

# CHRISTCHURCH FOOD BANK

## **Christchurch Foodbank+**

*What does the + (plus) mean? In a nutshell it means we do more than just food, we want to help those who come to the foodbank on their journey out of their crisis by enabling them through our projects to be self-sufficient.*

*Since opening we have given food to over 17,000 mouths*

*We have provided 'Top up Holiday Hunger' parcels to nearly 1000 families throughout the School holidays (Easter, summer and Christmas)*

Each person who comes to the foodbank has been assessed and given a voucher by a local authority or organisation who deems them 'in need' or 'in crisis'.

**How can you help?** Donating tins of Carrots, peas, potatoes, corned beef and fruit, we have a full shopping list available, but always need these items. Toiletries, sanitary products, shower gel and toilet rolls too.

Become a friend of Christchurch foodbank+ by donating £10 a month and letting us buy what items we need and saving you time

*We have helped over 100 families and individuals through our Home equip furniture project*

For those moving into empty properties, from homelessness, domestic violence families, temporary accommodation, sickness etc. this can be a very difficult time, the Home equip project helps to furnish the property and make it a home, we give anything from a kettle, crockery, cutlery, bedding and towels up to a cooker, bed, table and chairs. Each family and individual is assessed depending on their needs and assisted accordingly.

**How can you help?** If you have good bedding, towels, kitchen utensils, crockery, saucepans, baking sheets you can donate. Good basic furniture items, beds, mattresses, sofa, chairs, table, wardrobes, rugs ect OR again you can donate financially to this project. Contact us and we can arrange to have a look and collect. The contact details are below.

*We had over 80 individual complete our 4 week course learning to 'Cook, shop and eat on a budget'*

This project is a life line for some of our families, reducing their food bill and eating healthy fresh food.

**How can you help?** If you have surplus left over from your allotment, let us know!, if you have healthy, hearty, tasty recipes, let us know!

*We've Assisted 10 individuals through our money management and budget coaching scheme*

This project enables and educates them how to prepare and stick to a budget, manage their money and use it wisely.

*We have Seen numerous individual at our 'Homeless drop-in' assisting with clothes, food, sleeping bags, flasks, UC applications, appointments and getting them in accommodation*  
How can you help? We are in need of Mens socks, underwear, jeans, t-shirts, fleeces, toiletries, sleeping bags.

*None of the above could have been possible without donations of goods and CASH donations. Thank you for helping us help those in our community in need.*

**Christchurch Foodbank+ Tracy Blick and The Team**

**Contact: 07587371088 OR Email: [christchurchfoodbank@gmail.com](mailto:christchurchfoodbank@gmail.com)**

**CHRISTCHURCH**  
**FOOD BANK+ PLUS**

The logo for Christchurch Foodbank+ features the word "CHRISTCHURCH" in a bold, dark blue, sans-serif font. Below it, the words "FOOD BANK" are written in a bold, red, sans-serif font. The letter "O" in "FOOD" is replaced by a red circle containing a white hand reaching out. The letter "D" in "FOOD" is also a red circle containing a white hand reaching out. To the right of "BANK" is a red plus sign. To the right of the plus sign is the word "PLUS" in a white, sans-serif font, set within a red rounded rectangle.