



versoCare

2025-6

IMPACT SUMMARY

Crisis

In partnership with  
St Albans & District  
**Foodbank**  
Together with Trussell



# 6836.7kg

Emergency Food Distributed in Sessions

# 1,481

No. of People Supported  
(948 Adults + 533 Children)

# 1095.2kg

Additional Emergency Food

# 4,659

Non-essential Items  
(Toiletries & Cleaning Products)

# 258

Custom Food Parcels for Asylum Seekers



# 18

Other Local Charities Supported

# 18,428

Items Donated to Other Charities

# 22

Bridge Mentees

# 10

Bridge Mentors

# 5

Bridge: Courses

# 565

Bridge Mentoring Sessions

# 217

Bridge: Hours of Mentoring

# 859

Social Supermarket Visits





**2,790**

KIT: Children's Clothing & Shoes

**1,864**

KIT: Gifts & Toys

**722**

KIT: Children's Equipment

**2,280**

School Uniform

**621**

Refuel Lunches

**7**

Refuel Sessions



**370**

Main Christmas Presents

**1,185**

Stocking Fillers & Extras

**35**

Angel Tree Gifts

**105**

Christmas Abundance Bags

**21**

Christmas Eve Dinner Boxes

**90**

Chocolate Advent Calendars



# KARINA'S STORY



Karina\* first came to Verso Care following the breakdown of her marriage, which had also been abusive. Suddenly parenting alone, she found herself managing finances for the first time — uncovering debts and unpaid bills while caring for her three young children and navigating a significant language barrier.

Karina initially connected with Verso Care through our Stay and Play sessions. These weekly gatherings provided a safe and welcoming space where her youngest child could play while she enjoyed a cup of tea, snacks, and supportive conversation with the team. Through our KIT provision, the family also received clothing, school uniforms, and new shoes for the children. During the school holidays, Karina and her children regularly attended our Refuel sessions, which she described as “a lifesaver.” Feeling isolated at home and overwhelmed by the financial and emotional pressures of caring for three children during the holidays, Refuel became a vital source of support and stability. The sessions gave Karina a place to rest, talk with the team, and receive encouragement, while the children were able to play, build friendships, and create happy memories together.

One of the family’s favourite sessions was our Knights and Dragons themed day. The children took part in jousting and dragon games, attended “Knight Training School,” decorated castles, dressed up, created shields and suncatchers, and even learned some sewing skills. The session ended with families sitting together to share a home-cooked meal of lasagne, salad, garlic bread, and dessert — creating space for connection, conversation, and a sense of community around the table.

As relationships with Karina developed, the team recognised that our Bridge programme could offer longer-term support. Karina met with our Bridge and Mentor Lead to discuss her circumstances, aspirations, and goals, and was quickly enrolled onto the programme. Within the first week, the Bridge Lead and Family Coordinator supported Karina in contacting utility companies regarding debts linked to the household accounts. Together, they were able to resolve debts that were not in her name, transfer accounts into her own name, and arrange manageable repayment plans. Karina was then matched with a mentor who walked alongside her in creating monthly budgets, exploring debt repayment options, and accessing financial support and benefits to help stabilise the family’s situation.

Since engaging with Verso Care, Karina has grown in confidence and stability, taking positive steps towards building a safer and more secure future for herself and her children.

At Verso Care, our vision is to see transformation of individuals and families, living free from the effects of poverty and injustice. Karina’s story is one example of how compassionate, relationship-based support can help families move towards greater stability, independence, and renewed hope.

\*Guest names have been changed.

**81**  
**Volunteers**

**5**  
**New Volunteers**

**16**  
**Impact Partners**

**versoCare**

VineyardChurch

**T: 01727 812 765**

**E: [versocare@verso.church](mailto:versocare@verso.church)**

**W: [verso.church/verso-care](http://verso.church/verso-care)**

**7 Brick Knoll Park, St Albans, AL15UG**

Charity No.: 1066846 | Registered Company No. 3445897