

Reaching out to the community in crisis situations

Celebrating Our Volunteers

2nd—8th June 2025 is Volunteer's Week so I asked Liz for a testimony of why she volunteers with us.

Volunteering at the Kings Food Bank has been a truly rewarding experience for me. I was drawn to it because I wanted to give something back to my community and help people who are going through difficult times. The food bank offers more than just food—it offers hope, dignity, and a reminder that people care. It is humbling and heartening to see the generosity and kindness of the folk of Kendal, through their donations and the conversations we have. One particular evening springs to mind when we were invited to collect donations at the Ferocious Dog gig at the Brewery Arts. Not a gig I would have imagined choosing to go to but absolutely loved it!! I got so many steps in bopping away! The kindness of the crowd in the physical donations they brought, the money they gave and the conversations we had, not least with the lead singer of the group, just bowled me over. What a wonderful event to restore one's faith in humanity.

Being part of a Christian organisation makes the work even more meaningful. It reflects the values of compassion, kindness, and service that we see through Jesus to live by, and every shift is a reminder of the impact small acts of generosity can have.

If you've ever thought about volunteering but weren't sure where to start, I'd really encourage you to give it a try. The team is welcoming, the work is fulfilling, and the difference you can make—both in others' lives and your own—is truly worth it.

STATS TO DATE:

Referrals:
790

Meals Provided:
22875

Starter Kitchens:
20

Kettle Packs:
49

URGENT NEEDS

- Small Tins of Fish
- Tea Bags (80)
- Small jars of coffee
- Meat in Sauce
- Corned Beef
- Baked Beans
- Clean Bags for Life

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

Celebrating our Duke of Edinburgh Students



We really value the help of our volunteering D of E students. They have come each week and been such a help doing anything that we need to help maintain the food bank.

This is what Olly says, ‘Hi, my name is Olly and I am in Year 10 at KKS. I am doing my Bronze Duke of Edinburgh Award and this requires me to do some meaningful volunteering as part of the award.

I knew that there was a food bank in Kendal that helped local people in need but I didn’t really know much more than this. I thought it would be a good opportunity for me to help a local community organisation and also learn more about what the food bank does and so I chose this for my volunteering section. During my weekly volunteering sessions, I have got to understand more about how the food bank operates, the people it provides help to, and how they rely on donations from others to continue their work.

So far, I have been able to help with creating social media posts, highlighting what items the food bank are in need of, help with cleaning and organising the shelves and this week I will be helping to paint a bench for outside the building (for clients to sit on after collecting their food parcel).

This is what Macey says, ‘As part of my Duke of Edinburgh Award, I chose to volunteer at King’s Food Bank. I started volunteering in January and since then I have seen how much the food bank helps support our local community. I wanted to volunteer with the food bank because I wanted to contribute to my local community in a way that would be worthwhile and so far I think it has been!! I have really enjoyed myself so far and want to thank everyone who has given me this opportunity.

Donation Points

We have a number of donation points throughout Kendal.

- Lound Road Garage
- Kendal Town Hall
- Nat West Bank
- Kendal Library
- Lakeland Maize Egg Shop

BOOTHS
Kendal



A gentle reminder that we are unable to give alcoholic drinks, chocolates or preserves with alcohol in to our clients.



Dates for your Diary

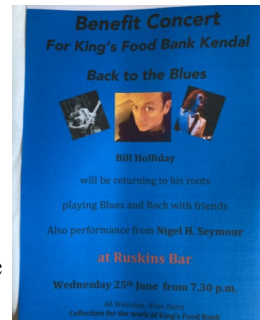
We have two dates for your diary in June.



On Saturday 14th June, we will be in Asda handing out shopping lists and collecting donations. This is a great opportunity to raise the profile of the Food Bank and also say thank you to all the generous people who shop in Asda and contribute to the donation trolley on a weekly basis.

Wednesday 25th June at 7.30pm at Ruskin's Bar in Kendal for an evening with Bill Holliday playing the Blues and Rock & Roll in aid of the Food Bank. Everyone is welcome. It's free entry with a collection for the Food Bank.

Come along, support Bill, help create a great atmosphere and raise money for the Food Bank. Hope to see you



Why do we need Food Banks in the UK?

The UK is a fully developed country and is currently the world's sixth largest economy (by GDP) so why do we need food banks in the UK?

According to an article by Foodbanks.co.uk, the food banks have become a vital lifeline to millions of people in the UK. They are providing emergency food parcels to individuals and families experiencing food insecurity. Reasons for the critical role that food banks play range from rising living costs to gaps in the welfare system. It's really hard and sad when people seem to 'fall down the hole in the middle', but that's where the food bank steps in.

Having visited the Windermere & District Food Bank this week & spoken with a church in Bolton, it struck me that although the reasons for the referrals may be similar, the food banks have to adapt to the demographic—city versus rural, locals versus people who have been displaced, seemingly affluent versus clearly deprived, career people suddenly losing their jobs versus people in long term unemployment, and so the contrasts continue but actually, we are discovering that there is no 'typical' food bank client, and that's why we at King's Food Bank serve the community freely & without agenda.

Radio Cumbria broadcast a number of interviews this week with food providers across the area and the verdict was that the need for food banks is increasing—possibly the only business that we would like to see go out of business due to not being needed any more!

Thank You

As we celebrate Volunteer's Week this year, we say a huge thank you to our volunteers who turn up each week to either collect donations, sort donations, pack donations or deliver donations, we couldn't function without your dedication & commitment & we will not stop valuing what you contribute.

We are so grateful to Matthew & the guys from Volkerstevin for the bumper load of Easter Eggs that were delivered to the Food Bank, to the Community Champions at Morrison's for their Easter Egg collection for us and the Lakeland Maize Maze for their delivery too, it's great to be able to give our clients something seasonal & yummy!!

We are continually overwhelmed by peoples kindness, thoughtfulness & generosity. We are so grateful to the people & organisations in the background who also are volunteering their finances to buy food to donate or by making a monetary donation into our bank accounts enabling us to be able to buy what we need. A big shout out to Booth & Co & to Plants on the Green, Levens, to Holy Trinity, Holme, Crosthwaite PCC, South Lakes Christadelphians & many others for their generous support. Also to be celebrated are the many, many people who give to the Food Bank weekly/monthly. You are an essential element of the Food Bank, each playing a part to ensure we reach the people in crisis coming forward for help. Thank you too, to the local organisations & churches who make regular food donations, we are humbled to have you supporting us. Together we do make a difference.



Thank you to Arnside & Arnside Knott WI for the lovely toothpaste bags for children.

Shopping List

**Baked Beans
Tea (80 Bags)
Tinned Tuna
Biscuits
Tinned Ham
Corned Beef
Rice
Cup-a-Soup
Tinned Fruit
Pasta Sauce
Fruit Squash**

Ladies please don't be shy!

**FEMININE
HYGIENE &
TENA
PRODUCTS -
*Ask for Lynne!***

We have good stocks of feminine hygiene and Tena products which can be expensive to buy. If you are in need of these items call into the food bank— no referral

**"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