



April 2020

Welcome to our April update.

We usually like to produce a quarterly newsletter to update you all, and we did question doing this edition but actually felt it was an opportunity to share with you how our new normal is working. Everyone is facing a multitude of challenges as we follow Government guidelines during the Coronavirus outbreak and charities are no exception. So in this edition you'll find out how we are keeping things going, in particular our food bank and also a few stories to hopefully make you smile - important at this stressful time.

Hopefully by the time we're writing our next newsletter things will look brighter.

Take care  
*Kelly*

### *Our new 'normal'*

YFM's new normal is very different from what we're all used to but we are fully embracing the challenges. Our main priority through all of this is still being here for those that need us. Although we're not running our usual programme of groups, courses and activities, where we can we are staying in contact and even getting creative with virtual group chats enabling us to support each other as we would usually do.

Currently our biggest challenge is the food bank. We need to ensure that we can still run this for our community. Whilst observing all the new rules a small skeleton group of volunteers plus a few of the YFM and church team are working hard to meet demand. Currently revised opening hours for food collection is Monday-Friday 10am-12noon—this is to

enable us to best serve this community whilst keeping us all safe.

Interestingly demand for Basics Bank last year dipped slightly - a positive to know that not as many people were in crisis. However we do expect more people to need us as their financial positions become unclear and/or more challenging.

Please do still remember us and all the people the food bank does and will continue to help. Here are the items we need the most:

### **Shopping list**

- Tinned carrots
- Tinned potatoes
- Tinned meat
- Chunky soup
- Rice pudding
- Pasta sauces
- Tinned tomatoes
- Macaroni cheese
- UHT milk

## Last year in numbers...

# 2251

The total number of food bags given out

# 147

Number of children & young people we worked with through our school mentoring project - up 34%

# 202

Number of support sessions run for adults & families including TIDES, Community Brunch and Coffee Morning

# 51

Number of children & adults that enjoyed a day out on the Isle of Wight

# 906

Number of hours of 1-2-1 family support



Youth and Families Matter

## 2019

## A big thank you... x

Thank you to those who continue to support us financially and those who have done so for the first time. Thank you also to the food donations that are still coming in - a special mention for ASDA and Morrison's who have made food banks a top priority. We couldn't do it without you all.

There are many heart warming stories to share...here's just one.

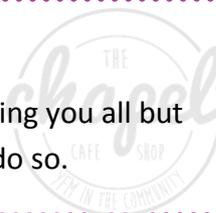
*A Sky TV manager (who's now working from home) dropped off some food for the food bank last week. He, like others in his team have decided to give away the food from food vouchers they're receiving in lieu of the lunch they'd have had at work. What a great guy!*

## The Chapel

Like all cafes, *the Chapel* has had to close. We miss seeing you all but look forward to welcoming you back when it's safe to do so.

## Supporting us when you shop online

Don't forget that when you're shopping online you can still support us - both through [easyfundraising.org.uk](http://easyfundraising.org.uk) and Amazon Smile. ([smile.amazon.co.uk](http://smile.amazon.co.uk)). Please do sign up if you haven't already done so - it's really easy and means when you spend we benefit at the same time.



Youth and Families Matter, Testwood Baptist Church, 283a Salisbury Road, Totton, Southampton, Hampshire, SO40 3LZ  
023 8086 0320 | [info@youthandfamiliesmatter.org.uk](mailto:info@youthandfamiliesmatter.org.uk) | [www.youthandfamiliesmatter.org.uk](http://www.youthandfamiliesmatter.org.uk)

Registered Charity Number 1128524. YFM is the community project of Testwood Baptist Church.