



*God's love in action*

## Newsletter Spring 2015

### A happy client !

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In March last year a woman who was living in the woods at the Monument outside Lymington walked into a church with two shopping bags and sat down.

She didn't stay long. When the service started she left and I asked the person she had been talking to where she was going. The reply was: 'Oh she just came in for a sit down because she's tired. She's living in a van and hasn't got any food.' As I had just started work at the Basics Bank I thought, "I'm not going to sit here and let her walk away hungry", so I followed her out and told her that we could help her.

She looked slightly alarmed at my offer but that was the start of an eight-month journey for Karin and for myself. The next day we got together a parcel of food and toiletries for her, which helped see her over the next week or so.

But then Karin was abandoned by her partner who took the van that was her home and left her in the woods with two suitcases and a plastic umbrella - all she possessed in the world. Over the next few months, with the help of a small group of volunteers and the Basics Bank, we found her a place at a campsite where she would be safe, and then a room in a house, and finally a job.

The Basics Bank also provided some petty cash for her needs. This helped purchase a £25

second-hand bicycle (Karin walked miles and miles a day looking for work). I bought the bike from the Lymington Times. It was the first one she had ever owned - she had never had one as a child. She was so overjoyed that she immediately shot off on it (on the wrong side of the road!) and she is still to be seen riding it today.

Karin is now self supporting, working and is sharing a house in Milford. But those first few months of need were difficult, if not desperate for her. Without the help of the Basics Bank and others she would literally have been living in the woods and probably starving.

We still keep in touch and Karin has asked me to pass on her thanks to all the team who helped her during those difficult days; which may now have gone but have not been forgotten.

God's Love in Action!

*Our client's name has been changed for anonymity*



## The Container

Harvest 2014 saw us with a problem as to where to store goods. A self-storage container was hired and how we would have coped without it we can't imagine.

Donations were brought there and teams of volunteers sorted pasta, tea, rice and tins of all sorts into product order. We then had the massive task of sorting into years. Many tins were out of date so these products were discarded but masses were boxed ready for a further sort into quarters.

We had so many boxes of Baked Beans, Soup, Pasta and Tomatoes that we donated some to the Salvation Army in Bournemouth and the Drug Misuse in New Milton.

We still have lots of goods in the container and will be very glad of the space as Waitrose (Lymington) are having a permanent bin for collecting donations for us. So Thanks to the organisation by Bernard we have this extra storage.

*Volunteer Sean, who is in charge, is pictured here in it after doing some sorting*



## Exciting news from Waitrose

We are having a Trolley drop on Sat 21 March where we will be inviting customers to drop a tin or packet into our trolley.

The next day Waitrose will be launching a permanent bin in the store to enable their customers to support us whenever they shop. This will be a trial for three months after which if it is a success for them and us it will be extended.

The Trussel Trust approached Waitrose to link up and support them.

However, because the nearest Trussel Trust is on the Waterside our branch at Lymington requested that they be able to support their local independent Food Bank.

This generous offer has no intention of superseding the way in which we have been supported by churches, schools and clubs but will just give the opportunity for many others to contribute, so please continue giving in your usual way.

Our thanks go to Waitrose and especially Becci who has overseen this new venture.



**Children from Ballard School helping to deliver their Harvest collection to Basics Bank Cabin. Assisting them are volunteers John, Elaine and Barbara.**





## Christmas Tree Exhibition

We decorated a tree for Christmas in the United Reformed Church. This is an annual event and coincides with the sale of Charity Christmas cards. The church is decorated with many trees by a variety of charities and donations from visiting the exhibition by the public are shared amongst the partakers. Our tree was decorated with coloured balls, tinsel and labels from packets and tins. The care group used toy motorcars, whilst others used various symbols to depict their charities. Many people visited and the comments were very favourable.



## Tesco supports NFBB

What exciting days we had at Tesco! With our display set up and a steady flow of customers we invited them to purchase an item from our shopping list and pop it in our collecting trolley on their way out.

By lunchtime on the first day we had two overflowing trolleys that were whisked to the container for sorting. Cereals, tinned meat, veg, fish, fruit and lots of toiletries were found in the bags.

As time progressed we found people who knew about us, some who didn't, and others who asked about volunteering. These were directed to the website. The trolleys were refilled many more times over and we ended up by receiving 970 items.

None of this could have occurred without the support of the Community Champion Valerie May who spent much of the two days chatting to customers and encouraging them to support us. So our thanks go to Valerie and Steve Cox the store manager without whom this would never have taken place.



Janet, our Chairman, explains paperwork to a meeting of volunteers including Yvonne and Julia in October. Another meeting for volunteers, with tea and snacks, was held on 30<sup>th</sup> January





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## This is what we need most of

Cereals	Sponge puddings	<i>We particularly <b>don't need:</b> Tinned tomatoes Powdered milk, Lasagne sheets, Dry lentils, Loose tea or Hair conditioners, thank you.</i>
Milk (UHT)	Biscuits	
Meat / fish paste	Toothpaste	
Tinned custard	Toothbrushes	
Instant Coffee (100g jar)	Washing-up liquid	
Tinned potatoes	Toilet rolls	
Sugar 500g pack	Shampoo	
Tinned meat	Shower gel	
Tinned vegetables	All-purpose cloths	

## Costs of Living

There are two types of family finances:-

- (A) Regular: Income from salaries, pensions and Investments
- (B) Instant: Money from wages, and benefits, but no savings.

• Research from Loughborough and the Rowntree Trust show that the costs of living over six years have risen more than the ability of many people to pay for them. These changes hit those with type B finances because they have no other resources. UK Studies have shown:-

- Food costs have risen 26%
- Bus travel has gone up 37%
- Fuel/heating costs up 45%

Against these statistics:-

- Minimum wages Rose only 14%
- Average wages " 9%

### SANCTIONS

In the past this word related to popular campaigns to try and change politically supported campaigns against things like Apartheid in South Africa.

The current Government use of the word means fines against those who are deemed to have broken the welfare rules.

The result is that many families can lose all their benefits for several weeks, because they challenge their allowances, or cannot meet the rules of the Job Centres.

Such families then face weeks of zero money, since they have no other resources. This is particularly serious on those with low wages, ill health or "Zero-hours contracts".

This shows why Basics Bank requests have not diminished.

## Please give money to Basics Bank

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.

