

Helping Local People in Crisis

Since our last update, we have been busy gathering stories from our clients with the 'lay it all on the table' project, supporting families over the school holidays and working alongside Tesco Chineham who have been offering prepacked donation bags in store. Read on to find out more!



Foodbank News

Lunch and Learn

FREE
Lunch and Learn
anxiety course!

Led by Andover Mind, in partnership with Basingstoke Foodbank.

In partnership with Andover Mind, we are offering Lunch and Learn, an anxiety course for anyone who is being, or previously has been, supported by Basingstoke Foodbank.

The course develops and explores an understanding of triggers for anxiety, panic attacks and nervousness as well as approaches that may help to overcome and manage anxiety better.

We are aware of the stress and pressure many of our clients are facing, so hope this course will help those going through a tough time.

The course will start on the 9th September and run each Monday for four weeks, 1-2pm.

Location: Hope Community Church, The Sarum Hill Centre, Basingstoke, RG21 8SR

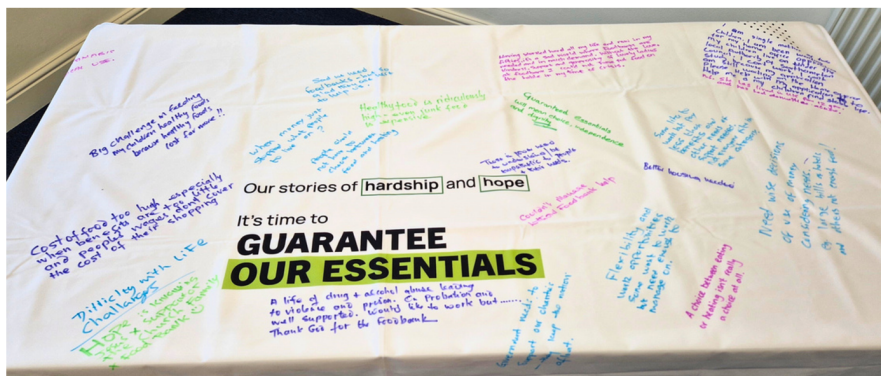
If you or someone you know has used the foodbank and would benefit from the course, **there is still time to book on!** Just call 01256 476572 to book your place.

Updates

Laying it out on the Table

During June we asked our clients to 'lay it all out on the table' by writing their stories of hardship and hope on tablecloths to share with you and to support The Trussell Trust's 'Guarantee Our Essentials' Campaign.

Big thank you to our clients for being willing to share their stories!



“ Shopping prices are unrealistic. The foodbank has help feed my children and pets. ”

“ I haven't got enough money to rent and I'm pregnant and worried. ”



“ Having worked hard all my life and now in my fifties, it's a sad world where foodbanks are needed and in much demand. Without the love, kindness, support and generosity of lovely (volunteers) at foodbank I could not have put food on the table in my time of crisis. ”

Stats: June - August

Thank You!

FOOD RECEIVED
16.6 TONS

FOOD DISTRIBUTED
17.7 TONS



We have also supported other local charities and services by providing 550kg of food and essential items to projects, such as emergency food cupboards, one day packs and food to support the homeless and vulnerably housed.

This includes Citizens Advice, Camrose Centre, Julian House, Probation Service, May Place, Women's Refuge, The Safe, Joshua Tree and the Society of St. James.

Tesco Donation Bags

Over the summer, Tesco Chineham has supported us by offering pre-packed donation bags filled with items we are in particular need of.

We would like to say a big thank you everyone who has been supporting us by purchasing the bags, as well as to Basingstoke Sea Cadets and Alexander & Dry Funeral Directors for their help to pack them.



We are also very grateful to Jane, Community Champion at Tesco, for all of her hard work and support. We couldn't have done it without her!

Thanks to your support we received **3028.52kg** over the period - which is equivalent to **7211 meals!!**



Home (or Allotment!) Grown Veg



A big thank you to everyone who donated any surplus from their veg patches and allotments last year. If you grow your own and have more than you can use, please do think of donating your surplus veg to us. We give out fresh fruit and veg at each of our centres, but love being able to offer the variety of the different things you grow!

If you are able to donate fruit or vegetables, please deliver them directly to our warehouse in Houndmills to ensure we are able to make use of them while still fresh - Thank you!

Harvest

We are looking forward to harvest in the coming months and our Schools Team will be visiting a number of schools to speak at assemblies about who we are and the work we do. We are grateful to all the schools, churches and community groups who use the opportunity of harvest time to hold a food collection. Do let us know if you would like to run a harvest collection too!



THANK YOU GEOFF

Geoff has worked as our warehouse manager for 7 1/2 years and has made the decision to 'retire' from this role. Geoff's hard work, dedication and love of donuts will all be sorely missed here at the foodbank!



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