



God's love in action

Newsletter Autumn 2016

Love shown through a parcel

Last year one of our Christmas Parcels was requested by one of our agencies for a client whom they knew was having problems. This client was in a dark place and very low.

Tom knocked on the door but there was no reply. He tried again, again no reply. Not giving up he tried yet again. He could hear movement so he waited, the door was opened and the parcel delivered. Good, you might say, another completed job.

However, the client was so overwhelmed by the contents of the parcel that the old tatty personal address book was grabbed and a random phone call was made. Strangely enough it was to one of our volunteers whom the client had known as a previous work colleague.

Our volunteer realized from the garbled phone call that this client needed help so immediately went to see her. She couldn't believe that someone cared for her and would provide such a parcel ready for Christmas. As this client was in such a dark place our volunteer talked to the client and helped her, telling her the gift was showing the love of God and that the gift was to be accepted knowing that people did care.

Through contact with this person our volunteer has been able to assist her to begin to climb out of the black hole and is beginning to live again. The note in the parcel is now kept on her mantelpiece as a reminder of that Christmas gift and the love shown.

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We never know what a parcel and a chat will bring but let's hope it helps many to see that there is care and love in this world.



Christmas parcels ready to go out to clients



A new door for the cabin

The old door was too narrow to get trolleys safely through and the sill was badly worn.

The new one is of adequate width and has a strong ramp and sill. It has a stable door top so that parcels may be passed to clients without them having to enter the cabin. Also it provides more comfort to volunteers working at the desk.

Altogether a good investment which should last many years.



Two more of our volunteers



< Joanna



Trevor G >

A recipe for those who receive Basics Bank parcels

Shepherd's Pie

Serves 4

Ingredients

600g (1 ½ lb) potatoes
25g margarine
2 Tbsp milk
450g (1lb) minced
meat/ tinned or fresh
or substitute a can of
baked beans
1 onion or leek
1 carrot
1 stock or oxo cube
250ml (½ pint) water
salt and pepper
1 level Tbsp flour
2 Tbsp cold water
Ovenproof dish

Method

1. Grease the pie dish; collect equipment and ingredients.
 2. Wash potatoes, peel with a vegetable peeler and cut into even-sized pieces.
 3. Boil gently in salted water (1 teasp salt, ½ pint water) until soft. Chop onion, peel and grate carrot.
 4. Place minced meat in a medium sized saucepan and fry gently in its own fat (ie dry-fry) until lightly brown. Pour off extra fat.
 5. Add grated carrot and chopped onion, crumble in stock cube, add water and seasoning.
 6. Simmer mince gently for 15-20 minutes.
 7. When they are cooked, drain the potatoes, mash them well with margarine and/or milk until smooth.
 8. Put the flour and water in a small basin and blend to a smooth paste, add to meat and boil for 2 minutes, stirring continuously.
- Place meat in greased pie dish, cover with creamed potato. Place under a pre-heated grill and lightly brown. Garnish with parsley or tomato. Serve hot with green vegetables.





Our chairman was invited to an evening occasion in

June when the New Forest Freemasons gave cheques to local charities which they had chosen to support.

Ken Warren (pictured left) presented Janet with a cheque for £200.

Freemasons' generosity



Can you help us?

A message from Basics Bank Treasurer:

I want to put on record how very much we appreciate any financial donations that you make to Basics Bank and how much we depend on those donations. Thank you very much.

However, during these past months I have to tell you that due to increased demand for our services and essential administrative costs, for the first time for many years our funds are being depleted.

This letter is to ask you to consider raising any regular donations that you already make or to start making regular donations by Standing Order if you possibly can.

I know you are all inundated by charity requests, but as Basics Bank is your special local charity which supports local people who don't know where their next meal is coming from, I hope you will respond to our appeal as generously as you can. Every pound is vitally helpful.

It would be really wonderful if you could find another person who would contribute to us on a regular basis.

Please email me and I will reply with a form or give me your postal address and I will post you a form to complete. Don't forget, even small amounts are very welcome!

Yours sincerely, *Anthony Kirke*. treasurer@basicsbank.org.uk



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www.basicsbank.org.uk
Open: Tues, Wed, Fri, 10-12noon

This is what we need most of

Milk (UHT)
Meat / fish paste
Tinned custard
Instant Coffee (100g jar)
Tinned potatoes
Sugar 500g pack
Tinned meat
Tinned vegetables
Tinned fruit
Noodles
Rice

Pasta sauce
Sponge puddings
Biscuits
Toothpaste
Toothbrushes
Washing-up liquid
Shampoo
Shower gel
Jam & marmalade (*but not home-made*)

*We particularly **don't** need:*
Tinned tomatoes
Powdered milk,
Lasagne sheets,
Dry lentils,
Loose tea or
Hair conditioners, thank you.

Do you know someone Basics Bank has helped?

We would love to hear from you if you have any experience, either yourself or of others who have benefitted from receiving help from Basics Bank. Please let us know as we would like to include articles (which we would make anonymous) that will interest our readers. Please contact Anthony – phone or email at the top of this page.

Please give to Basics Bank

From 10am on Tuesday 18th October for about a month, any donation you give up to £10 via Localgiving on our web site will be doubled by them.

Basics Bank is always very happy to receive donations of money which will be used to buy food and household necessities.

Please use GiftAid if you are eligible, (i.e. if you pay tax). To give any amount, pick up one of our fliers and complete the form on it.

Please phone us if you would like to make a regular donation.

We are very grateful to all volunteers for their generous and unstinting help, those who work in the cabin and those who deliver parcels to our clients.