



CHRISTCHURCH FOOD BANK ANNUAL REVIEW 2014-15



"I cried I was amazed at how much difference it had made to all of us"



An initiative of the Christchurch Fellowship of Churches [CFOC] in partnership with Faithworks Wessex



DEAR FRIENDS WELCOME

Welcome to the first Annual Review of the Christchurch Food Bank.

The Food Bank in Christchurch has now been going for 3 years. In that time we have helped over 4810 people with their journey out of crisis (over 2130 in the last year) – in over half the cases, it just takes one parcel for people to get back on their feet. Over 50% of users only use us once, to help them in their immediate crisis.

For example, one person came to see us after their spouse had left overnight and cleared out the bank account leaving them with no cash to feed 3 young kids: the person concerned had a job, but no ready cash – the Food Bank gave them the breathing space they needed to get back on their feet.

This review will introduce you to some of the other initiatives that we are taking to help meet the needs of those in crisis in our town – cooking courses and the “home-equip” project. Even though Christchurch is a lovely place, you don’t have to look far for people on the edge of crisis.

But, primarily I want to thank you for your help in making all this possible – we couldn’t meet the needs of so many people without the volunteers, food donators, financial donors and other partners that we have; so thank you so much.

Yours faithfully

Sandra Prudom

Sandra Prudom,

Chair of Food Bank steering group

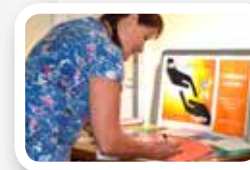


OUR ACTIVITIES FOOD VOUCHERS

THE FACTS

- 150 people / month
- 40% are children.
- No one in need of food is ever turned away
- Over 80 local Referrers;
- Food donations now also come from permanent collection points within many of our supermarkets,
- Summer school vouchers for families who normally get free school meals (struggling families have to find a hot meal per day per child through the holidays)

‘Helping those in short-term financial crisis by providing food parcels to help them back on their feet’



A STORY OF HOW WE HELPED

“... I came to the Christchurch Food Bank and was made to feel so welcome and important and not like a scrounger (that’s how I felt) I came home and wow the kindness the help and the things that were so out of my reach even chocolate eggs for my kids. I cried I was amazed at

how much difference it had made to all of us so thank you sooo much ... also the recipes were a great added touch my lot loved the sausage pasta bake so simple and cheap now a fav of ours... I’ve never been so touched and wanted to thank you.”



OUR ACTIVITIES HOME EQUIP

“Assisting those moving out of crisis into new accommodation to get established in their new home”



Over the last 18 months CFB has received increasing requests for assistance from those moving into 'Void housing', i.e. housing assistance is provided but the property has no furniture whatsoever. The Food Bank will now provide either a Home-Equip pack (kitchen utensils, bedding etc.) or some basic furniture

We are also advocates for Acts435, an on-line donation scheme to help match local needs with those who are potential financial donors. (www.acts435.org.uk) take a look at the web page.



A STORY OF HOW WE HELPED

“...a young lady, who now has a Dave Wells flat on the bridge needed a bed desperately for her and her two babies, as it was coming up to a long weekend and i couldn't get a van, i popped it in my tiny car with help of a volunteer and drove it round to her. She was overwhelmed.

I also met with a Business man in Christchurch who wanted to have an update on the Food Bank and other things we were doing, at the end of our meeting, he gave me a cheque for £524.00 and said keep up the good work”



OUR ACTIVITIES COOKING ON A BUDGET

“Helping people to make the most of their food by teaching them how to cook simple, low cost recipes” and shop on a budget.

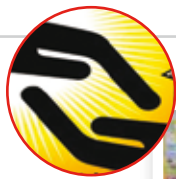


THE FACTS

- 4 week course, 4 times per year
- 6-8 on each course
- Using some Food Bank parcel items
- Teaching the basics
- Signposting to other help
- Everyone takes away recipes and the elements to make more (e.g. pizza dough, mince bases)
- Volunteers now starting to help on the course

A STORY OF HOW WE HELPED

...One lady on the course had not eaten anything but cereal and microwave meals for 7 years. She took home a cooked mince base that she had prepared and over the week between classes she made cottage pie, spaghetti Bolognese, lasagne and a soup using the recipes. It gave her the confidence to know she could do it!



THE KEY NUMBERS

■ **Income:**
– year to March 2015

Gifts and donations: **£3950**

Grants to Food Bank (Cooper Dean): **£3000**

Grants to Furniture delivery (Dorset CC): **£7500**

Gift aid claimed: **£375**



Income:

■ **Expenditure:**
– year to March 2015

People costs: **£8910**

Support and finance costs: **£2920**

Reserves:
6 months

Publicity: **£600**

Vehicle and equipment costs: **£900**

Other costs: **£900**

Expenditure:

- Primarily on the salary of the part time project manager, and the “support fee” paid to Faithworks Wessex for the provision of the guidance, book-keeping, insurance, payroll, and other admin support to the Food Bank manager and Committee.
- Our ‘hosts’ at St Joseph’s Church, Purewell, Christchurch have been generous enough to gift the hire of the building; and other costs have been defrayed by other such generosity (e.g. use of another church property for additional storage).



HOW CAN YOU HELP?

VOLUNTEER...

we would love to have more people to welcome people into the Food Bank; and if you are good with numbers, how about helping as a debt advisor – training always given.



DONATE FINANCIALLY...

by cheque to “Christchurch Food Bank” or complete a standing order form and become a friend of Christchurch Food Bank.



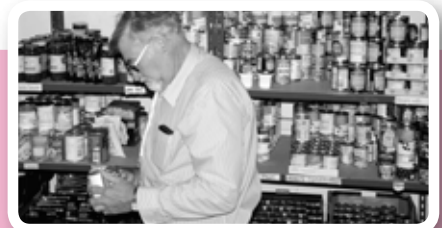
DONATE FOOD...

come to the Food Bank (Monday Morning 10am - 12pm) or drop off at a collection point in Sainsbury’s, Waitrose or the co-op supermarkets



PRAY...

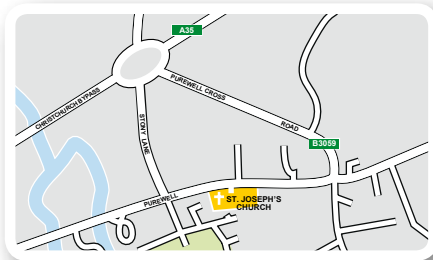
will you or your church group regularly pray for the volunteers and clients of the Food Bank? Asking God to provide and sustain.



PLANS FOR THE COMING YEAR

THE AGENDA

- To roll-out the Home-Start packs and partnership with Dorset Reclaim
- To build a small team of debt advice volunteers at the Food Bank working in partnership with Faithworks Wessex' Money Matters team
- To find more opportunities to share our passion with churches, business and individuals



For more information or if you know someone who might need our help contact Tracy and the team at:

Christchurch Food Bank

St Joseph's Church, Purewell Christchurch

Telephone: Tracy: 07587 371088

Email: admin.christchurchfoodbank@gmail.com

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