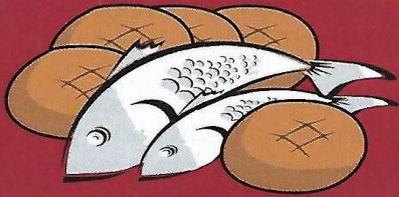


Fund for Human Need

Registered Charity No. 208866



Where a little means a lot

October 2018

Who we are helping

In 2017/18 we had applications from **705** people needing food, basic toiletries and clothing. Of these **388** people were either street homeless or 'sofa surfing' round friends or acquaintances, some were even using night buses as shelter.

For **139** people mental health issues had caused or contributed to the issues that made them apply, some even applied (with the help of social workers) from within institutions.

Domestic Violence and the aftermath of it – often being moved to a new area – led to **54** applications. In addition to this, **95** cases had been recently rehomed for other reasons, this often means facing an empty property without beds, bedding or seats sometimes without cookers.

130 People applied for reasons connected with medical issues some with very serious and complex problems.

15 applications came from the recently released and those on parole often trying to start a new life. In amongst these applications were **565** Children (including some soon to be born) all of them affected by these issues. **640** of our applicants were asylum seekers or had residency issues, including some Windrush generation and **95** were caught in the 'benefit gap' both with universal credit and ordinary benefits.

Donate

If you would like to help us in supporting individuals who have no access to the major relief funds or benefits, please access our website at:

http://fundforhumanneed.org.uk/?page_id=111

There you will find all the information you need on making a donation or regular gift.

Or you can contact us at:

fundhumanneed@gmail.com

Updates on Fundraising

Demands on our services continue to increase with applications coming from local authorities, voluntary organisations, NHS trusts and citizens advice bureau on behalf of the homeless, people whose benefits have been reduced or stopped, asylum seekers and others who are destitute. FHN must constantly raise more income and we are seeking to do this by:

Using a grant from Methodist Action on Poverty and Justice. This funds all our administration meaning –

100%

of your donations go to those of our 'neighbours' in the most need.

This grant also funded the film that was recently shown at the Autumn synods, if you have not seen it have a look at it on the website or at <https://vimeo.com/282308832> or

<https://vimeo.com/284961519>.

Facebook page - We have a page to make more people aware of our work – just search for Fund for Human Need and, please tell your friends. Over 900 people viewed the film on our work through this media.

Making presentations - We were present at several Methodist Autumn synods and had a wonderful response from the [Wolverhampton & Shrewsbury District](#). We will be at 3 Generate again this year.

Local fundraising: can you help? if you would like any information or help to publicize the fund in local churches please get in touch.

'Smile.Amazon' – not everybody's favourite company – but if you do use them please use the 'smile' version and nominate us. 0.5% comes back to your chosen charity.

Encouraging local fundraising, bake sales and other fundraising events as well as collections or donations from churches and other organisations. Can you help?

Inviting regular giving by Standing Order – and increasing this where possible by gift aiding donations which enables us to claim back the tax and add 25p to every £ donated

The backbone of any charity is its fantastic committed supporters who, whatever the amount they can donate, give regularly. If not already doing this, is this something you would consider?

Focus on Mental Health

Money and mental health are often linked. Poor mental health can make managing money harder and worrying about money can make your mental health worse.



Here are some examples of how your mental health and your money worries might affect each other:

If you can't work or must take time off work, your income may be affected.

If you feel very 'high' during a period of mania or hypomania, this can lead to impulsive decisions about money that make sense at the time but leave you in lots of debt.

You may spend money to make yourself feel better. Spending can give you a temporary high.

You might feel anxious about doing things like talking on the phone, going to the bank or opening envelopes.

You may feel forced to do a job you don't like to pay the bills or pay off your debt.

You may lose the motivation to keep control of your finances.

You might find that spending any money at all or being in debt can make you feel very anxious – even if you have enough money.

Dealing with the benefits system or being in debt may make you feel stressed, anxious and worried about the future.

You may not have enough money to spend on essentials or things to keep you well like housing, food, heating or medication.

Money problems can affect relationships and your social life, which can have a knock-on effect on your mental health

Sorting things out can sometimes feel like an overwhelming task.

Try taking things one step at a time. These suggestions might help get you started.

Understand your behaviour

Talk things through with someone you trust

Get organised

Get professional advice

Look after yourself

<https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/money-and-mental-health/?o=6851#.W7jN9vYh3IU>

Can you support with us

End Hunger UK?

www.endhungeruk.org

Everybody should have access to good food. Nobody should have



to go to bed hungry. Fix Universal Credit to Prevent More People Going Hungry: We all rely on the welfare safety net being there for us in times of financial stress or hardship. In areas where Universal Credit has been rolled out, foodbanks and other food aid providers report a surge in the numbers of people pushed into greater debt, destitution and hunger because of delays, errors, a lack of flexibility, and inadequate support.

We're looking for friends – could you:

- ensure FHN leaflets / newsletters are topped up and visible in all places where Methodist services take place and is distributed to all relevant meetings such as Church Council etc
 - ensure FHN's work is mentioned regularly in newsletters etc, mention the film and website too
 - use links to you have with Methodists Online /U3A/Methodist Women in Britain/The Guild /Women's Fellowship? Could you contact them (or other relevant organisations) and see if they can help.
 - recruit more Friends - and ask them to recruit more too
 - organise a coffee morning (or similar) fundraiser where the film can be shown, and donations made and standing orders encouraged
 - send in a report (it need only be brief) to the Steering Group so we don't duplicate activities
- All supplies and support provided, and if one of our trustees / officers is within reach we could send a speaker too.**

Keeping in touch – we will send a newsletter regularly, by post or email, to those who want to know what we are doing. For new supporters we will get in touch to find out your communication preferences, if at any time these change please let the administrator know.

Administrator Mrs Gill Mason:

fundhumaneed@gmail.com or on 01325

244992. If you need any help, leaflets or gift aid envelopes please get in touch.