



WIMBORNE
FOOD BANK PLUS

2022-2023
More than just food

FAITHWORKS

LISTEN | GIVE HOPE | ACT | INSPIRE



Volunteers Long Service Awards

Introduction

Last year we marked the tenth anniversary since Wimborne Food Bank was launched. During that time we have evolved as we expand our support to help meet the needs of our community. We are now able to offer free debt advice at the Food Bank through our CMA (Community Money Advice) team; we have launched our free family fun events and a number of Warm Space initiatives.

Client numbers continue to increase, and through our work we are able to provide food and other support such as emergency heating top ups,

"I'm not very good with words but a huge thank you for your support... I feel very welcome and at ease at the Food Bank." - Food Bank+ guest

"[There was an] incredible amount of choice and so good that free-from food was available... The whole process was comfortable and not intimidating." - Food Bank+ guest

school uniforms, shoes, furniture and household appliances. We also help with school holiday packs.

We now have a beautiful community garden where people can get involved with growing and picking their own produce. We also held several free family events such as our Family Fun Days and Christmas Grottos.

We understand that people need more than food to enable them to live well. The food packs we provide include a large bag of fresh fruit, vegetables, bread and a Cook Bag with the ingredients and recipe to make a fresh sweet or savoury dish, men's, women's and baby toiletries, baby food and nappies, as well as cleaning products and pet food.



Rplowman

Rachel Plowman
Deputy Manager

Keenan

Sharon Keenan
Manager



Tenth Anniversary

In July Wimborne Food Bank+ reached it's tenth anniversary. We marked the occasion by holding a special lunch for the volunteer team, steering committee and several key supporters.

The High Sheriff of Dorset, Sibyl King, attended and presented the team with an award for Recognition of Great and Valuable Service to the Community (top photo).

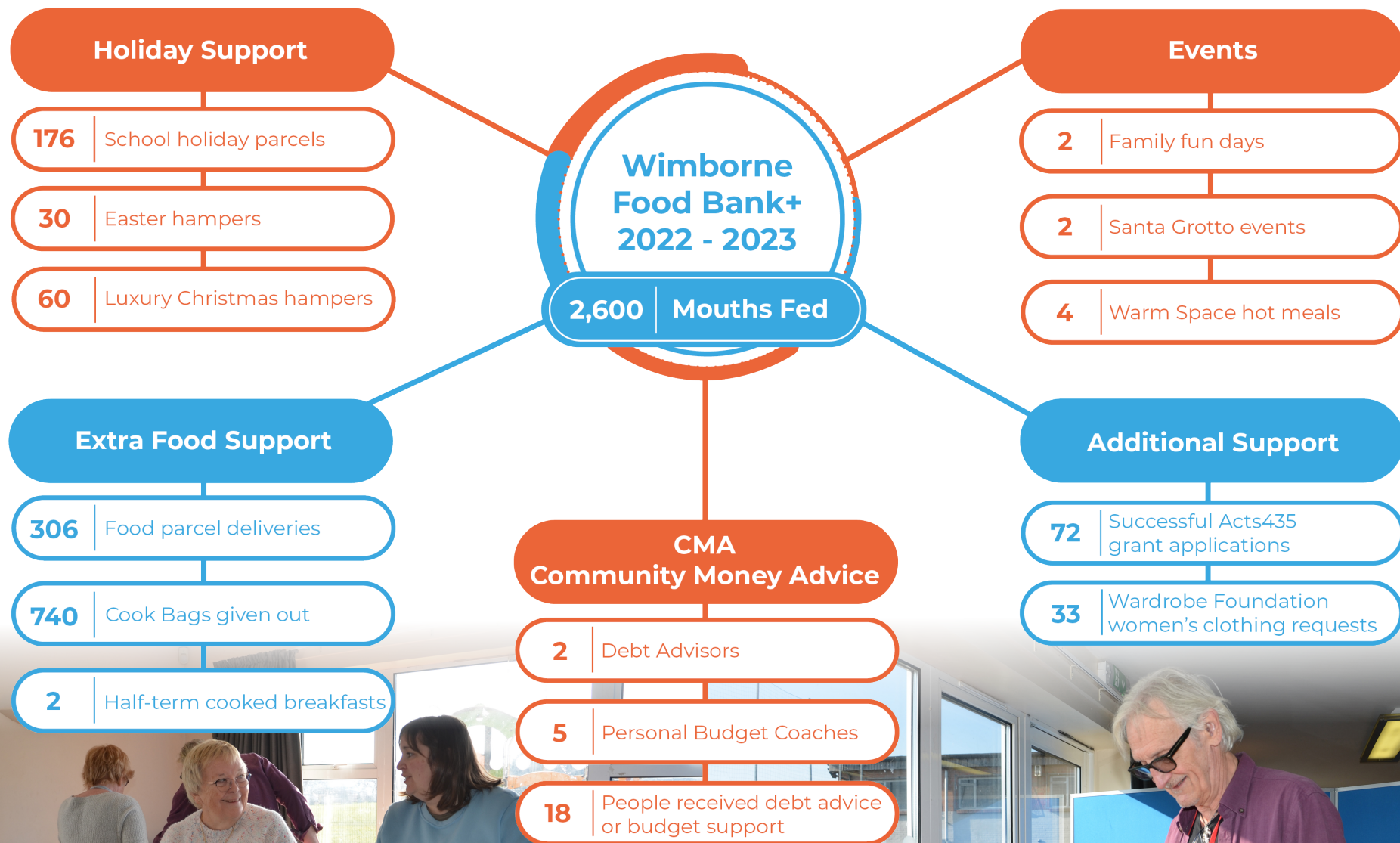
Sibyl also assisted in the presentation of several long-service awards to those who have volunteered for more than five years. This included Iain (right photo), our Chair of the Steering Group, who has been with us since the Food Bank started in 2012.

"To make a small difference to the lives of people in crisis was the reason I began volunteering, this was nearly 10 years ago.

It is the camaraderie we have as a Food Bank team that has meant myself, and others have continued volunteering for so long, along with the impact seen on people's lives.

The Food Bank has adapted and changed as needs have arisen and subsequent volunteers and staff have brought in new ideas, keeping us energised." - Carrie, volunteer





The Rockin' Nanas!

Thanks to funding from Dorset Council and The Digby Trust we were able to launch our Warm Space where we provided several free hot meals over the winter period.

Hazel* is one of our neighbours who has come along to these hot meals. She is retired and on a very low income. We have supported her with food parcels, Christmas hampers, an emergency top up as well as a grant towards her heating bills.

At one of the Warm Space events she met Sarah* and the two became firm friends. Hazel said:



"An amazing afternoon - the meal was beautiful. The ladies were amazing.

I met Sarah and we named ourselves The Rocking Nanas! Thank you my angels."

We also provided Sarah one of our Warm Bags containing: hat, gloves, scarf, warm socks, hot water bottle and an oversized hoodie, which she put on straight away and wore home!

**Names changed for privacy*

Main Reasons People Use the Food Bank:

Benefit Delays

Benefit applications can take up to 10 weeks to process

Carers - Low Income

Domestic Violence

Homelessness

Housing - Being Rehoused or Relocated

Job Loss

Low Income Jobs

Pensioners on low income

Serious Illness or Lack of Sick Pay

Partnership with Acts435

Acts 435 is a website that enables direct giving to those in need. We identify a specific need over and above what we can help with, we then post details on the website so that others can donate to fulfil that need.



An invaluable resource - our partnership with Acts 435 has enabled us to help 72 families with a variety of appliances and furnishings including: washing machines, cookers, fridge freezers, flooring, children's clothing, beds and bedding – items desperately needed but otherwise out of reach.



CMA Team

cma
Freedom from debt
Hope for the future
Faithworks CMA

FCA FINANCIAL
CONDUCT
AUTHORITY

Operating under the CMA network and regulated and authorised by the Financial Conduct Authority, our CMA team provide free debt advice and budget support. This team is made up of two debt advisors and five budget coaches, provided by one member of staff and six volunteers.

The team are available to meet people at both the Food Bank and, more recently at The Lighthouse based at Elim Church, where the space provides more privacy.

We work hard to build trust, placing the emphasis on listening to individuals to understand how their

current financial circumstances have arisen. We can liaise with creditors, easing stress on clients by, in some cases, preventing further charges. This in turn creates space for clients to reorganise their finances and address priority debts.

The CMA team continue to walk alongside clients until a workable debt solution is found and for as long as support is needed.

“With the support and knowledge from our specialist debt advisor, what we are able to achieve for our clients can be life changing for them and very rewarding for us.” - CMA Volunteer

“I had not been aware of the heavy weight I had been carrying... but when it got to a point where I wasn’t sure if we could pay our rent, I knew we had to do something.

We contacted Faithworks and were allocated two debt advisors. We started meeting with them and unravelling some of the mess we found ourselves in.

They worked... to get our monthly living costs under control and before long we were in a position where we were in control of our finances... the relief we felt was huge.

Whilst we still have some debt we need to pay off, we are in a much better position going forward. We would highly recommend anyone experiencing debt issues to speak to them.” - CMA client



Thanks to the Dorset & Wiltshire Fire & Rescue Service we have been able to offer electric blankets to those struggling to keep warm.

All of these initiatives have been possible due to grants from Dorset Council and The Digby Trust. We used some of the funds to assist with emergency heating top ups and the creation of Warm Bags which contain items such as hot water bottles, blankets or oversized hoodies, hats, gloves, scarves and socks.

"The welcome was so good – not judgemental and people were prepared to listen"

"Recipe bags were excellent, easy to make and [included] good ideas"

Warm Spaces

In November 2022 we launched various initiatives to help those struggling to afford to heat their homes.

Along with local churches and organisations in **Wimborne**, we held Warm Space evening meals and cooked breakfasts. Families enjoyed a hot homemade meal and pudding, drinks and family games in a warm, friendly environment.

We have also been distributing slow cookers in addition to our weekly Cook Bags and food parcels. With slow cookers using less energy than more traditional means, these have been really well received.





Our Team

Our incredible volunteers give an average of 75 hours per week!

Together with our 2 paid part-time staff, the team make sure that:

- Donations are sorted and dated
- Food Parcels and Cook Bags are made up
- Clients receive the support they need
- Food donations are collected from supermarkets
- Food parcels are delivered
- Money advice is available
- Our events run smoothly

We simply could not do without the time, dedication and support of our volunteers.

Christmas Grotto



"It has been a great privilege to be involved in Fun Days, Warm Spaces, [the] breakfast and of course Santa's Grotto, because you can see just how much it

means to so many families and individuals."
- Food Bank Volunteer

In our second year of running the Christmas Grotto our visits to Santa doubled.

Children met Father Christmas, choose a book and a Christmas present as well as wrap a present for their parents.



While adults were able to enjoy a hot drink and a buffet while having the opportunity to connect with the Food Bank team in an informal environment.

*These were very emotional festive events.
We are already planning the 2023 Christmas Grotto!*



Family Fun Days

"The volunteers made us smile today and made us feel valued as people."

- Wimborne Family Fun Day

We held two free Family Fun Days during the year, which enabled many families to enjoy a fun day out together.



The days provided free entertainment, outdoor games, food and the opportunity to meet some interesting creepy crawlies!

'The kids loved it! And so did I honestly, you did so much for everyone and we were so grateful for everything you have done - you're all truly amazing' - Family Fun Day

The Creature Teachers brought a selection of insects, amphibians, birds, reptiles and furry mammals to provide a hands on encounter with!

Their owls, Echo and Quill, were by far the most popular! We have lots of creative ideas for the next Family Fun Day!





Wimborne Community Garden

We are proud to support Wimborne Community Garden. Established in 2022 in association with Beaucroft College, the garden is located within the tranquil grounds of the college and provides a sheltered space for all gardening abilities.

A quarter of all produce grown, goes directly to the Food Bank ensuring that those we support are able to access fresh, nutritious fruit and vegetables.

Created to provide the local community with a therapeutic garden scheme, the garden also provides opportunities for those we support to volunteer, giving their time back to the project as well as enhancing their wellbeing.

Complex Medical Needs

Lana* has complex medical needs and is fed via feeding tubes. These require a large amount of electricity to run as the pump is either in use or needs charging.

We have been supporting Lana and her family with food parcels and school holiday parcels - extra food to help with getting through the school holidays.

We also secured several Acts435 grants to help with electricity bills and two new carpets.

The family enjoyed our Santa's Grotto and a hamper at Christmas.

We also provided a slow cooker along with our weekly Cook Bags to enable cooking healthy meals on a budget for the family.

**Name changed to protect identity*

"Having support with our electricity bills has been such a help.

Having a TPN feed which runs 17 hours overnight ...and having to charge it in the day... also having a PEGJ feeding tube which runs at 12 hours and charges all day uses more electricity.

*We really appreciated the help, it made a big difference. We are so thankful." - Lana**



Our tenth anniversary

Thank You

Rachel and I would like to say a huge thank you to all our supporters for their continued help with initiatives and donations of food. This has meant that we have been able to meet the increase in demand and even add to our existing services.

We would particularly like to thank our local schools who have helped enormously by holding mufti days, and have supported initiatives such as our Reverse Advent and Lent calendars. They have been a huge help with large donations of Easter eggs and chocolate selection packs.

We would also like to thank our local churches who have regular food donation collections, large Harvest

donations and worked alongside us to develop our regular Warm Spaces events. These have all made a huge difference to those we are walking alongside.

Special thank yous go to the Wimborne Rotarians, Teacher's Building Society, Wimborne Rugby Club, Waitrose Wimborne and their customers, and the local Coops in Wimborne and their customers for their outstanding, continued support for the work that we do - *thank you so much!*

"What has seemed like an impossible few months... and a struggle, today you took that away. I can't thank you all enough words don't cover the warmth in our hearts."

Three generations of Food Bank Manager



Wimborne Food Bank+

Become a friend of Wimborne Food Bank+ by donating £10 or more a month by setting up a direct payment or regular payments:

Bank: CAF Bank

Account Name: Wimborne Food Bank+

Account Number: 00034963

Sort Code: 40-52-40

*Donations can also be made online here: bit.ly/3PXsSGJ
Alternatively you scan the QR code:*



*All individuals shown in this publication have given their specific permission for their photographs to be used. Names with an * have been changed to protect individual's privacy.*



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