

Welcome to Foodbytes, Summer 2025! Read on to find out about our new van and the ongoing work through our Community Coaching Programme. We would also like to encourage anyone struggling to make ends meet to make use of us. Many bills are rising and this is impacting us all! If you are unsure where to turn for a voucher, do get in touch.

New Foodbank Van

We have just purchased a new, larger van!

Our van is in daily use, out and about across Basingstoke and Tadley, collecting donations and transporting food between our warehouse and seven Foodbank Centres.

The previous van served us well and faithfully for four years and 35,000 miles but, as our operation has expanded, so has our need to carry more supplies. We have therefore made the shift to something bigger - meet our new Ford Transit van!



"The volunteers are finding the larger van is much easier to load and fill, particularly when restocking our busiest centres."

- Mike, Volunteer Driver Coordinator.

It can carry 30% more and, with its wider doors and taller roof, is easier and quicker to load.

Being a newer van, it also meets the latest emissions standards, so we are more efficient, cleaner and greener!

The new van is the same blue we had before and will soon have fresh Foodbank signs - so do look out for us on our rounds!

More than food

Community Coaching Programme

Did you know we offer free Community Coaching? And not just to our current clients, but also those who may need us in the near future.

Community Coaching is one-to-one structured support on a weekly basis to coach participants through life's challenges. Areas of focus are chosen by the participant with guidance from their coach as needed. They are supported to consider where they want to make a change, or which challenges need to be addressed. While working towards their goals in these areas, participants will learn skills and tools they can continue to use in other areas of their life.



One of our coaches is supporting a client to complete benefit forms.

Those who have completed the coaching programme report feeling more confident and better equipped when addressing life's difficult situations. They have also seen positive changes to their circumstances through taking small steps and achieving goals made through the coaching.

"I'm in such a better place in my life and mentally, than I have been in a very long time. Without the support through the coaching I don't feel I would have even taken the first step or gone to any meeting."

If you know of anyone who may benefit from Community Coaching we have spaces available and would love to share more about the support coaching can offer.

Contact communitycoaching@basingstoke.foodbank.org.uk for more details.

Thank you to our volunteers!



Over the last couple of months 83 of our volunteers have joined us for training sessions with the theme of values. We have had some great discussions and would like to thank all our volunteers for the value they bring to their teams and the work we do!

Reducing the stigma

We are keen to spread the word that there is **no shame in using the foodbank**. We know from our clients that they have felt embarrassed or anxious when first coming to a foodbank, but are so pleased to know that they are soon put at ease and feel much better once they have made that step.

*"We came there with **a lot of hesitation**. However the people there **put us at ease** very quickly and **we felt warm and welcomed**. We were treated so good and we had lots of food to take home."*

We are all facing rises in bills for water, gas, electricity, council tax, broadband and car tax and it is therefore no wonder that the main reason for clients using the foodbank is the rising cost of essentials and difficulty in having enough to pay the regular bills.

We can see the increase in the cost of food too. In 2022 the value of a foodbank 3 day pack for one person was £35 and for a family of four was £68. As of February this year, the value of the same items is £42 for an individual and £81 for four.

Thanks to the generosity of the people, businesses, children's and community groups, and churches of Basingstoke, there are stocks of food available.

And so, with all this in mind, we would like to encourage **anyone** who's struggling to **get in touch to benefit** from the free **food and other help** available.



We asked our clients for one or two words to describe how they felt after visiting the foodbank. The size of a word shows how often it was given as a response.

If you are part of an organisation who is in a supporting role within Basingstoke and would like to consider becoming a referral partner, do let us know and we will be more than happy to explore this with you.

Thank You for the Easter Eggs!

We have been overwhelmed with the generous donations of Easter Eggs over the last month. So many of you have been kind enough to make Easter special. We would like to say a special thank you to those who organised a collection across a number of organisations, including Tomato Energy, Reassured, Testborne Community School, BizSpace and Bertin Exensor UK. Together they collected 230.6kg of Easter Eggs!!



Stay Connected with Us!

Follow, like and share us on Facebook to stay updated on our latest news, events, and community efforts.

Join the conversation and be part of our growing online community!

Your support helps us spread the word and make an even bigger impact.

Sign up to our Foodbytes mailing list by visiting our website at basingstoke.foodbank.org.uk/stay-in-touch/ or by scanning the QR code:



Basingstoke Foodbank takes data security very seriously. You have received this newsletter because you are on our list of supporters. If you would like to see a copy of the privacy statement for supporters' data, please email admin@basingstoke.foodbank.org.uk. If you do not wish to receive newsletters from Basingstoke Foodbank, please select the unsubscribe button found at the end of this newsletter. Alternatively, please email admin@basingstoke.foodbank.org.uk with "unsubscribe" in the subject line, and your full name in the body of the email.