



Family Support

Food Support

1. Basingstoke Foodbank

- Emergency food parcels (via referral voucher)
- Phone: 01256 264030
- Website: basingstoke.foodbank.org.uk

2. Community Food Pantries

- Popley Fields Community Centre
- Tadley Community Food Pantry
- Basingstoke Community Pantry (Westside)
- Ridgeway Community Pantry
- Affordable weekly groceries, fresh produce, essentials

3. Inspero Food Bank & Community Shop

- Weekly shop for fresh and frozen food
- Kempshott Village Hall
- Website: inspero.org.uk

Financial & Welfare Support

1. Basingstoke & Deane Borough Council – Local Welfare Assistance

- Short-term financial support for families in crisis
- Phone: 01256 844844
- Website: basingstoke.gov.uk/lwa

2. Citizens Advice Basingstoke

- Help with benefits, debt, and signposting to food or emergency support
- Phone: 0800 144 8848
- Website: citizensadvice.org.uk/local/basingstoke

Mental Health & Emotional Support

1. Mind (Hampshire)

- Support for parents and families
- Phone: 0300 123 3393
- Website: mind.org.uk

2. Family Lives

- Advice and support for parents and carers
- Phone: 0808 800 2222
- Website: familylives.org.uk

3. Samaritans

- 24/7 confidential emotional support
- Phone: 116 123
- Website: [samaritans.org](https://www.samaritans.org)

Family & Community Support

1. Children's Centres

- Parenting support, play sessions, advice, and links to services
- Contact local council for nearest centre

2. Basingstoke Community Food Link

- Coordinates food distribution to local families and community groups
- Website: basingstoke.foodbank.org.uk

3. Local Churches & Community Hubs

- Hope Community Church, Hub Community Church, and other local venues
- Provide food support, clothing, and family advice