

Reaching out to the community in crisis situations

Why do we do what we do?

‘And if you offer yourself to (assist) the hungry
And satisfy the need of the afflicted,
Then your light will rise in the darkness
And your gloom will become like midday.’ Isaiah 58

In the Bible, Jesus says that we will always have the poor with us and in Isaiah, we should try and help. Our hearts break with some of the stories we hear at the Food Bank and sometimes giving some food is all we can do.

I think bringing light in the darkness works both ways. It is a joy to give, it gives you a good feeling that you are making a difference to someone & that makes your day brighter.

The person receiving feels better that someone cares & can help them at their time of desperation, enabling their gloom to become like midday.

Donation Points

We have a number of donation points throughout Kendal.



BOOTHS
Kendal



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

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

STATS TO DATE:

Referrals:
1186

Meals Provided:
35445

Starter Kitchens:
30

Kettle Packs:
107

URGENT NEEDS

- Baked Beans
- Tinned Veg
- Tinned Spaghetti
- Tinned Rice Pudding
- Mash
- Biscuits
- Rice 500g bags
- 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

A Very Generous Town & Surrounding Area

This quarter, it is a real pleasure to celebrate the generosity of the people of Kendal & the surrounding area.



On the 14th June, we held a Food Drive at Asda. We had a great time raising awareness about what we do at the Food Bank as well as collecting food & monetary donations. A huge thank you to Asda & Sandi, all the volunteers & their very generous customers. We came away with over 60 bags of food & just over £200 in cash. Please be assured, it all makes a difference to people in crisis in the area.

On the 25th June, Bill Holliday & friends, gave an amazing, memorable Blues and Rock & Roll concert in Ruskin's Bar. There were over a hundred people creating a great atmosphere, listening to great music & dancing the evening away all in aid of the Food Bank! Together we raised a staggering £1,200. We are so grateful to everyone who contributed.



And then on the 12th July, Morrison's hosted us for a Food drive. And still, the people came & donated—even though it was a mega hot day & a BBQ in the back garden was pending!! We are so grateful to Rachel for packing all the green bags for us, making it so much easier for customers to collect items that we need. Our aim was to fill a trolley—well done Morrison's customers, you filled nearly 3 trolleys!! Plus £125 in cash. Wow!!!

THANK YOU!

Dates for your Diary



**WESTMORLAND
COUNTY
AGRICULTURAL
SOCIETY**

Wednesday 10th & Thursday 11th
September 2025

County Show!

We have been invited to have a stand in the Food Hall at the County Show. A huge thank you to Angela & the Team for having us.

We will be raising awareness of the work of the Food Bank, collecting donations, either cash or card and saying hello to all the lovely visitors.

This will be the first time the Food Bank has been to the show and we believe it will be the perfect opportunity to chat to people who maybe didn't realise that there was a Food Bank in Kendal but also learn from others who may be visiting as to what we can do better.

Please come and say hello—I'm sure there will be lots of things to tempt in the Food Hall!!

Westmorland County Agricultural Society, Lane Farm, Crooklands,
Milnthorpe, Cumbria, LA7 7NH

Volunteer Bank

We have had a brilliant response from people asking to be added to the bank of Volunteers, enabling us to call on them during busy times, sick leave and holidays. There is a range of help needed from sorting stock, packing bags of food for our clients to going out delivering to our clients.

We are looking for more back up delivery drivers. It takes about 1 hour to deliver to areas around the town and occasionally to the outskirts.

We send food out in bags for life and are careful about weight, but there is lifting involved.

There is still the opportunity to be added if you or someone you know would be interested in joining us, please contact the Food Bank and ask for Lynne. We would require 2 references and a signed confidentiality agreement before adding you to the bank.

Thank You

At the Food Bank we are always very grateful for all the donations we receive and are often ‘blown away’ by peoples creativeness and generosity.

We had a visit from a young person from the local children’s home who had decorated a cardboard box for her & her fellow pupils to fill with donations for the Food Bank. She was going back to encourage the staff to contribute! We were happy to receive the benefit of her giving heart.

We had a lady who had sold her café, & passed her ‘leftover’ stock to us. So grateful to be thought of in this way.

The Brewery Arts Centre supplied us with surplus cooked croissants & pain au chocolat—a number of very happy clients received them. We appreciate the donation.

Kendal Calling—This is the Food Bank calling to say a huge thank you for all of the food you kindly passed our way. We are very grateful to your attendees who kindly left a bumper pile of food.



We have been awarded £500 by Lake District Estates CSR Committee, to enable us to restock our supplies of toiletries. Thank you.

We’ve said goodbye to our DoE students. We have loved having them, they have been a huge help & we wish them well as they settle in to their exam year in September.

And finally, an enormous thank you to everyone who supports us, either with volunteering, food donations or financially every month, we couldn’t do what we do without you!

Shopping List

**Tinned Rice
Pudding
Custard
Cup a Soup
Cous Cous
Biscuits
Baked Beans
Long Life Milk
Tinned Veg
Medium Bottles of
Squash**

URGENT REQUEST

We make our deliveries in bags for life and like to recycle bags wherever possible. Do you have any clean bags for life which are not needed? The bags don’t have to be new just clean and in good condition. They can be left in any of our donation points.

**“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**