



*God's love in action*

## Newsletter Spring 2017

### Christmas Parcels get the V.I.P. treatment !

*The Mayor of Lymington and Pennington, Councillor Barry Dunning gets his hand in helped by volunteers Elaine and Malcolm packing Christmas parcels on 16<sup>th</sup> December.*

The choice of items to pack was similar to previous years, but with tinned fruit instead of tangerines and no tin openers. Instead of lemonade there was a very concentrated blackcurrant squash. There were chocolate cakes (Tesco finest). Also given were hot dogs and a meat pie – making plenty of protein as there was tinned ham and salmon and Dairy Lea cheese.

Tesco were very helpful, bringing all the goods up the High Street. The manager Richard was with them and he and Trevor checked we had the correct amounts. Shortfalls were quickly rectified, as were damages. Each parcel had something extra added as we had a lot of mince pies, Christmas puddings and other Christmas fare.

There were plenty of helpers, so the production line started at 1.30. We had breaks for the Mayor to speak and for a photo shoot by a Lymington Times reporter in the Church. The “bags for life” managed to hold all the goods and were adequately strong. I do not think there were any breakages.

Bags were labeled up and placed in rows in the church with a label for each organization. This was very helpful to people collecting the parcels the following day.

There was a lot of packaging. It was placed in large containers which Tesco kindly disposed of.

339 parcels were made up. We had originally ordered 300 of each item but due to late requests we had to increase the order to 350 ten days before.

On the day following packing, Thursday, most agencies came to collect their parcels, and the rest on Friday so their bags had to be stored in the cabin and kitchen.

All went very well, with so many people helping. Also it was good publicity to have our picture on the front page of the Lymington Times just before Christmas.

*An edited version of Theresa's report*



*The Mayor seeks guidance from volunteer Yvonne while, (from left), trustee Andrew, secretary Lance and volunteer Heather look on.*





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## Young people visit Basics Bank

During our February Half Term Holiday, my brother Thomas and I visited the Basics Food Bank at Lymington to see what they do, and how they help people.

Our Mummy had said about how lucky we are, and that there are so many people all around the world that aren't as lucky as us, and even people that live near to us are in need.

We visited on a Wednesday morning, and Thomas and I already knew a bit about what the Food Bank do, as we collect food at our School, Tiptoe Primary, at Harvest Festival time, which is donated to the Food Bank. When the food is collected someone always comes in and talks to us about the food bank and thanks us for donating.

When we arrived at the Food Bank, we were surprised how busy it was and how much food was on the shelves. We both asked if we could help, and were told we could.

Firstly, we put the food that had been donated on the shelves in the right place. There is a place for all the different types of food: tinned meat, soup, baked beans, to name just a few.

The Basics Bank have a list of food that is enough for 1 person or a couple, and they make these bags up ready to be collected or delivered. We were lucky enough to be able to help make some of these bags up, and Thomas and I did this together, one holding the bag, the other finding the item. It was really interesting to see what went into each bag, and see what that person would have to eat all week. There were even some treats for each bag, like biscuits and some chocolate, which we hoped the person would enjoy.

Some people also collected bags when we were there and so we got to meet the people who were going to benefit from all the donations.

The volunteers that were there go every week to help, and are all very busy. We did get a drink though, and even a biscuit, which we both really enjoyed.

Both Thomas and I were really surprised when it was time to go, as the time went very quickly. As we left, we both asked if we could visit again to help in our next school holidays, and we were told that they would love to have us back.

When we got to the car, we both asked Mummy if we were going home for lunch as we were hungry. Mummy said we were, and then asked us to stop and think what food was in our cupboards at home and how lucky we are to be going home to full cupboards, and to be able to choose what we want for lunch, as we now know that's not what it's like for everyone.

Thomas and I both really enjoyed our time helping at the Basics Food Bank, and will definitely be back during our Easter Holidays. Thank you all for letting us help. *Matilda (11) and Thomas (8) Dowdeswell*

## Chairman's update



Christmas 2016 was an exciting time as we had many gifts from various sources and we wish to thank all the folk who contributed to the extra special gifts we were able to include in our special Christmas parcels. During the month of December we gave a Smiths' gift voucher to the children whose families received a food parcel.

Since the New Year we have seen the number of parcels being requested grow from 15 to more than 20 a week and all the volunteers have been extremely busy packing, running to the shops for depleted stock most days that we are open often spending £300 a week. So please keep up your generosity with urgently required donations (see back page or our website for details).

Without your gifts we would not be able to function. To help you, Waitrose, Lymington and Sainsbury's, Brockenhurst very kindly provide a gift crate for your items. But please **check the dates** on food you give us. We have to throw away any beyond the sell-by date.

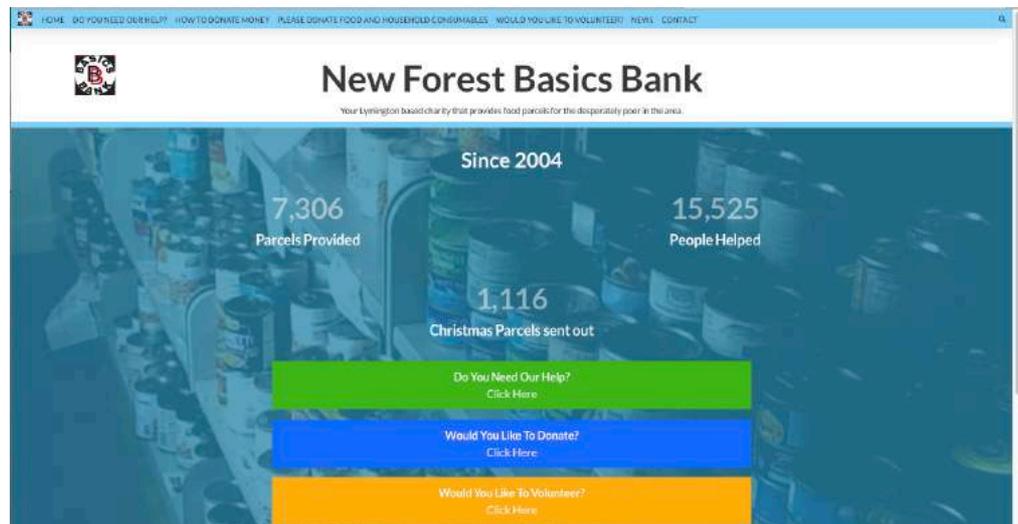
My thanks go to all the volunteers especially our drivers who have on many occasions required a shoehorn to juggle the parcels into their cars as often there are 8 parcels going out a day each one consisting of 5 to 8 carrier bags full of essential items.

Please spread the word around that we exist and we are making a difference to the lives of many.

## Our New Web Site

Here is a picture of its Home page. Do venture into it. You will find copies of previous Newsletters and forms you need if you are thinking of joining us among other interesting things.

It is designed to be friendly to mobile phones which are now used by so many people to access the internet.



## Three more of our valued volunteers



Sue  
volunteer



Andrew  
trustee & volunteer



Heather  
volunteer

We are truly grateful for the unstinting work put in by all our volunteers, particularly those who work in the Cabin, those who deliver parcels and those who bring goods in from collecting points and churches.

## Help needed! – Drivers are required for casual deliveries

It would involve you being asked to collect parcels from the Cabin on a day that we are open and deliver them to clients within ten miles that day. If you feel you could help, please contact the office [admin@basicsbank.org.uk](mailto:admin@basicsbank.org.uk) . Thank you very much.

## A recipe for those who receive Basics Bank parcels

### SAVOURY TUNA (Serves 3 or 4)

#### Ingredients

Tin of Tuna  
Tin of Sweetcorn and/or peas or other vegetables  
Salmon Paste  
Tin of Evaporated Milk (or 500ml milk +tablespoon of Flour)  
500g Pasta  
Can also add: 1 Onion, mushrooms, pinch of Chilli Powder

#### Method

Cook and drain the Pasta  
Chop and fry the Onion with pinch of Chilli  
When Onion is soft, stir in salmon paste  
Add evaporated milk (or milk and flour)  
When bubbling add sweetcorn, tuna and peas.  
When it is all hot, mix into the Pasta.  
Serve and enjoy.

*Courtesy of Christchurch Food Bank*

Basics Bank Cabin, Rear of United Reformed Church  
High Street, Lymington, Hants. SO41 9AG  
Phone: 01590-610008. Registered Charity No. 1150170  
Email: [admin@basicsbank.org.uk](mailto:admin@basicsbank.org.uk)  
[www.basicsbank.org.uk](http://www.basicsbank.org.uk)  
Open: Tues, Wed, Fri, 10-12noon



## Please give money to Basics Bank

Basics Bank needs constantly to receive donations of money which will be used to buy food and household items.

Please give to us and 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.

Or bring cash or cheque to our office when we are open. You may also give online via our web site [www.basicsbank.org.uk](http://www.basicsbank.org.uk)



## Donate while you buy on the internet

Did you know that you can give to Basics Bank while you shop on the internet at **no cost** to you!

*There are 1,000's of online shops that will pay a donation to New Forest*

We know of at least two ways of doing this:



**Giving-a-Bit.** If you have a PC or a Mac you can go to [givingabit.com](http://givingabit.com), sign up and download a widget (a small piece of harmless software). Every time you go to a shop that subscribes to this scheme your computer will remind with a blue banner to click. When you have made a purchase the shop will automatically give Basics Bank a percentage.

If you have a tablet, iPad, etc. you have to go to the [givingabit.com](http://givingabit.com) web site first, then to the shop; not so easy to remember, but worth it for large purchases.

Have a look at this video:

<http://givingabittd.cmail20.com/t/j-l-ujhjhjd-hyudriuh-p/>

This is an alternative:



Give as you Live®

**Give as you live.** The same principle applies, a percentage is given to your chosen charity. This time you register at [giveasyoulive.com](http://giveasyoulive.com). they don't have a widget. But they do have an ikon in the top of your Safari window and do give-as-you-switch car or home insurance or utility suppliers.

Please write to tell us of your experiences with using these to give us money.

## This is what we need most of

Milk (UHT)	Sponge puddings
Meat / fish paste	Biscuits
Tinned custard	Toothpaste
Instant Coffee (100g jar)	Toothbrushes
Tinned potatoes	Washing-up liquid
Sugar 500g pack	Shampoo
Tinned meat	Shower gel
Tinned vegetables	Jam & marmalade ( <i>but not home-made</i> )
Noodles	

### *We particularly don't need:*

*Tinned tomatoes  
Powdered milk,  
Lasagna sheets,  
Dry lentils,  
Loose tea or  
Hair conditioners, thank you.*