

Our Figures have almost Doubled in the last 4 years!

If this applied to most things it would be celebrated, such an amazing increase in only 4 years. However, this phrase relates to the number of meals the food bank has provided into the local community in this period. Between January and October in 2020 the food bank provided 26,439 meals, for the same period this year 48,030 meals have been provided, an increase of 82%. During the same period this year we have also received 1,599 referrals from the agencies we partner with. The average number of people we currently support each week is 73.

The only thing we can celebrate is the amazing generosity of so many people who make donations to the food bank allowing us to meet this need.

We have seen an increase in people being homeless, not just the people who are having to sofa-surf, but people in desperate need as they are street homeless. Provision to support people living on the street or in tents requires a little ingenuity on our part as the food provided generally needs to be that which needs no heating. We have received a donation from **Travelodge** of single portions of cornflakes, flapjack bars, UHT milk and apple juice which will be extremely helpful in these situations. We continue to partner with Manna House providing fresh fruit and vegetables for families through the **Fresh Pound Project**.

Harvest Thanksgiving has passed and we are extremely grateful to the various churches and schools who have so generously collected items for the food bank. These donations have been especially helpful and very much needed after a busy time supporting many people needing help and when our regular donations have fallen. We understand that during the current time when the cost of living has risen it is not possible to always support the food bank but any extra item you are able to buy to is greatly appreciated, as the saying goes “every little helps”. Once again we want to champion our young people, the many local primary schools have collected amazing quantities of donations, one example is below but we thank all the schools who collected during their Harvest. We had a delivery of donations from **Kendal Nursery School at Brantfield**. The very young children visited the food bank to bring their collection and have a look around, they unpacked the tins and packets too, what a joy to have them come along.



House Captains & Vice Captains, **St. Mark's School, Natland** having loaded the food bank van with their Harvest collections.

Kendal College Level 2 Business students with the meal ingredients packs they have made up for food bank clients.



Christmas comes but once a year and is fast approaching. No sooner have we worked through the Harvest time than we are planning for the festive season. Each year our aim is to make Christmas a little special for the people we support, knowing that if they don't have the money to buy essentials such as food it is unlikely they are able to afford treats at this special time of year. In addition to our usual supplies we fill an extra bag of goodies for our clients, a selection of items such as mince pies, chocolates, boxes of biscuits, chocolate oranges, Christmas bar cakes, selection boxes, tubes of sweets and chocolate reindeer or Santa for the children and small boxes of toiletries. We do not give out alcohol or alcoholic chocolate. A special addition this year will be toiletries donated to us by the **Bath House** which will be an extra special treat.

DATE FOR YOUR DIARY The food bank is having a **Christmas Collection in Asda** on Saturday 30th November, come along and see us and if you can please buy any of the items listed above to make Christmas special. Thank you.

Christmas Shopping List

Mince pies
Chocolates
Boxes of biscuits
Chocolate oranges
Christmas bar cakes
Selection Boxes
Tubes of sweets
Chocolate reindeer or
Santa for the children
Small boxes of toiletries

With the help of **Sizergh Castle** we have been able to bless some of the families we recently supported. The food bank was given a limited number of free entry passes to National Trust properties to be given to families to visit somewhere they would otherwise not be able to afford to see.

Thanks to **Hawkshead Relish** for the donation of Marmalade.



Could this be a record? This jar is 10 years old — we are unable to use out of date items.

If you make financial donations please ask for a form to allow us to claim **Gift Aid.**

Once again **Lakeland** have generously donated 1,000 carrier bags to the Food Bank which will be used to pack our food in. Our thanks again to Lakeland for partnering with us in this way

This is the final newsletter you will receive from me as I will be retiring at the end of December this year. The time has come for both Alastair and myself to take life a little slower. It has been both a privilege and an honour for both of us to be able to support the local community during the last few years and to build good relationships between the food bank and our partner agencies. James will be continuing the work Alastair has been doing for the last 12 years and Lynne has been appointed as the new Manager continuing from my 9 years, we wish them both well in their roles. *Linda*



James keeping busy unloading the van after collecting donations.

**“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