



Funded by
UK Government



BCP Food & Energy Support Fund – Summer 2024 - Impact report

This funding programme was delivered by Dorset Community Foundation on behalf of BCP Council, with funding awarded to successful groups in July 2024, for activities to 30th September 2024. All grants were used to address the impact of the cost of living crisis and spent on projects including: food parcels, food vouchers, community meals, food skills initiatives and support services addressing longer term financial issues.

- Total funding of £225,000 has directly supported **16,131 local residents**
 - 6956 In Bournemouth
 - 1676 in Christchurch
 - 7599 in Poole
- Projects have involved **666 volunteers**

Summary - awards in July 2024

Grant recipient	Project area	Grant	Beneficiary households	Number of beneficiaries	Number of volunteers	Project summary
AIM Community	Kinson, West and East Howe	£6,000.00	73 Families 32 Vulnerable	105	4	Hot meals and community cooking, access to advice from Ridgewater Energy and CAB, budgeting and income maximization and 'warmth packs'.
BH1 – Boscombe Salvation Army	Boscombe	£7,250.00	Families 100 Older people 25 Disabled 375 Vulnerable	500	12	Free meals at BH1 and distribution of warm blankets.
Bournemouth Churches Housing Association	Bournemouth	£6,000.00	215 Families 12 Older people Disabled 5 Vulnerable	232	19	Supermarket vouchers and household essentials such as blankets, clothing, flasks, sanitary products, and energy efficiency measures.
Bournemouth Community Church	Bournemouth	£8,500.00	900 Families 40 Older people 340 Vulnerable	1280	12	Butcher and Greengrocer vouchers provided for those in need.

Bournemouth Foodbank	Boscombe	£12,071.43	420 Families Older people Disabled 533 Vulnerable	953	50	Food stock for the foodbank.
Christchurch Foodbank	Christchurch	£12,071.43	450 Families 180 Older people Disabled 120 Vulnerable	750	61	Supporting cooking on a budget workshops, and food parcels for families in need .
East Dorset and Purbeck Citizens Advice	Poole Town	£5,000.00	48 Families 95 Older people 39 Disabilities 50 Vulnerable	232	39	Warm packs and heated blankets for distribution at energy advice sessions.
Faithworks Wessex	Across BCP	£8,149.00	15 Families 9 Older people 4 Disabled 41 Vulnerable	69	25	Contribution to Community Money Advice service.
Grounded Community	Boscombe, Bournemouth	£8,498.80	273 Families 41 Older people 195 Disabled 273 Vulnerable	782	45	The funding will be used to support our transition from a Community Fridge/Food Box Scheme to a Community Pantry.
HealthBus Trust	Bournemouth Town Centre	£4,250.00	4 Older people 143 Vulnerable	147	4	Provision of hot meals once a week at the YMCA, which will also help introduce individuals to other support services.
Home Start Wessex	BCP	£4,000.00	58 Families	58	2	Support for homeless families with children who are staying at either the Quay Foyer hostel in Poole, or Morrell House in Bournemouth – food vouchers, access to food provision and other advice & essentials.
Hope Community Church	Winton	£8,500.00	69 Families 35 Older people 21 Vulnerable	125	32	Free meals in the café for families and older people, including school holiday meals.
Hope Housing ,Training and Support Ltd	Bournemouth	£8,500.00	14 Disabled 93 Vulnerable	107	14	Starter packs containing kitchen & household essentials and warmth items, weekly cooking activities and advice on energy saving & budgeting.
Immaculate Conception and St Joseph's Church	Christchurch	£845.00	23 Families 51 Older people 13 Vulnerable	87	35	Continuation of weekly café for people suffering from poverty and loneliness.

It's All About Culture (IAAC)	Boscombe	£6,565.80	3 Families 5 Older people 10 Disabled 129 Vulnerable	147	10	Low cost or free meals at We Are Humans café, and distribution of food parcels for ethnic minority communities.
Kinson and West Howe Foodbank	Kinson and West Howe	£5,571.43	152 Families 57 Older people 38 Disabled 133 Vulnerable	380	15	Stock for the foodbank.
LOVECHURCH	Boscombe	£4,790.00	380 Families 20 Vulnerable	400	23	Fun 'n' Food during the summer holidays and Kids Breakfasts via the Love Your Neighbour Hub at St Swithun's church.
Poole Communities Trust	Poole	£12,071.43	1070 Families 535 Older people 802 Disabled 268 Vulnerable	2675	24	Food stock for foodstores in Bourne and Turlin Moor.
Poole Foodbank	Poole	£12,071.43	2625 Families Older people Disabled 997 Vulnerable	3622	55	Food stock and energy saving equipment for households in most need, plus community cooking groups.
Poole Waste Not Want Not	Poole and the BCP area	£11,745.43	377 Families 330 Older people Disabled 235 Vulnerable	942	32	Food stock and energy saving equipment for households in most need
PramaLife	Bournemouth and Poole	£4,700.00	100 Older people 28 Vulnerable	128	18	Lunch clubs in various locations for older people.
Recreate Dorset	Boscombe	£4,951.42	35 Older people 7 Disabled 17 Vulnerable	59	6	Support for Community Mondays offering a hot meal and social activities.
Safe and Sound Dorset	Bournemouth	£8,500.00	10 Families 30 Older people 25 Disabled 85 Vulnerable	150	36	Food served at support sessions, plus distribution of food vouchers, cooking equipment and warmth items.
Salvation Army - Winton	Winton	£7,250.00	54 Families 80 Older people 3 Disabled 13 Vulnerable	150	25	Subsidised meals for families after school and free meals during school holidays.

Samee	Bournemouth, Christchurch and Poole	£7,860.00	10 Disabled	10	2	Support programme for 10 unemployed disabled people - mentoring, life skills, personal budgeting and employability support. With free meals.
Somerford ARC Community Centre	Somerford and Wider Christchurch	£1,462.00	45 Families 15 Older people 30 Vulnerable	100	3	To support Breakfast Hub, offered for a wide range of residents, and also offering wrap around support to address wider needs.
Somerford Youth & Community Centre	Somerford	£12,071.42	500 Families 100 Older people 40 Disabled	640	4	Food stock and household essentials for Food Pantry.
Southbourne Food Bank	Southbourne	£4,810.00	51 Families 21 Older people Disabled 103 Vulnerable	175	15	Meals in a bag, cooking equipment (slow cookers & air fryers), vouchers for a local café, vouchers for the local fruit and veg shop.
Townsend Community Association	Townsend	£6,728.00	248 Families 137 Older people 165 Vulnerable	550	30	Stock & expenses for community Fridge; provision of meals, volunteer training, welcome space costs. Trips with food for older people, cooking equipment workshops with Friendly Food Club.
Townsend Youth Partnership	Bournemouth	£6,499.15	106 Families	106	4	Working with Friendly Food Club we will provide cooking workshops, free ingredients, community meals, cooking equipment and Cookboxes to young people from low income households.
West Howe Community Enterprises	West Howe	£7,716.83	400 Families 50 Older people 10 Disabled 10 Vulnerable	470	10	Replacement oven, community meals, and a community led Fun Day.
TOTAL		£225,000		16,131 beneficiaries	666 volunteers	

Thanks to Dorset Community Foundation and BCP Council

"Thank you - being able to use this funding to enhance and develop our work with young people, their families and the wider community in an area where there are so many needs, is hugely important. People find their own solutions to problems if they have the breathing space and their basic needs such as food, warmth and companionship are met. We are so grateful for your support." AIM Community

"There is a resounding thanks for the grant as people lives were impacted on such a positive scale... hopefully there will be additional funding in the near future." BCHA

"We are so thankful for the awarding of this grant...it's making real impacts in our local community and raising awareness of issues surrounding poverty." Bournemouth Community Church

"Our involvement with you is always positive, Ellie is always happy to help and we are so grateful. Thank you" Christchurch Foodbank

"It's always encouraging to receive a grant, especially for CMA which remains a difficult project to fund." Faithworks Wessex

"We deeply value and appreciate the funding and support from Dorset Community Foundation. Their generosity has enabled us to provide essential meals, healthcare, and support services to vulnerable individuals, making a significant impact on their well-being and helping us foster a sense of community and dignity among those we serve." Healthbus Trust

"Excellent support from the Grants Manager" Hope Community Church

"We are very grateful for the support we received and the massive difference it has made in our community." Hope Housing, Training & Support

"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 embed the Community Cafe, in order to help everyone, whatever their needs and personal circumstances. Thank you again and again" Immaculate Conception and St Joseph's Church

"We are incredibly grateful for the financial support that you have given us. Without your support we would not be able to do what we do." Kinson & West Howe Foodbank

"Thank you very much for granting this funding which has allowed us to continue supporting local children and families. As it's clear the families do too... particularly in the summer holidays." Lovechurch

"This grant is greatly appreciated and really does make a huge difference to a lot of people within the communities that we work, thank you." Poole Communities Trust

"We are incredibly grateful for the funding and the support that allowed us to run the Summer Family fun events. With your support, we provided a safe, inclusive, and educational space for families to enjoy the summer, while equipping them with valuable life skills. Our efforts to support healthier eating habits, reduce stress, and offer an inclusive community have made a lasting impact, and we look forward to continuing this work in the future. You are all amazing, we look forward to seeing you soon." Poole Waste Not Want Not

"We continue to be grateful for all funding opportunities that we are able to utilise to support our ongoing work with older people, carers and communities to reduce isolation, and enable signposting, support and activities." PramaLife

"These grants sustain this community and they are not just helpful but invaluable for those who are disadvantaged. Thank you for the continuing support." Safe and Sound Dorset

"An easy process to work to and we are very grateful for the funding support to our work." Townsend Youth Partnership

"Thank you once again for the support you have given us as a charity and the wider community of West Howe." West Howe Community Enterprises

AIM Community

Funded activities

From July 1st to 30th September we provided hot meals, drinks and community cooking at our AIM Community hub, with sign posting and opportunities for support on benefits and budgeting, creative and social activity to combat loneliness on week days. We offered a targeted weekly drop in 'The Point' for young people and their families from West Howe, East Howe and Kinson to access professional youth work, occupational therapy practitioners and other agencies. Our AIM Fit team members introduced topics and activities to improve mental health, wellbeing and nutrition. Each session lasted 3 hours and was well attended. We created 'warmth packs' for 30 families in need, consisting of things like electric blankets, air fryers, warm clothing, hot water bottles, household cleaning products (tackling mould), health and hygiene products and vouchers for food – to be distributed in November. We held an "AIMFest" in July and 5 other engagement events throughout the summer offering a warm, welcoming space, hot meal, creative activities as well as accessing practical support and friendship.

Outcomes

The events have brought young people, families and members of the wider community together to share food together, make important connections, access support and advice if needed and have their confidence boosted through creative activities in a safe community space. Preparing and sharing food together is a crucial part of building those relationships. *"One young person that has attended only a few Starfish Mentoring sessions attended AIMFest and brought along his family to the event. This young person was very isolated and was not interacting with a lot of other young people. Attending this event and feeling comfortable to bring their family is a testament of how far in a short time their confidence has risen."* We have had a number of families signposted to us from the local BCP Family Hub, who were looking for a place for positive activities with their children. Parents & Carers have greatly benefited from having a friendly welcome, access to free hot drinks and positive role models interacting with their children as well as having opportunities to be creative with their young ones. Our time of a shared hot meal has also been a welcomed time of socialising and one less dinner to worry about making during the week. Access to information and advice to maximise their incomes, cut their energy bills and get a 'warmth pack' will be invaluable in preparing families for the winter months.

Stories of change

Through the support on offer at The Point, a young person with an eating disorder was encouraged and supported to try different foods. With continued encouragement, L then went on to become a volunteer at the project which also includes the preparation and serving of food. This has caused a massive shift in her confidence and increased her awareness about food and reduced her concerns. L is now undertaking a food hygiene certificate level 2. This was never a possibility for her if she had not accessed this project.

Sustainability

We have funding for 'The Point' Project until the end of December 2024. We will be applying for further funding as a 'warm space'.

BH1 - Boscombe Salvation Army

Funded activities

50 to 70 people come to BH1 every day and a high number are not eating well. We provide a £1 lunch for those who are street homeless, living in poverty and/or those struggling with debt to ensure that they can eat well. We have been able to provide nutritious meat, vegetables and fruit for those that come and also helped with warm heated blankets to help keep them warm and a grant to support with their energy costs. Being able to provide well balanced nutritious meals with fresh fruit and vegetables has been such a privilege.

Outcomes

The grant has made such a difference to the lives of those who have attended BH1. Increased resilience, ability to organise and move forward with their lives. Health and wellbeing has been improved so that they have more confidence and self esteem to deal with things such as housing, debts and benefits with our support. To see the faces of those who we have helped with good food, grants for utility bills, warm blankets to help them as the weather has got colder, this grant has made such a difference to so many lives. It would not have been possible to provide the quality of food to those we have served without this grant. Fresh meat, fresh fruit and vegetables.



Stories of change

One man came to see me and he was very stressed about his food and bills. We gave him a meal, a warm blanket and a grant towards his heating. He went away a completely different person, he appreciated being listened too and his sense of well being improved as a result of the extra support we were able to give him. He had a family and was so worried about supporting them and keeping his home warm.

One gentleman has been on the streets for many months, during this time he has been so grateful that he could come to BH1 and get nutritious health food, meals including breakfast. Warm showers and clothes made such a difference to him. He has recently moved into his own accommodation and was so happy to receive a warm blanket and items for his new home. He continues to come to BH1 to meet with other people and to enjoy the nutritious. He often says how grateful he is for the help and support that he has received from BH1 during his time on the streets.

Sustainability

We depend on donations from people in the community who want to support the work that we do.

Bournemouth Churches Housing Association

Funded activities

Most of the clients who accessed the grant were affected by cost of living crisis, debt, recovery due to Domestic abuse which impacted their finances, benefit sanctions, physical health crisis. All clients used the funding for food and groceries.

Outcomes

Most of our clients are unable to feed their families. The grant was used for food items and were specifically spent on ensuring their families could have dinner. There were a few who said they were able to buy new school clothes for their children and fresh produce like milk, vegetables and fruit. They would not have been able to do so if they didn't have the grant funding. Some clients cried as they had so much anxiety around their finances. Children were able to have fresh fruit and vegetables. We also have some over 60 clients who were able to use the grant for basic necessities and food.

Many of our clients were overwhelmed with gratitude, which really highlighted the seriousness of the poverty issues that many of our clients and their families are faced with. There is a resounding thanks for the grant as people's lives were impacted on such a positive scale. One lady had no words to express her gratitude, she just cried. The concern is during the winter months, cost of living increases significantly and families generally struggle.

Some comments we had from children.

"Mummy bought our favorite juice and we also had cheese."

"I have a new soft blankie to keep me warm at night."

"We had chicken casserole which we haven't been able to have for ages."

Stories of change

C was very recently referred into BCHA Mental Health Floating Support Service after her and her family were made homeless and were living in emergency accommodation placed by the council. C has a 4 year old and a new born and was struggling financially as well as being made homeless, which was having a detrimental effect on her wellbeing. We are yet to start supporting them but have provided some support via a food and warmth voucher and some advice to help her in the meantime. Voucher used for food and some items she needed for the baby to help her manage while in temporary accommodation. She was so grateful and explained *"you don't understand how much this means to me and helps me thank you so much"*.

Sustainability

Not continuing currently but we will try to access other grants. We have also signposted our clients to local community fridges and foodbanks.

Bournemouth Community Church

Funded activities

Vouchers given to Foodbank clients and Munch - families to enable access to fresh meat or fruit and vegetables from our local shops.

Outcomes

This grant enables our clients/ families to access fresh food, aside from the ambient food normally given in a standard food parcel. It offers choice and dignity in what is often a crisis situation, and can help to empower people to move forward. It also forges great links within our local community, and helps to support our small businesses.

Stories of change

"I was lucky enough to have veg vouchers one week and meat the following week... the people in the shops are so lovely and the butcher really helpful about how to get the most for my money. I have found these vouchers, alongside the meeting with the Citizens Advice person, have moved me forward in terms of budgeting. Once I'm back on my feet again, I think I'll try and volunteer in a food setting and try to give back."

"You don't know the difference it has made, being able to buy some proper meat from the butcher. To give my children some fresh meat in their diet makes me feel like my children are getting fed well... I feel better as a mum because of this. We have such difficult choices to make about money, paying heating bills and all the things for the children, clothing etc... this has felt like a treat. Thanks so much"

Sustainability

Not continuing currently

Bournemouth Foodbank

Funded activities

With some additional funding, we used the grant for a large order of food which was received on site on 23 July. The order was worth 15k in total which we weighed in as 9.5 tonnes of food. Our warehouse manager was able to target the items we were in most need of, and ensure we were able to sustain our food parcels over the summer holiday period, which including a 'non essential treat' in each parcel. Using the calculation that a single person food parcel weighs 10kg, we can roughly say that the full delivery will feed 953 people.

Outcomes

We estimate will continue to see an increase of around 14% every year. The food we were able to purchase ensures that all individuals in food poverty have a quality and equality of essential food at a time of crisis or financial hardship. When clients attend one of our 5 hubs to collect a parcel, they are also met with trained volunteers and support staff who offer income maximisation advice, energy advice, and financial inclusion work to try to break down the cause of food poverty. Our aim is always to remain an emergency service, and not one where people depend on our food parcels. The grant allowed for us to ensure parcels had specific products to help families over the school summer holidays which we often take for granted such as ketchup, cake bars, and lunchbox essentials.

Stories of change

"I come to the church quite a lot. I get a lot of food bank vouchers because I struggle with coping... Honestly, they're great. They help with all sorts of things. They've got loads of information. They help a lot of people. I'd be grateful if you could keep this open. I'm in a B&B. All they give you is breakfast in the morning... by lunchtime I'm struggling. I only get paid once a month. I don't get paid a lot of money. I struggle all the time. Without the Foodbank, I don't know what I'd do, I don't. It's not just me, there's a lot of people - there's a lot of support here."

Sustainability

We still have a surplus of food in stock from this delivery.



Christchurch Foodbank

Funded activities

The Grant was used for School Holiday hunger parcels, family food for our 'Fun for families day', providing hot meals for those isolated and lonely at our community supper evenings and for fresh veg, meat and dairy for our Foodbank visitors and for family cookery workshops.

Outcomes

Feedback about the Fun for Families day was so positive and it was wonderful to be able to add a picnic food bag for each family. Feedback from family cookery workshops was also positive, with parents and children cooking and learning together. A family who came to the Cookery workshop feedback that their child was a fussy eater and yet because they made the food, they were proud of it, they wanted to eat it and they loved it, and were willing to try other new foods. The community supper is all about community and bringing people together over food, every age, background and situation. It brings the isolated and lonely together, building confidence, relationships and bringing encouragement and hope. Our school Holiday hunger packs are always a valuable part of our service during the holidays. Demographically things have changed, with 51% still only coming for one parcel to help them out of their crisis and 42% being families and individuals that are in employment.

Stories of change

The School holiday hunger parcels: we have a single Dad who works full time while the boys are at school and in the 6 week summer holiday he has to stop work to look after the boys as he has no family. The school holiday hunger parcels provided his family with food throughout the holidays. Being self employed he can not claim UC or any extra help in the holidays and also does not earn. He said without the Foodbank he doesn't know how he would feed his family, he really appreciated the extra fruit and veg, dairy and meat and toiletries and the boys made us a thank you card. It's a life saving service, preventing him going in to debt or causing him stress.

Sustainability

Asking funders, grant providers, local communities to continue donating and supporting the work we do

East Dorset and Purbeck Citizens Advice

Funded activities

We purchased premium "Winter Packs" which included; thermal hat/gloves/socks, a blanket, a covered hot water bottle and a thermos cup in a handy bag. These were issued by our Energy Team giving initial energy advice and signposting.

Outcomes

Whilst giving out the "Prepare for Winter Warm Packs" we had energy advisers engage the resident in some basic energy advice, giving details of the Priority Service Register, the Energy Unit for Dorset & BCP, LEAP signposting residents to their local Citizens Advice to encourage benefit checks; to ensure residents were maximising their income and so they knew where to get further advice regarding energy costs. This access to help and practical items has a positive impact on the mental and physical health of residents. Being able to offer immediate energy advice has allowed information about relevant services to reach communities who were not aware of the support available. This will be spoken about within the community and helps to remind both residents and partner organisations about our service.

Stories of change

After seeing a resident at the Rossmore Food Larder who was struggling with energy costs and worried with how they would manage in the winter, the winter pack was gratefully received and the client was given initial energy advice support while at the food larder and referred into the Energy Team for



Dorset & BCP. A follow up call was completed and full energy advice was given, this included using a timer for the immersion heater rather than keeping this on all day and night which was causing a large expense for the client. A benefit check was completed and we were able to signpost the client to the Household Support Fund for BCP residents, and will help with an application once it re-opens. We made a referral to LEAP to review possible energy saving devices being supplied to the client and completed a benefit check.

We spoke to a client at Christchurch who lives alone and has health conditions, who was worried about winter fuel costs. We were able to issue them a warm pack immediately. The client did not have use of a computer/internet and limited access on their mobile phone so we offered a referral into the Energy Team to help with online applications for the Priority Service Register (PSR) held with utility suppliers, and to check about the Winter Fuel Payment, plus a benefits check to maximise income. This client did not have a CO monitor so this will also be supplied to her with CO poisoning awareness advice. A full Energy advice session was completed and the energy adviser is reviewing possible grants for the client to help keep them warm over the winter months.

Sustainability

We will be reviewing possible avenues of charitable funding to help promote Fuel Poverty Awareness Day across the whole of Dorset and BCP.

Faithworks Wessex

Funded activities

This grant was used to pay for debt advisers and enabled us to increase the number of debt advice appointments we can offer each week. We have been able to extend our CMA availability in two locations by staying open beyond the food bank opening times and we have been able to increase the number of volunteers with expertise in carrying out income maximisation and benefit checks. We work with people for as long as it takes to find the best debt solution for each individual, which includes liaising with creditors to agree repayment terms.

Outcomes

We know that simply providing food to beneficiaries is unlikely to resolve things for the 55% of people need to use our foodbanks for more than one or two visits. Finding an appropriate debt solution can be transformational, not just for the individual but for the whole household and in some cases for the wider family too. It increases confidence, self esteem, energy, a sense of agency, it can improve mental health and a desire to get other parts of life back on track too.

Stories of change

"I have been a client since when I had an aggressive brain disease at 60 and had to retire early without any financial means of support. During a 4 year illness, I was mentally incompetent, leaving my wife to deal with continually growing debts, including arrears with our mortgage, council tax, water charges, utility bills and several credit cards, together with ensuing legal actions. With our world having fallen apart, our debt adviser provided me with the belief that there was a way through our disaster. Her knowledge of regulations and grants available to us and how to claim them, together with suggestions regarding creditors' legal actions, has enabled us to steadily recover. I should also like to thank our debt adviser for her constant friendship and understanding, never judging and giving me the peace of mind that whatever new problem develops, I can be sure that she will help me take the right positive action."

CMA supported S who had a small amount of debt and a history of poor mental health. And because of his poor mental health they found it incredibly hard to open letters, make or receive phone calls, meet or trust people. So, after several false starts we were finally able to persuade S to meet with a very

experienced adviser, at a place of his choosing to initially 'tell their story'. After months of patience and careful work a sustainable debt solution was reached, the risk of losing his accommodation was avoided and the fear of opening letters and answering the phone was overcome.

Sustainability

Faithworks will continue to seek to increase the number of regular donors to the work of CMA as well as apply to grant making trusts.

Grounded Community

Funded activities

Funding was spent on contributions to the salary of our Project Lead, and full salary for our Project Assistant (Pantry) and Project Assistant (Gatherers). We purchase capital items as detailed in our application; ePOS and iPad, triple glass door commercial fridge and freezer, installed all shelving, bulk ordered food containers. We were unable to cover the FareShare membership due to their waiting list, so we reallocated this part of the grant to purchase a larger freezer.

Outcomes

Our new 'farm shop' style pantry, which opened on 1st Oct 2024, has provided our beneficiaries with a welcoming, and accessible space where they have more autonomy over food choices, a better experience, an opportunities to learn food growing and food preparation skills. The space is now a place for people to connect with each other and has allowed us to engage with people and offer suggestions on how to use different produce, plan meals and help with budgeting. It is helping us to bring people together, promote community cohesion, building resilience and reducing isolation. The space has had a hugely positive impact on our staff and volunteers as the new pantry concept has allowed them more time to promote social interaction and support our beneficiaries with their shopping choices. Our volunteer delivery drivers have also benefited from the new ease of access layout improving the efficiency of our supermarket collections and drop off areas. The space us allowed our Grounded Gatherers a place to showcase their produce made from gluts of surplus food and our weekly foraging sessions. It has opened new opportunities where we will soon be piloting a collaboration with a local hotel to provide pre prepared high quality frozen meals from food surplus. These meals will be suitable for people that do not have the access to the equipment and funds needed to prepare well-balanced quality food. The refurbishment of the space has also allowed us to create a new bread & pastries collection service where, in addition to our daily 'pantry pick' service, we are supporting an additional 30 people per day by distributing large gluts of bread.

Stories of change

We had a number of joyful volunteers, including recipients of food boxes, who stepped up to help us create this brand new space & demonstrate the power of community support. When we re-opened our doors, now known as The Pantry we were greeted with so many happy faces and positive comments; everyone enjoyed being welcomed to the beautiful new layout and our volunteers were able to relax and chat, as they browsed the shelves and fridges to select their 10 items per household. Those struggling to meet the costs of living can sign up for a "Pantry Pick" by completing our form and visiting The Pantry at the entrance to St George's Church on 118 Haviland Rd from 11am Monday to Friday. This project really has been a labour of love, set up in partnership with our local community, and truly demonstrates that 'together we can grow'.



Sustainability

Our newly created pantry will operate with minimal overheads now that the space has been established. We are now better positioned to maximise the quantity of food we can collect and redistribute; make that food go further and extend shelf life. The Pantry shop will also provide our main point of sale for our produce and self-funding and enterprising opportunities. Salaries for the coming year will be part funded by multiyear grants we have secured from Lottery and Talbot Village Trust.

Healthbus Trust

Funded activities

We provided 428 weekly nutritious & hot meals to rough sleepers and vulnerable individuals over a period of 13 weeks in partnership with the YMCA. We created a welcoming environment where individuals could sit down and enjoy their food. Alongside the meals, we offered weekly health drop-in sessions, providing access to essential healthcare, mental health support, and addiction services. Additionally, we facilitated access to hygiene services, including showers and laundry, in collaboration with Faithworks. These activities helped address both the immediate and long-term wellbeing of those in need.

Outcomes

Many individuals have commented on the exceptional quality of the food provided, expressing gratitude for the fresh, nutritious meals served at the YMCA, which have had a positive impact on their health. A key success of the program has been the early engagement of patients with health services. Normally, many homeless individuals wait until their conditions become critical before seeking help. However, thanks to the regular health drop-in sessions offered alongside the meals, patients have felt encouraged to ask for support earlier, which has helped to address health issues before they worsen. Patients have shared their appreciation for the welcoming and kind environment created by HealthBus volunteers and YMCA staff, making them feel valued and respected, breaking the sense of isolation often experienced by rough sleepers. Importantly, the program has given people the chance to feel "normal," as they are able to sit down for a meal at a table rather than eating from a takeaway tub. This small but meaningful gesture has been profoundly impactful in restoring dignity.

Stories of change

Tom, a long-term rough sleeper, shared that since becoming homeless, he often feels invisible and undervalued. In his experience, people usually hand him food and quickly walk away without engaging, which reinforces his sense of isolation. However, at the HealthBus lunches, Tom feels a marked difference. He is treated with respect, seated at a table with proper cutlery, and given the chance to engage with others. This experience has restored some of his self-worth and confidence. Talking with peers and the charity team during meals provides him with a rare opportunity for human interaction and emotional support, giving him a sense of hope that was previously lacking. Tom described how life on the streets strips away confidence and self-worth, making it difficult to even contemplate self-care or recovery. He compared the challenge of regaining control over his life to climbing Everest. However, the weekly lunches have become more than just a meal for him - they represent a starting point for change. With regular support and the opportunity to feel "normal," Tom is slowly rebuilding his belief in himself and his ability to look after his own well-being.

For Jess, a patient who struggles with homelessness and physical health issues, the HealthBus lunches are the only time during the week when she gets a hot meal. She describes the food as excellent, and the kindness of the staff and volunteers as uplifting. Each week, Jess not only enjoys a meal, but also receives medical care, including wound dressing. More importantly, Jess has formed genuine friendships through these lunches. She often brings other vulnerable women along, helping to extend the community's support network. This has helped improve their physical and mental health, while also fostering a stronger sense of safety and community.

Sustainability

The project will continue beyond this grant thanks to additional funding secured from the Better Community Business Network, continuing of the community meals at the YMCA from October 2024 to January 2025.

Home Start Wessex

Funded activities

This grant funded the delivery of weekly group sessions held on-site at Quay Foyer in Poole and Morrell House in Poole. All families are there due to becoming homeless and are awaiting permanent housing. Each week our trained worker Lucy and a trained volunteer visited each hostel and ran a 2-hour drop in group. Every week Lucy door knocks to remind parents the group is on that day and encourages them to join whilst getting to know them individually. Over time a relationship of trust has been created. At these groups Lucy provides both emotional support to reduce stress/build resilience and cope with effects of cost-of-living crisis, and practical help with: a) issuing food vouchers, b) help to access food sources, c) making referrals for clothing/baby bundles, d) help with housing applications & accessing grants/ benefits, e) sharing donations of nappies/baby formula, f) developing skills in managing budgets/shopping/cooking cheaply, g) signposting to specialists. Peer support was encouraged amongst parents, and group led discussion on common issues the families were facing, so they could support each other and increase their connections outside the group. For the children, fun activities were provided.

Outcomes

We have helped to: • Reduce stress and pressure on parents caused by them being homeless, and struggling with the cost-of living increases. • Improve parental/child mental health and physical wellbeing. • Increase resilience. • family relationship/attachments have been strengthened through play together, taking part in fun activities to aid child mental wellbeing, development, and social skills. • Increase skills in budgeting and how to plan/shop/cook healthy family meals on a budget • Increase access to grants & benefits families didn't know they were entitled to. • Supported them with navigating the complicated housing register. • Access essential supplies including food, nappies and baby milk via donations and food bank vouchers.

Stories of change

A Mum aged 20 is living at Quay Foyer in Poole with her baby daughter. Mum is a lone parent who found herself homeless. There is a history of domestic abuse which has greatly affected mum's mental wellbeing and confidence, and she had become quite isolated. She is a young mum so feels anxious about attending routine baby groups locally and doesn't have any close family or friends nearby. The situation is quite bleak for mum and her baby as they await permanent housing. Lucy offered tools and techniques to support both mental and physical wellbeing and vital practical help issuing food bank vouchers and increasing mums' knowledge locally of where she can access food banks/pantries. There was additional financial support she didn't know she could access, so Lucy helped with completing forms. Navigating the BCP housing register is overwhelming, so Lucy offered support with this. Lucy has been working with Mum to increase parenting skills and confidence to go outside and access other local activities like the local park.

Sustainability

We have an income generation plan which includes diversifying our income streams. We fundraise through business partnerships, online and at events.

Hope Community Church

Funded activities

Free meals in community café for people on low incomes, weekly after school meals for children, school holiday meals for children plus a parent. The community bbq did not go ahead due to weather and volunteer sickness. After discussion with the grant manager we used the earmarked bbq funds for the supply of winter warmth kits - heated throws, winter coats for children etc, and supermarket food vouchers provided to people in the most need.

Outcomes

Without this grant we would have had to severely restrict our food and other forms of cost of living support. Over the summer holidays this would have meant children & mums going without food and increased isolation due to the inability to afford going out. Our activities meet not just a need for food support but also help with providing social activities for families and individuals. We have a regular clientele of individuals struggling with cost of living through disability or low income especially those over 65. The grant has helped people in the following ways - access to free meals , reduced loneliness, identifying those in need of winter warmth support and onward referrals for energy saving reviews and referrals for other forms of support (benefits advice, debt advice etc). We have also been able to assist clients to apply for bus passes and council tax relief.

Stories of change

X, a young mum with a very poorly child unable to attend school found our food and community support invaluable. Coming to the hub daily during term time & some of the holidays they were able to access free cooked meals, the child had toys and activities to entertain her and mum had adults to chat to and give her support. It helped her to get out of her 4 walls and make a change from the months living in hospital, improving her mental health.

Y a Muslim lady with a pre school child has been finding life lonely and finances challenging . Coming to the hub for meals enabled her child to access toys & activities and make friends and for mum to have companionship and improve her English. She has now volunteered at the hub whilst her child is at nursery. She hopes to gain better language skills and qualifications to enable her to access employment when her visa permits.

Z is a partially sighted pensioner who has suffered from isolation since retiring. As well as accessing free meals at the hub we have been able to create a volunteer role for him that meets his disability. It has been wonderful to see him flourish and enjoy being part of the community and to give back to it.

Sustainability

We have secured a small grant that will enable us to continue to provide some free meals at the cafe during warm space opening hours over the next few months but the free food offering will be restricted to homemade soup & a roll (whilst funds last) and hot drinks. Weekly meals for school children will continue for the time being but with cheaper ingredients and less treats. School holiday meals will not continue without further funding which is being sought.

Hope Housing, Training & Support

Funded activities

We now have a qualified cook, who runs weekly cooking classes for residents every Wednesday. She teaches essential skills like nutrition, cooking from scratch, and batch cooking. Residents rotate through four workstations learning hands-on techniques, and we also accompany them to the supermarket, offering tips on food purchasing and label reading. We have also hosted fun events, such as BBQs. Each new resident receives a welcome pack containing fresh bedding, toiletries, towels, and basic kitchen essentials. These packs are waiting in their rooms on arrival, making their space feel more like home. Our weekly life skills

program is now a compulsory four-week course for new tenants, covering home health and safety, tenancy sustainability, basic DIY skills, budgeting, and financial management, equipping them with practical tools to maintain stable housing and independence. A dedicated volunteer also meets with residents to explore volunteering and educational opportunities, assisting with contacts and collaborating with employers.

In partnership with Citizens Advice we support residents in reducing or eliminating debt. While we've liaised with BCP Council for residents who may be eligible for the rent deposit scheme, most have either been denied or received insufficient funds for the current rental market. To bridge this gap, our move-on fund assists residents with the financial costs of moving and provides up to nine months of follow-up support to help them transition smoothly.

Outcomes

The residents have realised cooking is not a burden but can be fun. It's a way to form friendships within the properties and a way of batch cooking to reduce food costs and joining with others to make a larger meal which can then be shared. One particular resident who has great anxiety and cannot manage more than three in a room, has gradually moved from standing in the doorway to really joining in. Residents have swapped skills that educate each other. The welcome pack is a small but impactful gesture and immediately makes residents feel at home. Our support team greets them upon arrival, showing them around and introducing them to Hope Housing's community.

Stories of change

The SEN young adults that have attended Hope have been inspirational when you consider the difficulties they have to overcome just to come out into the workplace. We have seen them transform through the process of volunteering with us and it has encouraged them that there is a job for them out there and they are more capable than they thought. One young man would not look at us when he arrived and was always head down and said very little. We have since become good friends with him and request a smile from him every time he arrives. He now chats away with staff and volunteers and has shown a great interest in Music. He has also volunteered at our Charity shop and is learning to work the till, talking to customers etc.

Sustainability

Continuing fundraising and grant applications.

Immaculate Conception and St Joseph's Church

Funded activities

Our weekly two hour sessions incorporating lunches, refreshments, activities and a chance to get together with others in a warm space, have alleviated loneliness for many. The Community Café has developed into a Friendship Group, which attracts isolated people wanting company, and will continue. We work with the Food Bank, Christchurch Community Partnership, and Christchurch Support Kabin, who refer clients and advertise our facility. Guests also include neighbours, church members, local families, medical centre patients and others through the Warm Space website. We have offered soups, sandwiches, cakes, (all homemade) with tea, coffee, biscuits and fruit. Newspapers and magazines, and a range of activities including jigsaws, children's toys, knit and natter, crafts, puzzles, table tennis etc. were provided and adapted according to popularity. Through the Food Bank, we have access to food referrals, household goods, furniture, clothing and other support services. We often take guests to the Food Bank and introduce them. We also provided packed food to take home.

Outcomes

People leave happier than when they arrive, as there is an incredibly welcoming and warm atmosphere generated by all the volunteers. We have shown people, from 90 year olds to toddlers, that help and support was available to brighten their lives in what can be hard and miserable times. Again and again, different guests tell us how much they enjoy the warm welcome, being in a friendship group with familiar faces, not being judged and having the opportunity to eat with others – which is a special event when you live alone or homeless.

“Heart-warming. It’s a blessing for us widows.”

“Everybody is made to feel so welcome.”

“It’s really good for people on their own.”

“The staff are marvellous and friendly and it’s lovely to come.”

One further development from the last few months, is that we have welcomed new members to our volunteer team from beyond the Church community. Volunteers have commented on how life affirming it has been to meet and work with so many new people, to feel involved and have their suggestions valued.

Stories of change

One lady needed Food Bank services but was too shy to go. So we accompanied her and she got all sorts of help, including financial, and of course, a food package. Tracy Blick – Food Bank Manager said *“Thank you for all you do... The café is appreciated by all those who use it while coming to the Food Bank. We have individuals and families who specifically come on a Thursday so they can come over to the Café and have some company over a lovely lunch.”*

One gentleman, known locally as being grumpy, and only ever moaning about his health, is transformed. He comes most weeks, spends time chatting and laughing with others and said "it is very good here, staff are kind and people spoil me when I come".

One lady spent nights on a park bench when she wasn’t able to cat-sit for a friend when the friend was away. Her nearest family was in Swindon. She was exhausted through not sleeping well. We let her doze on a chair, and gave her lunch and treats, including some to take away. But the most important thing for this lady was the company – someone to talk to – she says she didn’t have that when she was sleeping on the park bench. In July, she fell off her bike and came into the café with a very bruised and swollen face. She keeps returning because of the people to speak to, as well as the lunch.

Sustainability

This initiative has been so popular among guests and volunteers that we have received donations, both in cash and food, to keep us going to the end of the year.

It’s All About Culture (IAAC)

Funded activities

Pepper pot Social - feeding the community a Caribbean meal at a very subsidised price or free. Crafty Social - coming in to chat and have a cuppa and company. Men’s Social - board games now becoming and chat. Food Parcels, personal shop for people with special dietary requirements.

Outcomes

With your support, we are and have been able to be a beacon of light and a respite for many. The community is suffering greatly from homelessness, lack of inclusion and desperate poverty and hunger. On a weekly basis we come across many people who feel as if nobody cares for them or their circumstances. We

regularly feed the poor and needy and provide a warm safe place for them to be. We also provide a friendly ear for those who have nobody else to talk to. Some people have benefit problems, medical queries, employment and educational issues, anti-social and domestic issues that other organisations don't seem to have time for. Many of our volunteers are specialist trained and have been an asset and a valuable source to our work and the greater community. Without the funding, we would not have been able to host our events, support our community, or even just put a smile on peoples faces and bring them some hope.

Stories of change

To whom it may concern,
Hi my name is
Zoe Jackson. I am writing this
letter because I wanted you to know
a few things about why we appreciate
your funding and support.
You are helping real people with real
problems. I can't speak for others but
I can tell you what IAAC has done
for me. To give you some background
I came from a broken/abusive home as
a child, and because of this I was
suffering with Paranoid Schizophrenia
Post Traumatic Stress Disorder, Personality
Disorder and Depression as young as 5
years old.
As I grew into an adult, I spent
13 years of it in Medium Secure
units. And when not I was just about

Surviving from one day to the next.
The purpose of me telling you this
is because IAAC helped me.
And I will tell you why. In 2013 I
was discharged from Medium
Secure Hospital for the last 11 years
I have lived in the community.
The Residential Home I have lived in
for the past 6 years have encouraged
me to go out into the community
and socialise.
But 2 years
But I was always too scared.
Because of my past, because I was
in Medium Secure for so long, because
I felt I lacked social skills, and lack
of confidence.
But I was adamant not to socialise
in the community.

But just short of 2 years ago
I walked past the IAAC Centre.
Then another day I did the same.
The third time I ventured in
like a magnet I felt drawn to
the place.
I asked someone what did they
do here. And that was the
beginning. I was ~~auto~~ automatically
welcomed and encouraged to
speak and share.
Nearly 2 years later I am so
confident in so many ways I
can go out on my own and
not feel so scared. I can
speak up if I feel wrong is
being done.
I feel confident to have my own
opinion and not worry about being

~~judged~~ Judged.
I have made valuable friends in
IAAC. I'm happier, stronger, more
resilient, and most of all confident.
I help out in some of the
IAAC groups and participate
in most of the groups.
From being born in 1976 up until
2018 my life was really bad.
But since I moved to my new
address and then on top started
going to IAAC things are
great.
I really appreciate your funding
and support and this was the
reason why. I pray you continue
to support us or start to if you
don't already.

Mr R is an elderly gentleman who first came into IAAC during covid. He was born in the 1940s when times were very different and hadn't really experienced much in life, other than working a school teacher, which brought him much pleasure. Unfortunately for Mr R his upbringing was a tough one, and having been the sole child and raised by his father he was a product of 'children should be seen and not heard'. Mr R has never had a partner or a true friend due to his father constantly chastising him as a youngster and basically banishing him from most rooms of the house. So as you can see this must have been a dire and confusing thing to live with over the decades. Since attending our Pepperpot Social and Men's Chat, he has found friends, he has also started to attend an art group which is nothing to do with us. Even if he doesn't always stay for long due to his age and the place does get busy, which overwhelms him. It is really nice to know that we can affect people for good and we will continue to do so, as long as we can.

Sustainability

We endeavour to continue using the proceeds of our Friday Pepper pot Social, to part finance our services. We also have put various grant applications forward and have a few Fundraisers we are planning.

Kinson & West Howe Foodbank

Funded activities

The funding was spent on buying food and hygiene products to go into our emergency food parcels.

Outcomes

We rely solely on donations whether these be food or financial gifts. The demand on our service is currently at the highest it has ever been. The donations that come in weekly are gratefully received but are no longer enough to keep up with the current demand levels. Grants such as this one enables us to buy the stock that we need to continue to support numerous households within our local community.

Stories of change

J, A female in her 60's who suffers from numerous health conditions. Herself and her son have been struggling to make ends meet. We have come alongside J and been able to feed her and her son. We have also had the opportunity to signpost her to other agencies that work alongside us, such as Help & Care and Citizens Advice.

A two parent family who are currently waiting for their working tax credit to transfer over to universal credit. Once this change has been made the family will be self sufficient and no longer need our support. Being able to support families with food when they simply do not have enough to make ends meet is one of the many privileges of coming alongside our clients.

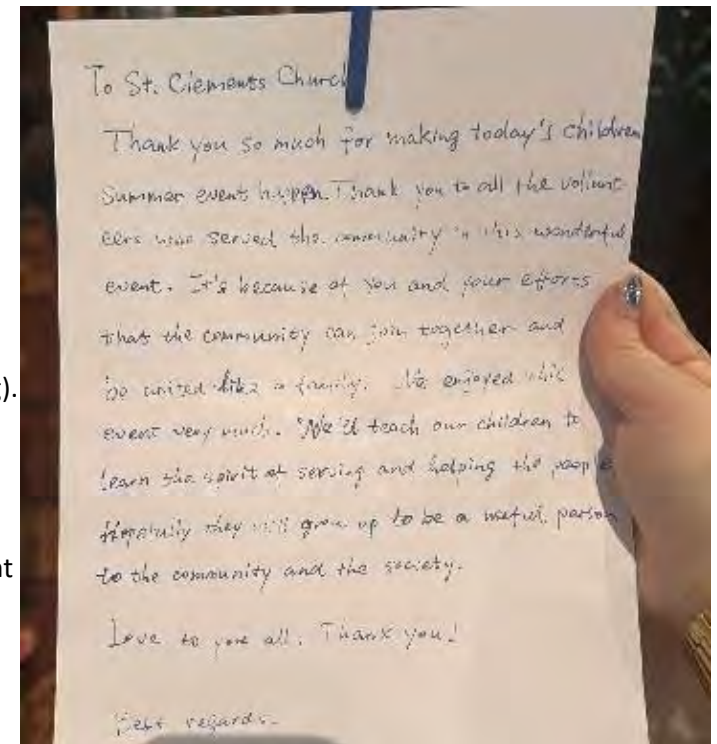
Sustainability

We will continue to rely on the generosity of the community and grants that we are able to secure.

Lovechurch

Funded activities

During the summer holidays we ran 5 Fun 'n' Food events for local families referred by the family support departments of local schools. There were 2 sessions of budget cooking lessons provided by the Friendly Food Club; one art workshop, and 2 sessions of outdoor games and other activities. A BBQ lunch was provided and a self selected bag of food to take home (majoring on fresh fruit and veg). In total food equivalent to 3730 meals were provided. 27 families attended and other households were supported through donating surplus food to Feed our Community. Kids Breakfasts ran weekly during term time providing local school children with a nutritious take away breakfast including smoothies, fruit juice, hot chocolate, fruit pots, yoghurt, cereal, bagels, brioche, croissants. These breakfasts are extremely popular and are attended by over 200 each week. In the 7 weeks of the grant period we have given out 1630 portions of food. This funding also provided training and one day a week of our LYN Hub Co-ordinator salary to co-ordinate these events.



Outcomes

Fun 'n' Food, our holiday hunger programme, is provided for children and families who struggle with the cost of living during the holidays when free school meals are not available. Cooking lessons to children and family increases skills and confidence in budget cooking. Many of the families have subsequently accessed our other support programmes, including the money course and Spear (unemployment coaching for 16-24 year olds). Families can struggle to find local free activities to take their children to during the long holidays and isolation can be an issue. Fun 'n' Food provides a safe space where children can meet, play and learn new skills, but also an environment where parents and families can connect and support each other. Many in Boscombe struggle with the cost of living and the Children's Community Breakfasts provide much needed food to those who wouldn't otherwise get breakfast. Teachers report a different atmosphere in school on the days we provide breakfast with children more able to engage in class. Many parents tell us that children are much more enthusiastic to come to school on Thursdays making their mornings easier.

Stories of change

"We come to the breakfast each week... There are a lot of children who go without breakfast and at least today they are going to school having had a good breakfast. For my daughter, this is the highlight of her week. We come to Fun 'n' Food every week - we love it. It's so good being able to sit and chat to other parents knowing that the children are happy playing"

"It's good for the kids just to be able to grab something to eat. If someone is struggling, they don't feel left out. My children love coming here. As soon as they know it's Thursday they get excited and say "It's church day!". It's brilliant because it's a community coming together."

Sustainability

Through central funding with Love Cities, fundraising activities, donations and further grants.

Poole Communities Trust

Funded activities

The grant has been spent on the store co-ordinator and for rent at the 2 community store venues on Turlin Moor and the Bourne Hub. We have also been able to continue with the warmer space/ pop up cafe at both venues. We have been able to buy food supplies as well, that customers can have at affordable prices. We have one or two customers who will 'pay it forward' if they have £3 to spare one week and ask for us to pay for a customer who may not have the money that week.

Outcomes

The 2 community food stores and warmer spaces are now a very integral part of these two communities. Knowing that we have secure funding for a solid 3 months makes a huge difference to us as an organisation, to the volunteers and of course to the customers. Many of our volunteers really appreciate being able to contribute something to the store in terms of their time as well as being grateful recipients of the service. Customers are often saying that they don't know how they would manage without the food store and with all the hype about energy prices going up again there is a lot of anxiety around the cost of food and the general cost of living.



Having the store as a regular trip in their week gives many people an opportunity to get out and chat with other local residents which they often don't do any other time of the week. The warmer space/cafe gives people the chance to be away from their own home and not have to have the heating or electricity on and enjoy some company in a relaxed environment. It is also a good opportunity to share information about other local community activities, such as the Blooming Boats, litter picks, Parks Foundation activities, adult literacy and numeracy classes. A new pastor at the church in Turlin Moore said what a fantastic opportunity this gave them to meet local residents.



Stories of change

Our oldest volunteer (D) at one of the stores is 87 and nearly every week says how glad she is that she can still contribute and do something useful. Every week she asks if we still want her to come, reassuring her that she is still making a great contribution is really important for her. She is slowing down a little but has her regular jobs (boxing up the eggs into 6's as we buy them in bulk and bagging the tea bags into smaller bags from the boxes so they go further). We have a regular tea break during the morning preparation and it is a lovely time to catch up with D and find out about her week. Her family are not very local so she is always very pleased to be able to tell us when they are visiting again and what they have been up to.

Another more recent volunteer started to volunteer with us a few weeks after his wife of many years passed away. Although he knows many of the local people having lived in the area a long time he was not having the opportunity to see them regularly. Every week we now hear him chatting with various neighbours and friends and he really does seem much happier. He says on a regular basis what a life saver this volunteering has been for him.

Sustainability

We have some grant funding for the remainder of the year for the co-ordinator salary. We also have a couple of monthly donations that help with food.

Poole Foodbank

Funded activities

We continued to offer recipe bags to our visitors, which contain fresh fruit, vegetables, meat and dairy, allowing us to promote healthy and nutritious family meal preparation. Energy saving appliances have been allocated to families. Whenever we identified visitors struggling with energy bills we encouraged them to adopt energy saving ways to cook. For example, air fryers, slow cookers, hand blenders and other accessories that support batch cooking. This has encouraged families to cook without running an expensive oven each time. We now provide a small play area for toddlers including books and a toy kitchen. We have equipped the kitchen with toastie/panini makers which enables us to offer a light lunch and opportunities to connect and chat with others. This is especially beneficial to those clients who are street homeless with limited cooking facilities and lacking contact with other people.

Outcomes

This grant has enabled us to consistently meet the increasing need for food parcels over the summer holidays. The Recipe Bags were welcomed by families wanting to spend time cooking together and teaching children these vital skills. The fact that children can now play together means more families stay for longer, get to know each other, share knowledge and encourage each other. This also gives support workers more time to have longer conversations and explore further means of support. External agencies such as BCP Family Information service, Shelter and CMA are now regularly present at Jimmy's.

Stories of change

C.H. a single diabetic man in his late 50s, suffering depression after a recent bereavement, used to access Jimmy's only for food parcels. We have encouraged him to come in for a chat and cup of tea more frequently and discovered other issues such as a gambling addiction and considerable debt. He has now been plugged into CMA debt support who are working on a Debt Relief Order for him. We are also supporting him with his application for a mobility car and he is attending the Addiction Recovery course with STAR.

R.M is a unemployed and homeless chef in his 50s, recently bereaved and suffering with isolation and anxiety. Having recently found housing through BCP council, we provided cooking equipment such as a slow cooker and small airfryer and basic utensils. He was also given the "Access to Food Partnership" Recipe Book and encouraged to try out and review these recipes. This has greatly increased his confidence and reignited his love of cooking and he will be volunteering with Jimmy's Hospitality Team providing community lunches. He has also created a CV and is applying for work in local restaurants.

Sustainability

Ongoing fundraising.

Poole Waste Not Want Not

Funded activities

Our coffee shop was a hub for creativity and learning. Children gained new skills, healthy eating, and great memories. Thanks to our dedicated volunteers who took charge along side our staff, we got active making smoothies pizzas, pasta and fruit animal shapes (allowing children to explore healthy snacks playfully). Free lunch was offered at each event - encouraging family participation in a fun environment. We managed to stock our social supermarket, providing essential items at affordable prices. We offered essential financial and energy saving advice through our drop in sessions. To relieve the financial burden of outings, we organised free days out to the beach/ park and provided 45 picnic boxes, reducing the added stress of meal planning when out. To ensure children were safe during outdoor activities, we provided 42 hats and 72 bottles of sun cream. To help families experiencing financial hardship, we distributed 52 goodie bags and provided 12 of our most vulnerable families with free energy-saving devices, alleviating the pressure of rising energy costs.

Outcomes

These offerings provided direct relief for 167 families under financial stress and helped create a more enjoyable and manageable summer for all: Families not only have fun memories but also valuable life skills and a stronger sense of community. We successfully alleviated some of the financial pressures on families and witnessed long-lasting friendships. Our coffee shop turned into a fun, messy and buzzing learning space where children showcased their culinary skills. Many even offered to help out more at home, which demonstrated the long-term impact of the skills they acquired. We have reports of healthy eating habits.

Our partnership signposting from local schools brought new faces, 9 new children joined in the fun and even went home with a free smoothie blender. Each week, we were joined by our Ukrainian families. We are proud of the long-lasting friendships we built. Our inclusive environment allowed these families to feel at home and part of our community.

We supported well-stocked shelves in our supermarket, offering essentials at affordable prices. This was particularly important for our most vulnerable families, who were dealing with the rising costs of living.

Stories of change

"I just want to say thank you for everything you've done / do for me. You listen and understand me when I feel like no one else does. You remind me daily to keep smiling, and make me laugh, my children enjoy coming to see you, you bring hope to my life when its dark and grey, I know I have your support. What I am trying to say is life isn't always easy but you have helped me through it tremendously. I appreciate everything you do for me and the community. Your amazing!"

Martin was referred to us by Poole Job Centre by his Work Coach. He had been out of work for a considerable time. PWNWN. offered Martin a volunteer role and he was thrilled and accepted the opportunity. Over several months of volunteering Martin proved his hard work, dedication, and passion for the role. His efforts did not go unnoticed, and when a paid position became available, Martin applied and was successful. This story highlights the importance of giving people a chance, where individuals can thrive

Sustainability

We are exploring multiple funding avenues to ensure long-term support for our community; grants, corporate sponsorships, promotional events.

PramaLife

Funded activities

The grant enabled us to 1) continue to provide Boscombe Lunch Club on the first and third Friday of each month. We work with a Community Catering Company to provide low cost lunches for up to 28 people. This activity provides 6 volunteering opportunities. 2) run a low cost lunch for up to 28 people In partnership with The Salvation Army in Boscombe on the second, fourth (and fifth) Friday. This is cooked by volunteers and the lunch provides 6 volunteering opportunities. Every week at this venue we open a 'warm space' from 10am, with games, quizzes and refreshments. 3) Run a low cost lunch every Monday in partnership with Bournemouth Community Church at the Life Centre in Moordown, The lunch is cooked by a Volunteer and the lunch provides 4 volunteering opportunities. 4) Continue to provide a low cost lunch club at Old Rope Walk in Poole to up to 25 people. This takes place on the second and forth Tuesday of every month. Those attending now pay £5 per person. On the first lunch club of the month the main element of a meal is provided by The Upton Cafe and we are charged £4 per portion. We provide accompanying vegetables and pudding. The second lunch club of the month is Fish and Chips.



Outcomes

The clubs mostly attract older people and their carers. We give out a lot of information and signpost people to other support, as well as intervene to act on people's behalf when necessary. A lady attending Old Rope Walk Lunch Club has received support to access services relating to Dementia, including her children attending Dementia Awareness Information sessions. We have also supported her to approach her GP for issues relating to her failed pelvic floor surgery.

Sustainability

Continued need to identify funding. Participants to contribute towards costs at lunch clubs in ORW and Boscombe. We have now got the support of a full-time Volunteer Cook to help deliver the Lunch Club on a fortnightly basis on behalf of PramaLife.

Recreate Dorset

Funded activities

We have continued to deliver our weekly free Community Mondays activities and numbers have continued to increase with a core regular group and those who drop-in when they feel well enough to do so. The Community Mondays reaches both young and old local residents. During the summer months many members of the group have got involved in the development of our community garden, with those more active being very keen to be part of this project. We have seen some positive results in supporting individual's mental health through the different activities we offer - gentle exercise, craft workshops, and one-to-one support plus the communal lunch is always a real community gathering which everyone enjoys and finds a great way to relax and build friendships.

Outcomes

We know from the feedback the service provides an essential start to the participants week. The difference it makes to everyone attending is the range of activities offered which provide positive support and helps them manage challenging health issues. They report that they feel happier and more ready to manage the rest of the week and it helps with their mental health because it is such a friendly and welcoming group. Even with such a range of ages, abilities and health issues, the common bond is a sense of support and companionship they receive amongst themselves and from our project team leading the activities. Although this started as a warm rooms project running during the winter months, because of its success and the local need for this type of space, we have continued throughout the year. We ran extra sessions over the summer months when we normally take a break as so many of this groups are quite fragile and vulnerable.

Stories of change

A joined the group when she was needing somewhere to go after dealing with domestic abuse and having to move from her home for safety. Her friend had seen the information about Community Mondays in Boscombe library and originally came with her as she was too nervous to come on her own. Initially she was overwhelmed with the activities but returned and started to feel comfortable and more able to join in and enjoyed the communal meal where she spoke to more people. The regularity of the Monday meetings have helped to give her some stability and slowly she has felt she is one of the group and now feels much stronger, and her mental health has really improved. She says Community Mondays have given her a very positive start to the week and boosted her confidence and reduced her anxiety and depression.

Sustainability

It is a priority for us to look for longer term revenue funding for this project. Our Lottery Community Project funding will be part used in the future and because we also generate income from the hire of our building and our cowork space, this all helps to subsidise the project.



Safe and Sound Dorset

Funded activities

We run up to 10 sessions a week which are warm rooms for people in BH1 area. All our sessions are accompanied by refreshments as well as therapeutic activities. Our cafe sessions are a 'warm and welcoming room' for those in our community who often cannot afford to eat cooked meals nor heat their homes adequately; including elderly people, physically and mentally disabled and those with mental and physical health issues. Women can access refreshments, hot meals and be part of a group in their community. The grant was used for small supervised cooking groups to create low cost meals which we can freeze and distribute as and when needed. During these times in the sessions together we hear how people are coping or struggling and can offer them some help towards their monthly food bill with vouchers for food and meals, and help with low cost appliances. The appliances we offer are air fryers, hot pots, slow cookers, heated airers, electric blankets, electric fleeces, warm fleeces. Ridgewater, CAB and Shelter come in to sessions to give talks on energy saving and other support.



Outcomes

We help and support about 150 women – what we offer makes a tremendous difference to peoples' ability to keep warm and reduce their bills. Our monthly meal voucher scheme is very popular as it enables women to come in to our community cafe and order off the menu. Our experienced cafe staff are purposefully picked for their life experience and skills with working within a disadvantaged community. Our sessions include a small team making community lunches twice a week, benefitting from collective eating, companionship and learning how to create inexpensive meals as well as creative activities, courses for digital upskilling, relationships and financial resilience. During our cooking sessions, we cook enough for people to take meals home for later in the week. We work together collaboratively producing multicultural meals that can be made easily in a crock pot or air fryer, integrating all ideas from the group. On Thursdays our housing group has a sit down meal included for those who are homeless, sofa surfing, in temporary or supported housing, isolated or at risk. We connect them to BCP housing, Healthbus, CAB and Shelter in a non threatening environment. We had approximately 40 referrals in a 3 month period.

Stories of change

"I have increased social contact with a wider variety of people from the wider community. I can craft, paint and enjoy music the decorations and celebrations... We can get affordable nutritious food and drink. The soup maker, blanket and heater have helped when my boiler cut out. I have gained confidence and my voice is stronger from singing, talking and certainly laughing more. The cooking at BBC has increased my hand dexterity speed and concentration. The food we produce has helped me be more interested in eating better. This has helped me lose weight and be more motivated... I have got to know other Safe and Sounders plus become friends with other customers. Being able to help out clearing tables helps me feel useful... Having somewhere where I can be upset and get support has been so helpful as my health has dealt me considerable challenges. I would otherwise be very isolated and detached from society. 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... All the encouragement and opportunities I have been given also helps my children and our family as I am a better, more capable and present mum. I have never experienced such a supportive group, so always available and compassionate. It's very emotional for me to have been sustained in such a way, especially after such a crisis in my life. I have no end of gratitude to the team that makes this happen.

Sustainability

We are constantly looking for funding as we are in such a deprived area of Bournemouth.

Salvation Army - Winton

Funded activities

We ran children's and youth groups at our cafe and used the grant to allow us to offer this free for the most part and low cost/donation only for other parts. We ran activities for older people and were able to offer them a hot meal for these. We also ran a 'Holiday At Home' event for the elderly and this was designed around a cruise ship experience together with activities, costume and our leader dressed as a cruise director! We were fully booked for this event. Our youth programme offered extra summer holiday events including themed days with food featuring as the main attraction for this. We were able to provide hot dogs, pizza and refreshment's. This was oversubscribed and therefore our youth worker held an additional event.

Outcomes

The young people who attended our groups were given time to enjoy their school holiday in a safe environment where they could also speak to the team about their daily challenges. Parents value that this takes them away from the park or places that they can be exploited. Many of these young people have additional needs and fitting in to society is a daily challenge for them. Here they feel excepted and able to be themselves. Some of the young people are part of the management of the group and therefore feed into what they want to see take place. This is giving them ownership. The attraction is always the free food! The older people groups were able to enjoy something different than their daily routine. The volunteers and our staff all valued the work and felt honored to be part of something that is helping our local community.

Stories of change

A has recently been bereaved of her husband. They did everything together and this has been a great loss for her. Her family all live away from BCP and she felt lost and lonely. A attended the Cruise day. She laughed with people, ate well and enjoyed the days activities. She said it felt so good to be with people and have company. *"It's been such a good day! I've eaten so well and really feel like I have been on holiday!"* A has started to attend the community groups here. She comes into the cafe every week for a hot meal and enjoys meeting with some of the other people who attended the event.

Sustainability

We are currently looking for other funding as we do not have the financial resources to fund our work.

Samee

Funded activities

Our 'getting ready for tomorrow' programme was a huge success running three days per week at our skills hub. The mentoring programme included work and life preparation skills to help the 10 young people enhance their independence. The funding covered the travel training and lunches in order to ensure the young people had a healthy meal and could access our programme. The total output of the programme was 1560 hours of accessible and fully inclusive activities.

Outcomes

It provided routine and stability for each young person enabling an effective structure in their lives which mirrors the transferable skills needed for the world of work. The nature of group work resulted in enhanced social skills for all 10 young people and an increase in confidence and idea sharing. In the case of 2 young people, this helped with the social isolation they were experiencing before the programme. Feedback from the young people on the programme was overall positive with several of the young people stating that they now felt employable rather than unemployable before they joined the programme.

Stories of change

EM has developed confidence in sharing his portfolio of photographic work with his peers and has taken headshots of them for their businesses. He has also visited other locations to take photographs using the new travel skills that he has. This is a significant movement forward for EM because, before the programme, he was struggling with social isolation as a NEET without, in his words, any hope for the future.

Before joining the programme LH was worried about eating in public. He is very aware of his sensory needs around food and this programme gave him the chance to make food with others in a safe environment and the confidence to eat in front of others.

Sustainability

We have a successful grant application from Tesco stronger starts grant awards which means we can provide additional support.

Somerford ARC Community Centre

Funded activities

The Breakfast Hub not only addresses the challenges of the cost-of-living crisis and food insecurity but also plays a crucial role in bridging the gap between hard-to-reach residents and essential services. The grant was spent on food, hall hire, toaster & hot plate, display trays, chopping boards and utensils.

Outcomes

By providing a warm, welcoming environment, we've built trust within the community, making it easier for residents to seek the support they need. Through this trusted space, we've connected individuals to valuable services such as housing assistance, debt advice, educational opportunities, and employment support.

Stories of change

We have been supporting a vulnerable man who was struggling both mentally and physically, as well as financially. He is on universal credit and was unable to navigate the online system or access online banking. Through our breakfast hub, we ensure he receives a free meal and one to take home each week and food vouchers when he needs them. The drop-in sessions also connected him with the household support fund and Sovereign Housing, who are working with him to find work. They have given him computer skills to access universal credit and online banking. They provided him with a mobile phone & laptop.

We are assisting a gentleman who is the primary caregiver for his disabled wife and cannot leave her unattended. We've provided takeaway breakfasts to ensure they have regular meals and connected them with the food bank for ongoing food access. We've kept the food bank informed about the family's situation, such as when their cooker broke or when they ran out of electricity twice, ensuring they received the necessary support during these times.

Sustainability

We will continue seeking funding to ensure the Breakfast Hub remains open.

Somerford Youth & Community Centre

Funded activities

We have used the funding to purchase food and non food items to give out to families who are experiencing food poverty.

Outcomes

It has helped people access food who are struggling with rising costs of living. It has helped us support more people as numbers increase of those who are turning to us for help and support.

Stories of change

We have had a few people come to us from a local homeless hostel where we are able to provide them with food which has enabled them to focus on using their money on other living costs. We have also offered support out in a few cases where the families benefit had changed or had stopped due to being reviewed which meant that they had no income and no means of buying any food.

Sustainability

Ongoing search for funding and applying to funders. We are talking to partners and providers to see how and where we can source food at lower costs.

Southbourne Foodbank

Funded activities

The grant was spent on vouchers for Jubilate café, food and household items.

Outcomes

At a time when food and financial donations are reducing, having additional funds to buy food has meant that we haven't had to reduce the amount of food that we can provide in each food parcel. We've been able to provide vouchers for Jubilate café. We know that extremely low income can often result in people becoming isolated so helping people to connect with others is important. We've used the grant to help us provide kitchen equipment such as air fryers and slow cookers that can make preparing meals a little easier and less expensive. We've been able to provide plug in blankets ready for the winter.

Stories of change

A youngish mum with two children arrived at Southbourne Food Bank clearly embarrassed and upset. She explained that there was no food in the house and that she had no access to money until the start of the following week. We were able to give her all the food and household items she needed to get her through until her next payment arrived and we were able to let her have vouchers for the café too. Of our trained volunteers identified that she had a small amount of debt which she hated and wanted to sort out. We teamed her up with our Community Money Advice team in Christchurch who have been able to write to her creditors and begin working on a token repayment plan with her.

Sustainability

Southbourne food bank has a small but growing number of regular donors of food and finance that helps to keep the shelves stocked. We will also be applying to a couple grant making trusts to help us continue to do the extra things that make all the difference.

Townsend Community Association

Funded activities

The Townsend Community Fridge has 900 visits each month, with the 25 committed volunteers collecting five and a half tonnes of food each month. The grant has funded our Tuesday cooking sessions with Friendly Food Club, which have built community cohesion and a sense of belonging. We have provided access to affordable food and supplied meals and food that help support a healthier and more varied diet. Volunteers sort the food to ensure it is suitable for each person, such as a single person without any cookware can be given ready meals. We have provided a warm, comfortable space for people to relax and connect with neighbours and friends as well as any extra support they may need.

Outcomes

The sessions have provided inspiration on how to cook ingredients that people can get from the Fridge project and replicate at home. Residents tried new foods for the first time or have experimented with new ingredients / cooking methods. Residents have had the opportunity to share knowledge and skills. Residents have built basic cooking skills & knowledge of food, and have increased confidence in volunteers and service users.

Stories of change

A came to the centre initially as a place to socialise. Mr A lives alone and suffers with his mental health. Through months of chats it slowly emerges A is not cooking for himself and his health is in decline. By asking gentle questions we learnt that he was a hoarder and could not access his kitchen. We worked with Housing to gain entry into his home and have attended appointments with to offer security and reassurance. Everyone involved has worked hard to ensure A now has a clutter free home and a kitchen he can cook from. A now receives healthier, whole food items from the Fridge that he can prep at home and cook. A has recently participated in an air fryer demonstration as he hopes to do some cooking using one in his home. A continues to visit the Centre each morning, we are part of his daily routine helping him to keep on the right path.

B has dementia and lives alone now her husband has passed away. B comes to the Centre mostly in a confused state and a little anxious. Volunteers at the Centre take time to sit and chat with her and make sure she has something to eat or takes home something she can easily prepare and eat at home. B would not normally leave Townsend due to her dementia but as trusted friends she agreed to come with us on a community trip out to the New Forest for an afternoon tea. This was thoroughly enjoyed. The volunteers at the Centre are now in communication with B's son to ensure her needs are met.

Sustainability

We will be able to keep running the Fridge project Mon-Fri, 9-11.30am. We will not be able to keep funding the additional activities we have been lucky to provided over the last few months including the demos, workshops, supplementing food shops etc.

Townsend Youth Partnership

Funded activities

The grant helped to provide cooking sessions within our youth groups running each week, led by the Friendly Food Club. They enabled young people and their families to learn some cooking skills whilst providing a warm meal for them.



We also provided take away food bags/cook boxes which could be used from home. We struggled to get the project going initially because the young people did not want to do cooking sessions each week, so we had to find another way to deliver to the local families and children. This meant that we invited Friendly Food into other sessions with families such as 'Let's Talk with your baby', breastfeeding groups and those that we were in contact with through family support in the area. This meant we could benefit both children, young people and families in a greater way.

Outcomes

The cooking education and workshops has enabled young people and their families to cook together and sit down for a meal (something which isn't the norm these days) and to benefit from having cooking materials supplied to make their own meals from home, using ideas and new recipes they have been provided with.

Stories of change

A parent was receptive agreed to try out the food recipe provided in the ingredient bag provided. In addition the practitioner shared a set of simple recipes and there was a discussion about how their son can be involved in food making activities together. The practitioner also shared simple handouts about food time and information on support children with ASD with mealtimes.

One young person fed back that it was always a rush after school to get food and they did not always eat. The sessions were fun and they learnt some basic cooking skills which they had never done before.

Sustainability

We will continue to run the Townsend Youth Partnership but will not be able to bring in the expertise of the Friendly Food Club further. However the youth team will be able to continue offering advice to young people and provide opportunities for cooking during sessions and using local Community Fridge food to do this.

West Howe Community Enterprises

Funded activities

We have provided 70 community Lunch club meals over the 3 months. This was such a success we are now having a weekly lunch club that is self supported. The community day was also a great success with over 400 community members accessing the free summer activities and engaging in the fun. Your grant enabled us to pay for the food, bouncy castle and circus skills. We have managed to upskill our volunteers, putting them through essential training such as food hygiene and 1st aid. We purchased the oven and a new hob at the same time. This has been such a boost to our cooks and the volunteers in the Cafe and enabled us to get back to doing some of that batch cooking etc.



Outcomes

By coming together as families, we built a sense of togetherness for the locals and gave them the opportunity to connect with other people they may not normally meet. It also gave them the chance to come into the centre and see what is on offer during the week or as part of our normal timetable.

The lunch clubs have attracted some residents that would never normally come to the centre, they have their own communal living area and seemed quite happy but slowly some of them are taking the step and joining in with the weekly lunch, meeting new friends and sharing differing surroundings. Not only does this offer a cooked meal but it will have a positive impact on mental health and wellbeing.



Stories of change

"A volunteer I think this works well, it brings the community together. The food is cooked by Nicola, she makes fantastic meals suitable for all ages. Always good compliments. I do the dishes as part of my catering assistant job, help serve food and clear the tables. I enjoy it, me and Nicola work well together at lunch club. She is always very appreciative of my hard work. After lunch club there is a chosen activity in the quiet room which makes lunch club more fun. I really enjoy helping out and sharing a meal with everyone. I feel valued and my confidence has increased since helping out. I have done some training and the staff and other volunteers are always nice to me."



Sustainability

We are going to continue the lunch clubs on a weekly basis. The lunch club sessions will include an activity such as bingo, games, guest speaker after the meal to encourage people to say and mix, taking the time to socialise and connect. We continued this immediately and have put out the programme and menus for October. Half term week will include a family friendly meal and activity. Obviously the cooker is a long term investment, we will have years worth of use out of this and it will continue to support our cafe, lunch club and other catering ventures that may lie ahead.

