

Reaching out to the community in crisis situations

right2work



We were pleased to have a visit from Right2Work, Work & Learn at the food bank. A group of young people have been busy getting involved with positive activities in their community as part of their 'Preparation for Adulthood' programme.

We had help at the food bank and were impressed with their work and enjoyed

having them with us. Donations were sorted, dated and the items placed on the shelves ready to be used when needed. We hope it was a positive learning experience and beneficial for these young people.



Our address: King's Food Bank, Shakespeare Centre, Yard 76, Highgate, Kendal, LA9 4HE
Tel: 07534 609179 **Email:** kingsfoodbank@gmail.com **Website:** www.kingsfoodbank.org.uk
Opening hours: Tuesday, Wednesday and Friday 12.00-3.00pm
Part of King's Church Kendal, Registered Charity No. 1129426

So far this year to the end of August we have provided over 42,000 meals into Kendal and surrounding villages. The cost of living and school holidays have created an increased demand for the support of the food bank. August has been one of the busiest months we have experienced.

We give out an enormous amount of food each week to individuals and families in the local community who are struggling and not in a position to buy food for themselves. We are able to because of the generosity of so many people who donate into our collection points each day for which we are very grateful.

We are also thankful for the generosity of other people who support the food bank financially which enables us to buy the large amount of food items we need to replenish our stocks. If you are one of the many people who support the food bank in this way and don't already Gift Aid your donations, are you able to consider doing so? Gift Aid is an extremely useful resource for us increasing our income and our ability to support the local



community who are struggling. If you would like to Gift Aid donations our email address is kingsfoodbank@gmail.com please ask for the necessary form which we will send to you.

This image shows just one of our regular weekly shops for items we run out of.

**"I was hungry and you gave me food,
I was thirsty and you gave me a drink,
I was a stranger and you welcomed me"**

Matthew 25 v. 35

The 23rd of July was a day we remember well! It rained very hard, lots of people were getting wet but still pleased to stop and talk to us and support us on our Special Collection 'Fill a Trolley' Day at Morrisons. Thanks to Kirsty, Community Champion at Morrisons and everyone who bought the pick up packs on the day.

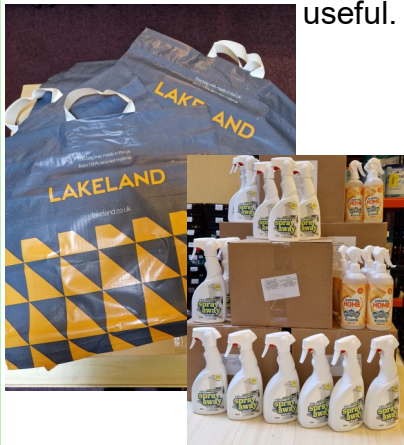


As part of their work in the community Kendal Army Cadets once again supported the food bank by collecting items.



We appreciate the generosity of the local community and the donations we receive, we have good stocks of pasta, baked beans, tea and breakfast cereal. If you would like to make a donation useful items are tins of meat in sauce, hot dogs, tins of meat such as corned beef or ham, soup, pasta sauce, tins of fruit and also biscuits, these would be most appreciated.

Lakeland are very supportive of King's Food Bank. We thank them for the financial donation and also the bags and cleaning sprays which are extremely useful.



We are blessed by the customers of *The Works* who are buying bags to donate to the food bank for our deliveries. Thank you for your generosity.

This year we have been able to bless 41 people by providing kitchen start up packs as they moved into rented accommodation from living in a local hostel.

Harvest Festival time is almost here. A time of thanksgiving when we look forward to receiving Harvest donations.

We are grateful for the additional items we receive from the various churches and schools which help to replenish our much needed stocks.

Items we always need are:

Tins of: meat in sauce, tuna, soup, ham/luncheon meat, Ravioli, spaghetti, sweetcorn, fruit, custard.

Instant mash, instant pasta/noodles, biscuits, fruit squash, UHT semi-skimmed milk.