

Play:Full Newsletter

Spring 2020



Hello to all our wonderful Play: Full partners.

We are all going through difficult times and many of our residents will be at home with children and caring for older people. With that in mind, we have put together some information about where you can access free or low-cost food if the need arises.



The **Trussell Trust** is the key food bank in Banbury.

They have had to reduce the foodbank service so that sessions are open in a safe and sustainable way. Currently open Tuesday at The Peoples Church 10am-12pm and Thursdays at St Francis Highlands 10am-12pm.

Food can only be given to those who have been referred with a voucher. Vouchers are being issued to those who qualify and sent by email to info@banbury.foodbank.org.uk prior to the client visit. The foodbank website is kept up to date so please check regularly.

banbury.foodbank.org.uk

Citizens Advice is key in this crisis as they are swapping their volunteer drivers scheme to a food and medicine delivery service for those most vulnerable across the district. This is therefore a great service to signpost people to.

citizensadvice.org.uk/local/north-oxon-south-northants

The Citizens Advice/SOFEA partnership is offering food and supply parcels to those in need in Banbury. Please seek out other help first as these parcels are for emergencies only. Other support includes:

- Asking a family member or friend to go shopping or shopping online
- Local community groups offering support such as food banks or groups that are offering support to the elderly such as the Banbury Community Fridge.

The emergency food parcel delivery is for people who have no support network or have no access to money and physically cannot leave the house because they are either in a high-risk group or are showing symptoms of Coronavirus. If a person falls within this category, they should call **0300 3030 125** and leave their name and telephone number and one of our volunteers will phone them back.

One emergency food package will contain enough non-perishable food for one person for a week. Where possible, they will also include additional supplies such as toiletries and toilet roll.

Citizens Advice is urging people not to give cash or bank cards to strangers, who may show goodwill, but are actually leaving people out of pocket. It is important to know that banks will not cover any losses if someone hands over their bank card or gives their PIN number to someone else, even someone they trust.

Schools should be supporting free school meal children either via food parcels or the government voucher scheme. Parents should contact their child's school direct if they have not received any information about it.

Banbury Masjid Mosque is distributing packs to isolated and older residents. Please email or text **07480 666939** or email banburymosque@yahoo.com with the following information:

Name

Contact number

Address

Age (must be over 65)

BYHP

BYHP was operating its foodbank two days per week but following the current announcements, this has changed to home deliveries. The team is taking packages to service users once a week as required. They are happy to add to their deliveries, but those in need must be between 13 and 25 (or have a child who is).

For further information please contact their office on **01295 259 442** or email enquiries@byhp.org.uk

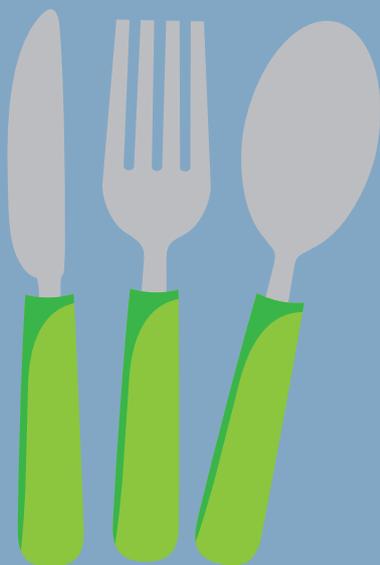
Free Emergency Food Parcels

The Citizens Advice/SOFEA partnership is offering food parcels to those in need in Banbury. We ask that before you contact us please seek out other help first as our parcels are for emergencies only, other support includes:

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Useful websites

www.lovefoodhatewaste.com

How to never waste food and use leftovers, storage and freezing tips

www.nhs.uk/change4life

Recipe and activity ideas

www.worldofdavidwalliams.com/elevenses/

A free audio story time every morning at 11am

www.youtube.com/user/thebodycoach1

Joe Wicks is the nations PE teacher every morning at 9am on his YouTube channel

cookingonbootstrap.com/category/recipes-food/

Low cost and budget recipes from everyday store cupboard ingredients

www.nationaltrust.org.uk/lists/50-things-activities-in-your-back-garden

www.maketime2play.co.uk/

hungrylittleminds.campaign.gov.uk/ (0-5Yrs)

www.activityvillage.co.uk/

www.allkidsnetwork.com/activities/

www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19

www.saferinternet.org.uk/blog/keeping-children-happy-and-safe-online-during-covid-19