

# Southside

**Delivering Family Support and Domestic  
Abuse services to children and families in  
Bath and North East Somerset**

- 20 Year track record of 'standing beside' people when they need us, in a friendly and encouraging way.
- Embedded in the local community
- Provide practical and emotional support to individuals and families to find the care and support they need
- All the team, including volunteers are trained and supervised to understand the impact of difficulties or trauma in childhood or adult life.

# We believe in change

- Positive change happens when we help traumatised people to understand what stresses them rather than 'teach' them better self-control.
- We hold excellent boundaries but do not create distance
- Unlike a lot of people in their lives, we stay as we help them move through a crisis intervention to our Community Hubs and then to become Young Advocates or Family Champions.
- Becoming volunteers and giving back recognises their wealth of lived experience and greatly increases their self-esteem. We never identify or judge people by their past. We believe in change.

# Southside Community Food Hub

- ❖ Opened in August 2020 - In response to the Covid19 pandemic
- ❖ We opened in four locations, two locations in Bath, one in both Keynsham and Peasedown St John
- ❖ Members collected meals from Beacon Hall once a week for their families and had a social distanced catch-up outside the hall – tea and coffee was also served
- ❖ The community group offered members nutritious meals cooked by our professional chef Dan with the opportunity for families and individuals to check-in with Southside staff and volunteers within their local communities and receive family activity ideas. Our aim is reducing isolation and for us to provide families and individuals with access to support if needed, ultimately, helping to prevent family and individual challenges becoming a crisis situation
- ❖ The lunch and meals are free of charge
- ❖ As the second lockdown restrictions were introduced, we decided to offer members a delivery service. This enables us to maintain contact with members and continue offering practical support in a safe way. This will continue until after Easter 2021

## **Beacon Hall August 2020** **(pre mask wearing advice!)**











# Feed Back from Members

*“The meals have helped me amazingly, loving the meals and recipe’s and I have been cooking my own meals. My daughter and I love them, and it has enabled us to try new food too. I’ve collected the recipe cards and made my own recipe book, and I look forward to the meals as I don’t have to cook.”*

*” Wonderful people, I’m not a vegetarian, but I enjoyed the vegetarian meal. This is only my second week collecting, but we are enjoying them immensely.”*

*“Southside meals have been very appreciated in my household. It has been lovely to have a break from cooking. Every meal has been enjoyed and the portions are plenty despite having big eaters. Thank you.”*



# Southside Community Food Hubs Café Style

- ❖ In August 2020, we adapted our community groups in response to the pandemic and offered take away meals with a view to open as a café style hub group. This remains our aim as soon as it is safe to do so
- ❖ The café style group will offer a light lunch with tea/coffee and the all-important chance to catch up. Workers will be there to talk to, provide practical and emotional support and be waiters!
- ❖ At the end of the group there will also be the bonus to take home an evening meal for themselves and any family members to eat together, cooked by our professional chef Dan

# Southside Pantries

- Southside pantries continued to run throughout lockdown restrictions, last Easter we even stayed open over Good Friday holiday to ensure members had access to food provision
- As a member of a Southside pantries, you pay £3 each week and receive food in excess of £10-£15. Each member collects weekly but if they are unable to collect, no fee is paid
- On average, we support 18 families each week and are open every Friday throughout the year excluding public holidays



## **We have also offered additional treats within the pantry, including:**

- Beef donated by a local organic farm
- Luxury toiletries at Christmas
- Mothers' day gift
- Toiletries
- Practical items when available





## Collecting organic beef



## Mothers' day gift



## **Additional Support includes:**

- Delivering to members with Covid19
- Sign posting to other agencies and organisations
- Support with applications
- Emotional support



## Pantry Feedback from members:

- *"A BIG Thank you.  
I've been receiving food pantry for the last few months. It been amazing fresh food and some food I never tried but enjoy getting different things. It been my weekly lifeline since lockdown, and It been a life saver for me and my 2year old and been cooking from scratch".*
- *"it's been a life saver"*
- *"I am really grateful to receive the food and it's like Christmas every week."*
- *"FS has been a wonderful opportunity to not get into trouble financially both during lockdown and before. The different food we have received has made for interesting and new dishes. I feel vey fortunate to be part of this project."*
- *The pantry has been an absolute life saver during the covid 19 pandemic. My partner hasn't been working since the lockdown and unfortunately wasn't able to be furloughed so money is extremely tight. Fair share has been able to help me feed my family good healthy wholesome food for little price. Without the FareShare I don't think we would have been able to survive as well as we have been.*