



FOOD KITCHEN & DROP IN CENTRE FOR THE HOMELESS - SEPT 2022



♥ HELP US COMBAT FOOD POVERTY! ♥

You can do so much to help us fight food poverty and help our many guests, and the folks we have yet to meet and reach! This year we have seen the desperation of many of the people we meet. Demand for our many services has risen some 50% over that of 2021. Some of the ways you can work with us on alleviating hunger, hopelessness and isolation include:

- Doing a bumper Harvest Festival Collection for us of food in jars, packets and tins
- Collecting coats, clothing, tents, sleeping bags, rucksacks and equipment for us to distribute
- Straightforward sponsorship and running fundraisers between your friends, colleagues and neighbours with fun/competitive/sporty themes. Take part in our cash'n'carry challenge!
- Cook a meal for our guests – a full cooked breakfast or hot cooked dinner & pudding
- Help us with replacing worn out equipment and improving our venue further
- Put a team together from your department or circle of friends and come help us with clothes sorting, putting food parcels together, collecting donations or do some DIY for us

THANK YOU TO ALL OUR EXTRAORDINARY SPONSORS & DONORS FOR ALL YOU DO!

Success Stories:

Peter's New Home?



We raised £780 for one of our guests living with his dog in poor conditions on a leaky boat.

He is buying a boat in good shape this week!



We have given out 150+ new & used sleeping bags so far this year. Most of these have gone to rough sleepers! We are now VERY short of these... help!



Every month over **1,100 hot sit-down** and takeaway meals. Also we are giving **450+ food parcels** monthly to callers and delivering to those who can't come out or shouldn't come out!

We have given out many tents & rucksacks to rough sleepers this year and we keep ordering these in – having some more would be great!



We have given out six bikes we've had donated / repaired this year so far and about 40 bike locks! You have any spare new or used?



We have collected and given away quite a lot of fridges this year already. Watch our social media for our appeals.



Washing machines are one of the first essentials for those setting up a new home. We've delivered 6 but also do washing on site for those not able. We have collected many, many microwaves, kettles & toasters!



We need at least one of each of these now for clients setting up new homes usually after being in temporary accommodation!

Building for the Future

This weekend we had our new "kitchen" side doors fitted. This doesn't sound much of an occurrence but it is indeed a very significant improvement. The new set have an extra wide main door (on the left in the photo). The new doors are a huge advantage and make our building even more accessible to users and a big help for staff bringing in donations and bulk deliveries!

Here's a picture that tells you why we needed to do this! We profoundly thank all the staff at Nexus, SubSea Craft, BAR Technologies, the Team at Quay House and Anne Stevens for their eager fund raising for us!



B&Q have kindly given us funding for new commercial standard freezers. This new one, just delivered, is to the new "E" low power consumption standard. We hope to reduce our energy bills in the future!

So What Next?

In order to get our Centre up to a good standard for our future use, so The LifeHouse is here for years to come to serve the community, we want to work on:

- Installing a permanent heating system (at the moment we just use plug-in heaters!).
- Re-asphalting our extensive flat roof areas – we already have this quoted for around £6,000.
- Replacing our dining room floor with a industrial quality vinyl covering.
- Replacing our domestic finish kitchen with a stainless steel outfitting. This item is planned with a very kind donor already!

If you are able to directly or indirectly help us manage and finance these projects we would love to hear from you! Please do speak to Mike on 07800 933 983 or office@lifehouse.org.uk

Here's a wonderful story of support and care from those of all ages! Mia is the daughter of Jenna from Zurich Insurance, Fareham.

MIA'S SUPERMARKET DASH TO HELP THE HOMELESS

I waited forever but finally it happened.....

Today I finally got to go to the Lifehouse to help with jobs to keep all off our homeless people in our country happy. It was not as easy as I thought! I had to unpack 30 bags of clothes and sort them into correct piles ready for the homeless people to take them home.... This really helped them and it wouldn't of happened without all of the generous people that donated. There was almost everything from socks and shirts to big jackets, coats and more. A massive thank you to all of those generous and kind hearted people that donated.



I stacked the trolley sooo high.....

Secondly I headed to Tesco's to spend the money that I raised from cycling an awesome 70 miles on my bike. I cycled everywhere from places like The Isle of Wight to Riverside Park and even concurred my biggest hill yet which was Chalk Hill.

I was so excited to go shopping but little did I know how much £200 would buy us and how much teamwork we needed to load the trolley

But I gave it a go and this is what happened.....



I was one of those crazy shoppers carrying 45 cartons of milk, 100 cans of all sorts of food..... We even dropped half off them, but luckily I caught them before they had a chance to touch the floor!! But something I didn't think about was how hard packing all of that food back into a tiny trolley and then into bags would be.....especially with a speedy check out man!

Dropping off the goods.....



After the shopping the following morning we dropped everything off at the Lifehouse.....the bits I had bought will make 50 bags for families and fill up the pantry! Everyone there was super grateful for all of the great things I had bought. On the way home I felt so proud but also grateful for all of the things that I have. I had a great time at the Lifehouse and I will definitely go again as I am super proud of the help I have given.





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Community Action Page:



Karen and her team from Zurich Insurance, Continuous Improvement cook our guests' breakfast. On the team were Will, Tom, Tom, Isaac, Chloe, Karen, Jenna and Mia.



Presentation at the Ben Ainslie Building/BAR/Nexus/SubSea Craft HQ with (right to left: Ollie, Barbara, Yve, Karina, Marianne, Dave, Anne, Kerry, Helen, Charlotte and Mike from LifeHouse) who fundraised for the new doors (see page two). Picture on the right is the amazing Dani, Jo, Jay and the Asda Team, who cooked an extra dinner for all a couple of months ago.



Some of the LifeHouse Team (left) Paul, Maria, Pete, Kat, Niki, Sue, Mike and Gracie the Door Security PAT dog ☺
(above) Big Dave, Carole, Pete and Sue doing food parcels

You and your department can make a difference.....

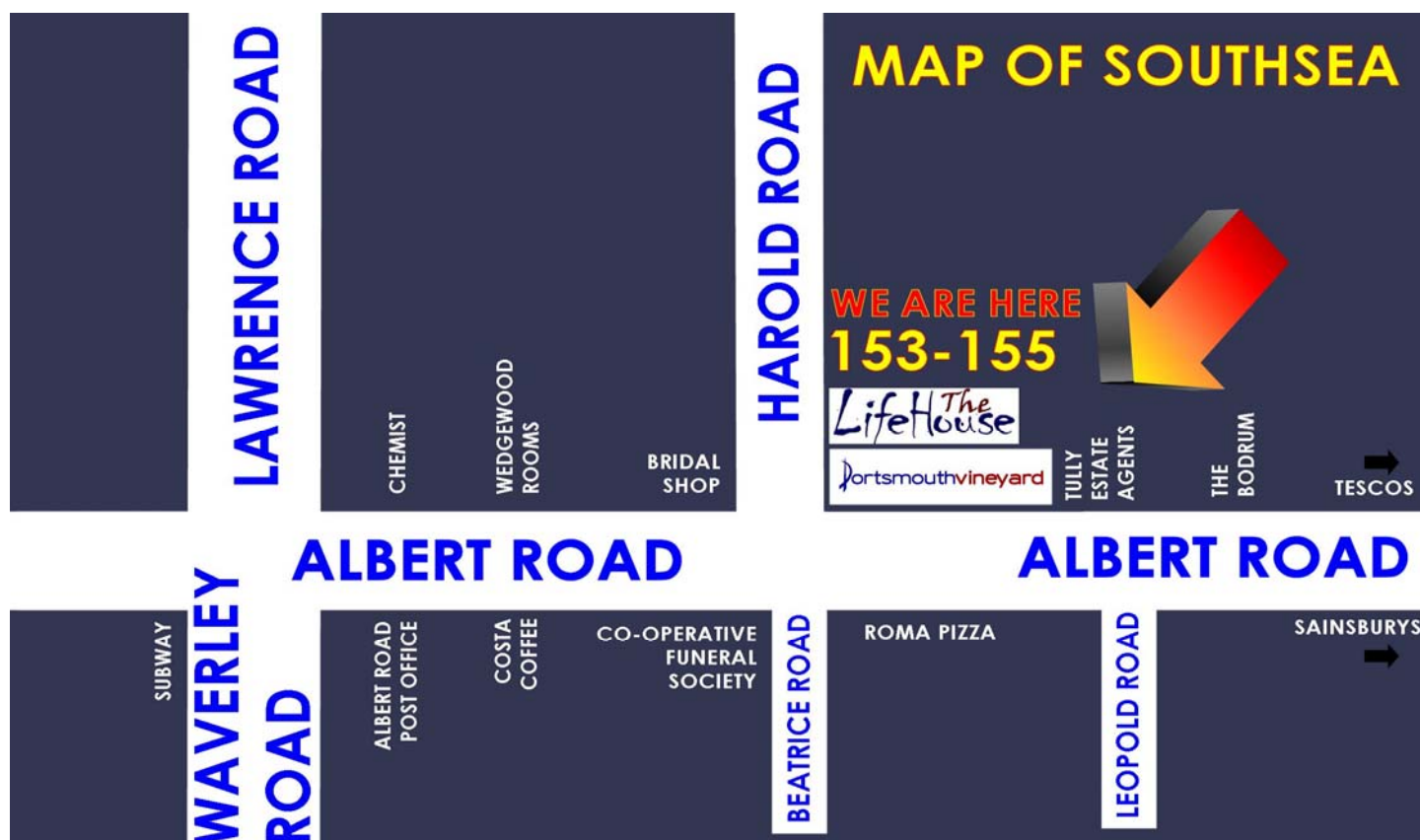


Enter the madcap LifeHouse Cash & Carry Dash

Shop for larger items we need that we can't get in shops, compete against teams from other leading sponsors against the clock and win the Dash for Cash 2022 Trophy!!

Call Mike on 07800 933983 for more information..... thank you!

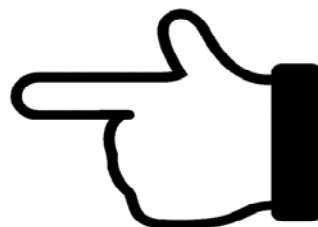
How to find the LifeHouse:



More on how you can help us.....



Take some of our smart and colourful collections boxes ... to your office, shop, warehouse, school, church or home and let us know when they are full!



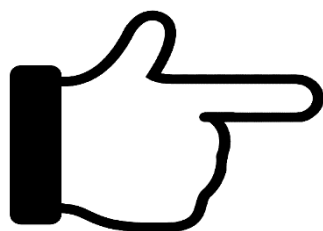
*Please
collect....*

CURRENT TOP TEN FOODS NEEDED

FOR OUR WEEKLY COOKING FOR THE HOMELESS
AND "FOOD PARCELS" TO GIVE OUT TO THOSE IN NEED

Also plastic (supermarket) or long-life bags for "food parcels" please!

The
LifeHouse



1. Spreadable Butter in Tubs
2. Long-life Milk
3. Sugar
4. Instant Coffee
5. Fruit & Fruit Juices in Cartons
6. Tomato & Brown Sauces
7. Paper Serviettes
8. Toilet Rolls & Kitchen Rolls
9. Packs Ready Made Custard
10. Black Bin Bags (large/medium)

Also very useful:

- Pot Noodles
- Tinned Meats/Fish
- Tinned Veg/Fruit
- Porridge Tubs
- Marmite
- Cereal Bars/Chocolate
- Marmalade
- Crisps
- Pepperoni/similar snacks
- Sunflower / Cooking Oil

TOP TEN CLOTHES ITEMS NEEDED

In order of need! Also plastic (supermarket) or long-life bags for "food parcels" please!

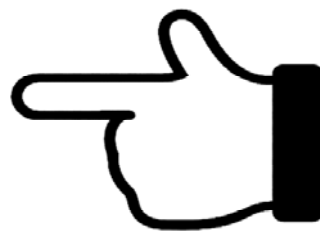
The
LifeHouse

*Please
collect....*

1. M/F GLOVES
2. M/F SOCKS
3. BOXER SHORTS
4. MEN'S COATS / ANORAKS
5. M/F TRACK SUITS / JOGGING BOTTOMS
6. VESTS / THERMALS
7. PULLOVERS / JUMPERS
8. JEANS ALL SIZES
9. TRAINERS
10. BALACLAVAS

Also very useful:

- WOMEN'S TIGHTS
- WOMEN'S PANTS IN PACKS



**Or bring to the LifeHouse kindly during
our core hours of opening:**

- Tuesdays 10am-12noon
- Wednesdays 8am-12noon
- Thursdays 11am-8pm

Thank you!! Mike & all the Team