

## Supporting those who are vulnerable in our community

SHOUT WSK provides engagement and emergency food for the homeless and vulnerable community in Worthing and surrounding areas. We have been a registered charity since September 2020 but we have been operating for over 10 years with no regular income. Our aim is to work towards making homelessness in Worthing a thing of the past.

We are a member of the Adur and Worthing Food Poverty Network, Community Works, and we are also registered with Worthing and Adur Council as a food bank for our pop up at The Lovett Hub, where we provide food parcels and fresh produce on Saturday afternoons.

We have so many amazing volunteers, too many to mention by name. Without their continued support, time and dedication, it would not be possible to do what we do.

In 2023 we will be opening a café hub, so watch this space!

**Below is a snapshot of some of our highlights in 2022 - there are too many to include them all!**

## JANUARY

- We bought a van!!
- The High Sheriff and his wife paid us a visit at our pop up food bank

We received:

- Food donations for parcels from Worthing Custody Suite - NHS Support
- A lovely thank you card from some of the children we help on a Saturday at the Lovett Hub
- A donation of all weather emergency sleeping bags/body covers which were small and compact

## FEBRUARY

- We signed up for Amazon Smile meaning we will get a donation for each eligible purchase!
- We picked up our first donation pot collection from One Stop and it held £82.95!



## MARCH

- Work at the allotment started up again and we had donations of items and seeds
- Sompting Abbots School donated Easter eggs
- We received an award from the High Sheriff along with a £750 grant to help us with the community work we do and the story was in the Herald!





## APRIL

- Hundreds of Easter Eggs were donated by Balfour Beatty, Caremark and Brighton Police
- An anonymous couple paid for an advert in Heart newspaper to promote our charity
- Garden tools and wheel barrows donated for our allotment project
- Meeting with Gillingham Street Angels providing us with useful information and tips
- Dance with Stacey event at Assembly Hall raised over £450
- Khristina did a talk at ECE Architecture and they chose us as their nominated charity for 2022
- The ASDA Foundation donated £729 towards our allotment project
- We had our first crop from the allotment of lettuce leaves (3 types)!
- A few of our volunteers attended the Food Poverty Network volunteers evening
- We got the keys to the café!
- We began to work with Holly Haigh, a fundraiser employed by community works. Holly managed to secure funding from The National Lottery Awards for All for us



## MAY

- Computers4Charity donated a laptop
- Perry and Daisy worked on our seaside planter (plot 14)
- Our van got branded! Thank you The Kitchen Cleaning Group!
- A volunteer has given up a day a week to help us with marketing, communications, operations, admin etc



## JUNE

- We submitted our application with CitizensCards to be able to help clients obtain ID
- The cafe renovations started! Our clients volunteered their time and skills along with collaborations with The Bearded Runner and other businesses who helped us
- We signed up for BanktheFood app!
- Durrington Cycles donated 2 branded WSK bikes to us!





## JULY

- New donation pots arrived with a QR code!
- Morrisons donated some sleeping bags to us
- We had lots of produce from the allotment. Our shed finally arrived and 2 of our volunteers built it!
- Lots of contributors for raffle prizes for our stall at the Broadwater Carnival. We had 24 prizes! We sold raffle tickets, bags of sweets, bric a brac items and produce from the allotment. We even had rhubarb and gooseberry jams! We were also a beneficiary of the event
- The Albert Hunt Trust pledged funding towards salary costs



## AUGUST

- The 2 day pop up school uniform shop in partnership with Morrisons went down well with many families
- Progress at the cafe with Henry the Bearded Runner donating his time and skills
- Cafe kitchen flooring went down!

## SEPTEMBER

- We had our 2nd birthday as a registered charity!
- One of our volunteers set up a Go Fund Me page for a small van
- We got a community fridge for our cafe



## DID YOU KNOW...

We have received many donations over the year of items, food and money

We have over 2000 [Facebook](#) members. A lot of items requested by our homeless and temporary housed clients, such as household goods, sleeping bags etc, come in via the groups from the local community on our Facebook page

We have built strong relationships with a number of local businesses, restaurants and supermarkets who regularly donate to our charity







## OCTOBER

- Goring Methodist Church donated their Harvest Festival food collection to us
- Monetary donation from Durrington Community Centre Church and from a member of Goring Church was received
- We received a £1500 donation from Stephen Dale at Ordinges Lodge 6866
- Big thanks to Roy and Heather for organising and to the residents and staff at Rosemary Mount Care Home for their kind donation of food items
- Sarah Chalk and her hubby crowd funded for us and donated 10 slow cookers, ingredients and recipe books
- Kingsley roofing donated a hot pie and chilled cake cabinet display for the café
- ASDA donated £1500 to use for the cost of living crisis - thank you Mick our community champion for organising this for us
- The poly tunnel donated to us, went up at the allotment ready for the winter
- The Broadwater Carnival Society made us 1 of 6 local charities, benefiting from money raised back in July. Thank you to West Sussex Fire & Rescue Service for hosting the ceremony and donating £1350
- Our first table got made by Henry The Bearded Runner for our cafe
- A volunteer set up a fundraiser for a children's Christmas appeal so we could provide local children with Christmas treats
- We had a food donation drive at ASDA Ferring
- Community fridge signage in the cafe went up
- £1000 was donated from Worthing Islamic Society and the ZVM Rangoonwala Foundation UK
- We were the dedicated charity for the Walking for Nigel walk fundraiser
- We were selected as part of a Coop Local Community Fund meaning we are a chosen charity to receive donations every time someone purchases something





## DID YOU KNOW...

We have helped around 1200 people including children, each month in 2022 with food, items needed, support and help

We have served over 1560 breakfasts on Sunday mornings to our homeless community, the only Sunday service available

We are the 2nd largest group in the food poverty network

All of our volunteers are just that! We don't have one paid person at our charity. We are very grateful for the time and help our volunteers give us

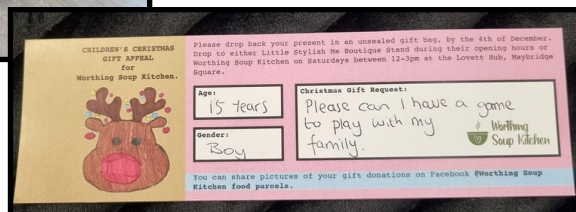
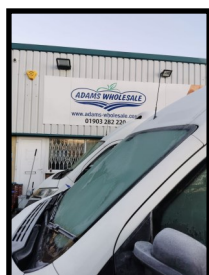
We support the night shelter 2 nights a week

We could not do what we do without our volunteers, supporters, contributors, trustees and local community.  
**THANK YOU!**

We helped over 100 families with the summer school uniform shop

## NOVEMBER

- Kristina spoke at the #enoughisenough march in town
- We decorated a Christmas tree in the Guildbourne Centre and the Mayor joined us
- Little Stylish Me UK set up a toy appeal for the children at our foodbank to choose a toy for Christmas
- Mel at The Social Media Rocket organised the More Radio toy drive appeal for the 2nd year running
- We held a food donation drive at Morrisons and the Mayor popped by to see us
- We had our first food collections from Sainsbury's Lyon Farm and Lidl's
- A team at Southern Housing donated some time to help us with our cafe renovations
- Tuna Graphics printed aprons for us for the cafe and will be doing our cafe signage
- Another 4 Tesco's around Worthing were added to our weekly food collections
- Adam wholesalers started donating fruit & veg every Saturday
- OneStop donated £500 to us
- £1000 was donated from Timothy Franey charity foundation
- A Christmas raffle held to raise funds for us





## DECEMBER

- A crowd funder was set up with the Adur & Worthing Food Partnership with a number of restaurants donating money to 5 foodbanks in Worthing and we are one of them
- We were donated panto tickets from Worthing Theatre for some of the families we support
- £2625 was raised on a Go Fund Me page meaning we will receive £5250 as Legal & General are matching the funds for us
- My Choice Children's Homes invited us to Horsham to collect a number of filled rucksacks for our homeless community along with a donation of £169. We met Ian from Crawley Open House, another homeless charity doing great work
- Khristina spoke at a Greenpeace event discussing the cost of living crisis
- A council run night shelter opened for our homeless on the streets to have a safe and warm to sleep
- Big congratulations to our charity founder Khristina McCormack and loyal volunteer Claire Cook, who both received an Adur & Worthing Local Jubilee Community Hero Award from our Mayor and we were in the press
- We received £1000 from the Benefact Group - Movement for Good
- Adams Wholesalers and a number of local Coops started donating to us
- Khristina provided Christmas dinner for those using the night shelter on Christmas Day
- The Rowan Day Centre donated toys and food to us
- A carol service was held by Holy Family Church in Lancing for WSK
- We ran a post on our Facebook page about Rev and Rebel selling The Big Issue. As a result, Rev was nominated and won a prize from Sussex SAR for lost dogs. He has also seen an increase in support from the community.

Thank you!

- Worthing Lions donated food items for our Christmas hampers
- Hawthorns Primary School donated £140 from a cake sale
- Worthing High School donated Christmas hampers
- The Freemasons lodge donated £250
- O2 donated pay as you go data for our clients
- Lidl donated toys and frozen food to us







## UPCOMING IN 2023

- We will be purchasing another smaller van to help with our deliveries and drop offs
- We will be opening our café hub!! It will be open to the public during the day whilst acting as a training platform for our clients to learn new skills alongside a community fridge and so much more! Thank you for your continued support and watch this space for an opening date!

## REFLECTION

I would personally like to thank each and every person who has played a part in our journey of 2022. Those who decided to give up their time and volunteer, be it drive, do collections, source items on marketplace for our clients, work on our allotment, help to fundraise, renovate our hub, volunteer at the Lovett centre, cook for our breakfast service, etc; know that we would be unable to do this without you.

Our hub has taken longer than any of us expected but we finally have the finish line edging closer on the not-so-distant horizon.

We are so looking forward to greeting you all in person and hope that many of you will find new volunteering opportunities within our charity which you will be able to develop and make your own.

I would also like to take this time to reflect upon those who have been part of our family and are no longer with us - they will never know how much they meant or how they touched our hearts, but I am hoping they will now be free from all pain, have found peace and be the unseen hands that guide us on our journey in 2023.

We also have some members who volunteered but due to ill health have had to rest and take time out - Know that we miss you and we hope that you will be back with us soon. We wish you all a speedy recovery and hope that you will all make it through our doors in 2023.

Our plans for 2023 are well in the way with many more in the pipeline.

I would like to thank all of the community who have chosen to support us as well as all the organisations who have assisted us financially through grants and fundraising.

It is everyone's combined efforts that has led to SHOUT WSK standing here in our community. We are driven by where we see what is needed and what we can do to help.

From my heart I would like to wish you all the very best that 2023 can bring, that your angels will guide you, protect you from harm and that we can help each other through the upcoming year, to address our worries and our fears, but most of all we will do our best to be there for you, and carry on growing our services to best meet the needs of those whom we serve.

Happy New Year everyone!

Kind regards,

**Khristina McCormack the founder of SHOUT WSK**

