isolated, at risk, in supported or temporary housing or homeless. We swapped food boxes in January for food vouchers which allowed women to shop for themselves and gave them freedom to choose their own items that they needed. This was a very important decision we made as a team as we are trying to empower women to make good choices for themselves. From the feedback it was very much appreciated, giving people autonomy, dignity and allowed freedom of choice. We also had celebratory festive food for our December sessional party, staff party, volunteer party, cafe sessions party and our Safe and Sound Dorset 5th birthday party. Our total spend was £5619.17: £1586.51 Festive food, £4032.66 Food provision.

- **Outcomes**

The winter food provision has been a life saver for some of our service users.. There has been a tight squeeze on finances with bills going up and to have an extra food voucher to help with the months food shop has been well received by those attending our sessions; women who are isolated and can't attend or women we see on outreach on the streets or in temporary and supported housing. We offer sessions to women who are often facing multiple disadvantage and it is heart warming to be able to offer the little bit extra that a food box, care package or food voucher can give. It is also beneficial for women moving house or in difficult circumstances which need extra care and attention. All our service users, staff and volunteers have thoroughly enjoyed having times to celebrate together, sitting down and eating together. It is a big part of coming out of isolation, being part of a group and it is part of our Safe and Sound Dorset culture of social inclusion, gathering in people from the margins who may otherwise be overlooked.

- **Case study / story of change**

*"The food vouchers are amazing they give people a choice and helps people with special dietary requirements I have found them a life saver xx "*

*"I love it cos I can choose fresh items or whatever is on offer and get even more for my money. It's great for when my money runs low. "*

*"Nourishment in so many areas. It was lovely to arrange to meet someone at the cafe, be able to take the dogs and have them welcomed so much. Thank you Team your hard work, care and effort really make a difference."*

- **Sustainability**

We will be constantly looking for grants and funding to keep this provision going. This next season, it will be vital for many people to have a small top up for their already difficult financial situations, with prices of energy bills escalating. We are working with local groups such as CAP to help women budget better. We have started to have a small buffet again to start our sessions off. We have also reinstated our weekly meal in a cafe for those who are isolated, homeless, sofa surfing NFA or in temporary or supported housing. This allows time for women to drop in, order off a cafe menu, sit and eat with others. We have found this to be the most beneficial time for women to reassess their situations and move forward with housing and other issues.

## Somerford Youth & Community Centre

- **Funded activities**

We have been able to purchase extra food to meet the growing demand of more people coming into use The Pantry.



- **Outcomes**

We have been able to provide food to families who are struggling to provide food.

- **Case study / story of change**

One family had a choice between paying fuel bills or buying food, fuel was the priority. Our service was then able to step in and provide food.

- **Sustainability**

The ongoing search for relevant funding sources and the submission of funding applications to funders.

## The Friendly Food Club

- **Funded activities**

We carried out a total of 19 Waste Not Want Not workshops and demos in conjunction with 3 food banks and community fridges, engaging an estimated 375 people. Covid did have an impact on several of our plans e.g. 4 further workshops with other partners were cancelled over the Christmas period. Also, the death of Tony Gibbons, the charity dynamo and project lead, led to some venues not being reached. We have also yet to start on the cooking utensils library.

- **Outcomes**

This was a fabulous opportunity to make new community relationships and build on existing ones to help engage with those most in need. The model of using interactive demonstrations, over workshops, brings cooking to higher numbers of potential beneficiaries and is definitely something we will take forward. Partners in Townsend, Rossmore, Branksome & Poole have all reported that our interactive workshops all created more interest on the days that we were there. It provided a reason for people to come out, therefore supporting their services. By cooking with products that the food service had excess of, we were able to help minimise further waste by encouraging people to take those products.

Demos resulted in 280 home-cooked meal, which were handed out to users. These were mostly free of charge as the bulk of the ingredients came from the food service.

Approximately 25% people inquired about recipe ideas, ingredient use etc. We gave away 55 recipe cards for people to take home, at their request. Families in particular, were looking for some new inspiration and a variety of things to cook. We gave individual skills sessions to 4 individuals interested in particular skills, such as chopping onions, cooking mince, preparing a butternut squash.



At Poole Pantry, our project enabled us to help another community project, FoodieFusion, to get underway. During Ready Steady Cook workshops at Townsend 79 children and their families interacted with cooking. All children were encouraged to eat a hot, healthy meal that they had contributed to making. We hope that this may encourage children to request vegetables at home or pester their family to cook more at home.



- **Case study / story of change**

Ben, a volunteer at Poole Pantry, is an adult with learning difficulties. He lives independently and volunteers at a number of places. Ben uses a mix of microwave meals, takeaways and eating out, and is overweight. He is shy and nervous, but on our first visit was asking questions about how to learn to cook. Ben admitted to not being particularly adventurous with food, but nevertheless tried the vegetable curry and to his surprise he liked it! He asked how to cook his favorite, cottage pie. On our second visit, we demonstrated how to cut and onion and cook mince and gravy. On our final visit, Ben came to me and reported proudly that he had cooked a cottage pie (using instant mash) and it was the best he'd ever tasted. He was laughing, talking openly in front of people and incredibly proud of himself. He said he would not have done it had we not been there and been so open to helping him.

Townsend Community Centre: *"The cooking workshops have been a real success and embraced by many different sectors of the community. Benefits have been varied, from nutritional benefits to participants experiencing an enhanced sense of community and social connection. Workshops provided a cost-effective, interactive approach for residents to gain cooking skills in a supportive environment and contribute to behaviour changes that extend beyond the workshop itself. Friendly Food Club go above and beyond to ensure the workshops run smoothly and efficiently with a friendly and relaxed atmosphere."*

- **Sustainability** - Project is currently being repeated in another area of Dorset. We aim to continue the demos on a regular basis pending further funding.

## **The Rotary Club of Westbourne Trust Fund**

- **Funded activities**

We produced 24 parcels on every Friday from December 2021 to end March 2022, covering 48 people. A special hamper was provided for the Christmas period. We also used £226 of the grant to provide a Food Safety Course for our volunteers with Workers Educational Association (room rent and accreditation costs). It was specially planned for people from BAME communities and ten people took part. One person got a job specifically as a result of being on the course. We used £300 for a community lunch on 25<sup>th</sup> March, where the Poverty Truth Commission provided a presentation - 25 people attended.

- **Outcomes**

We have been able to provide a weekly food parcel for individuals and families referred to us. The recipients have been on low incomes and often have one or more additional issues contributing to their disadvantage. The parcels have ensured access to some food and during the course of the funding the provision has been enhanced with fresh fruit and vegetables and other produce, considerably improving health and wellbeing. By regular contact with recipients we have been able to identify people needing welfare support and signposted them to appropriate agencies, plus direct involvement with form filling, liaising with benefits, negotiating with landlords, applying for uniform grants and more. The funding has helped build our partnership working with Unity in Vision and the LDS Church.

- **Case study / story of change**

A Kurdish family who gained asylum in Germany then moved to the UK as an EU citizen, and now have settled status. Due to a previous overpayment of benefits and subsequent repayment, the current income from benefits covers the rent with little left for other expenditure. Food parcels have been provided weekly. The family has a number of issues including domestic abuse, poor housing, low income. We have given support with debt relief orders, negotiating property repairs with the landlord, applying for university for one child and a college transport grant for another.

- **Sustainability**

We will still be able to divide up surplus food donations but will not be as good as the current parcels

## Townsend Community Association

- **Funded activities**

Purchased Asda gift vouchers totaling £1,650.00 and additional food/toiletries & ready meals from Wiltshire Farm Foods totaling £650. Overheads totaling £200.

- **Outcomes**

Provided additional support to those that need it, able to signpost to other organisations. We have had the opportunity to get to know some of our users a little better. Provided assistance in January when most needed.

- **Case study / story of change**

M came out of prison in February but his benefits took a few weeks to restart, in this time he offered daily food support. Also help making telephone calls and ensuring he had clean underwear/socks etc

P was made redundant in January, she is a single Mum and was left nervous that she wouldn't be able to provide for her 3 children while her benefits started or she could find another job. She had debt from Christmas. We were able to provide an Asda voucher to cover a weeks shopping and signpost her to Citizens Advice where she received an energy voucher. We also worked with Hope for Food so she would receive a weekly food parcel until she was back on her feet.

## Sustainability

We will continue to pick up the supermarket surplus food but will not be able to buy the additional foods to supplement the surplus. We will continue to seek funds to continue this addition as it was well received and we can see the benefits to users.

## Umoja Arts Network

- **Funded activities**

In this project we utilised a mixture of methods to distribute to members of Ethnically diverse communities facing food poverty as a result of covid 19. After consultation with the community, the community purchased the items that they wanted and were reimbursed up to the value of £30 per person. For those who were not able to do this, we used our previous system of google forms for them to identify items on the list and then supplies were arranged. There is still stigma attached to receiving free food especially amongst some BME communities, plus a suspicion about such initiatives with 'what's the catch' being one of the phrases used, due to not been used to the UK model of community development. Feedback from the previous project was that people still preferred to have a choice of which food they received due to religious and cultural reasons, hence us adapting our method of delivery. We therefore enlisted two community ambassadors to coordinate the activities within their networks. One was a 95 strong group of mainly African young men and adults who play football at the weekends. Once our publicity reached their whatsapp groups, the request for assistance started flooding in despite the late start.

- **Outcomes**

The project has again exceeded our expectations and emotionally touched us in terms of how much the ethnically diverse communities are unaware of support services, entitlements to help and also the lack of mobilisation to assist them. 75% of the recipients were totally new to us and were largely from the Somali, Nigerian, Algerian and Gambian community. They thoroughly valued the project and again the fact that there are organisations and grant giving bodies around to assist. Our organisation were again able to fulfil our mandate of assisting where we could in the quest to alleviate poverty and reduce social isolation. Each recipient has been signposted to local foodbanks and other food projects in the area. Our project has also spurred some of the local groups such as the 'African

sunday football club' to collect donations from their members to carry on donating food to those who most need it. The project was very well received by recipients again and there was a lot of humility in some passing up the offer in favour of others that they felt needed the food more. We have been alarmed that even those who were working were struggling to pay for basic amenities but the cultural divide in terms of how to access support, is the most poignant issue.

- **Case study / story of change**

We supported a refugee in Bournemouth who had not received his £8 a week allowance yet and even though fed twice a day at the hotel, had no access to other amenities such as toiletries and or choice of what to eat. We were able to be flexible to provide him with toiletries as well as other snacks, fruits & nuts.

We supported a family of 4 who, after paying their rent and bills were left with less than £105 to spend on food, clothes etc. No recourse to public funds yet due to current visas. We provided food to them on two occasions and have linked them up to the foodbank in Boscombe and with the mosque in Winton.

- **Sustainability**

We will now be advising groups and individuals to connect with the local foodbanks and other charities.