

Resolving crises, Helping those in need

Welcome to our Autumn update! Harvest has been a joy of generous people giving to us, and our thoughts are quickly turning to Christmas and all that needs to be done for the Christmas Hamper Project. Alongside this we continue to develop our signposting support. Read on to find out more!



Foodbank News

Welcome to Andover Mind at our Foodbank Centres!



Andover Mind is a mental health charity providing services right across Hampshire. Using the recovery model, Andover Mind support people to develop positive relationships, become less socially isolated, gain (and retain) paid employment, live in settled accommodation and make a positive contribution to the communities they live in.

In Basingstoke, they are based at the Wellbeing Centre in Vyne Road and offer wellbeing courses, peer support, 1-1 sessions and group activities. In addition to this, they are now offering a wellbeing support drop-in across four of our seven Foodbank centres (so far!). **Anyone can drop-in for informal advice, helpful tips, information and a listening ear** relating to challenges such as stress, anxiety and depression. Visit our website for details on dates and locations.

Harvest Celebrations Across Basingstoke and Deane

We would like to say a big **THANK YOU** to everyone who has supported us by holding a harvest collection this year! We are overwhelmed by the generosity shown by the community and all those who have organised harvest collections for us. Our Schools Team have been busy visiting classes and school assemblies, speaking about the work we do here at the Foodbank and how the food is used to help the local community.



Together, you have raised 7912.22kg of food and essential items which is equivalent to **over 3000 meals** for those facing hardship in Basingstoke!

We particularly enjoyed the creative collection boxes from one school!



Updates

BankTheFood



BanktheFood

BanktheFood is a registered charity providing a free app that helps Foodbanks to effectively communicate their real time needs with donors. We update the app weekly with our most needed items and if you sign up, the app will notify you when you go to a supermarket with a donation point and you can check our needed items there and then.

BanktheFood is very simple to use. Download the app from your app store by searching 'BankTheFood' or scanning the QR code. Follow Basingstoke Foodbank and the app will send you a helpful 'ping' with a reminder of our needed items when you are shopping in your local supermarket. You can then choose exactly what you would like to donate and leave your donation in the collection box at the end of your shopping trip. The app also lists where you can find our collection point locations.



Community Coaching

To support individuals further, here at Basingstoke Foodbank we have been piloting a coaching programme. This is for our foodbank users who want to make a change in their life by addressing some of the challenges they are facing. The programme works on a one-to-one



basis supporting an individual to nurture the change they want to see by achieving their identified goal(s) and developing strategies to sustain that change. Coaches and participants meet weekly for up to an hour in a public space. Through purposeful conversations the coach supports the individual to identify their own solutions and to work on these week on week.

The programme is free and focusses on realistic and achievable goals.

If you would like any more information about this programme, please do contact us.

Client Stories

Every person who enters the foodbank comes with a unique story of what has brought them to us. It is wonderful when we hear the successes - here is one:

"One individual was coming in weekly in genuine need but suddenly stopped coming, and of course we didn't know why. We weren't sure what this meant but hoped he was okay. A few weeks later he came back

"I was overwhelmed with the help, and kindness that the volunteers offered"

in need of a food parcel and told us he had been away for a detox, which was a success, and he was starting a new job the following week. We are pleased he has been in a position no to need to use the foodbank since."

"Lovely volunteers, very welcoming and understanding!"

Tesco Winter Collection - Save the Dates



Upcoming

Basingstoke Christmas Hamper Project



Each year, Basingstoke and Deane residents, businesses, churches and schools work together to provide Christmas hampers for individuals and families in our community who are in need.

Our local authority, the NHS and voluntary organisations identify those who won't be able to buy Christmas treats without sacrificing staple food or heating.

Festival Place provides a unit where we can make the hampers. Local residents, clubs, and schools, and staff from local businesses and statutory organisations donate food items and money for the hampers. Many also volunteer to make hampers in Festival Place. Besom (a local charity) lends us its van and local churches help us to deliver the hampers.

Last year, the kindness and generosity of so many who live and work in Basingstoke enabled us to give Christmas hampers to over 1,000 families and individuals.

"We received so much gratitude for each and every hamper. They were amazing as always!"

There are several ways you can be a part of the Christmas Hamper Project!

1) Donate hamper items. Donate any items that are on our hamper list to the foodbank, we will make sure they make it to a Christmas Hamper!

2) Donate a hamper. Follow the instructions to the right on making your own hamper to bring joy to someone this Christmas!

3) Volunteer at our Christmas Hamper 'Shop'. Help wrap, pack and deliver hampers based at Festival Place. Sign up on our website:

<https://basingstoke.foodbank.org.uk/give-help/hampers/>
or email:

hampers@basingstoke.foodbank.org.uk

BASINGSTOKE CHRISTMAS HAMPER PROJECT

How to donate a hamper



1 Choose your hamper size

Choose if you are going to gift a small, medium or large hamper.

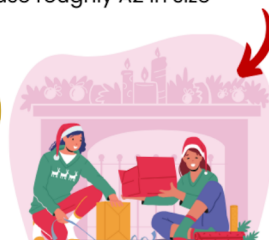
Small: 1-2 people with box base roughly A4 in size

Medium: 3-4 people with box base roughly A3 in size

Large: 5-6 people with box base roughly A2 in size

2 Wrap an open top box

Wrap your box in Christmas paper, leaving the top open.

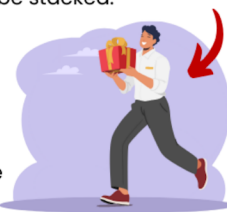


3 Fill the box with goodies

Use our list of items to fill the box of your chosen size. Please only add the listed items and avoid adding anything containing alcohol. All the items should fit inside the box so the hampers can be stacked.

4 Bring the hamper to us

Bring the Hamper to our warehouse at 63-64 Tempus Business Centre, Kingsclere Road, Houndmills, RG21 6XG between 10am and 3pm, Mon to Fri or to our Festival Place 'shop'.



5 We will do the rest!

Besom (a local charity) lends us their van and local churches help us deliver the hampers to people who would otherwise have to sacrifice essentials to buy Christmas treats.



More Than Food

Wrap Around Support – Signposting Volunteers

In addition to providing food when it's needed, Basingstoke Foodbank has always been passionate about signposting our visitors to agencies and organisations that can offer valuable support to help them through their current situation of need. There is an amazing array of support both locally and nationally and we work hard to make details of these accessible. Each centre has signposting volunteers who are available to provide information when required and have resources to share with visitors. We have also recently added an online signposting section to our website with details of helpful agencies that can offer advice and support addressing a wide range of needs. You can scan the QR code or visit <https://basingstoke.foodbank.org.uk/get-help/online-signposting/> to see for yourself.



Facebook

Follow us on facebook for regular updates info and more!

Each week, we aim to post relevant and informative information on local support available, answer common Foodbank FAQs and provide updates on the items we most need at the moment. If you are able to follow our page and share our posts it will help us to get this information out to the community.

Introducing a Foodbank Centre

Buckskin

It is a privilege to be of service to our local community, and fun to be a member of the Buckskin Foodbank team. We all have our roles, and of course we will always need someone to make sure the labels on the tins are facing the right way! Sometimes clients are downcast when they arrive and our aim as a team is to help in some small way by providing a cuppa/a listening ear and a few bags of food – we love the look of amazement and relief when clients receive their food. What a blessing it is to be able to distribute food that has been so generously donated.



The Buckskin Centre Team

We love being with like-minded people: the friendship and support within the team is quietly evident. We all work together as one, for the good of the clients. We may be from different backgrounds but this diversity makes the team richer... we are able to help people in their time of need and have cake too!!

The team has become my "Foodbank family" with lots of fun and laughter whilst also understanding and acknowledging both the serious as well as the light-hearted moments.

The togetherness and willingness to serve and support both clients and each other has always been there.

Thank you Lord for, and from the Buckskin Team

Our Buckskin Centre is open Friday mornings 10.30–12.30 at Buckskin Church, Chiltern Way, RG22 5BB

Sign up to our Foodbytes mailing list by visiting our website at <https://basingstoke.foodbank.org.uk> or by scanning here:



Find us on 