

Reaching out to the community in crisis situations

Ho, Ho, Ho

Yes, Christmas is just around the corner but we've got so much to be grateful for over the Autumn.

We had a good time at the County Show sharing about the work of the food bank, discussing why a food bank is needed in the 21st Century & encouraging people to donate. Thank you again to the Food Hall Committee for having us & the amazing volunteers who came to help.



The stand at the Age Friendly Festival at the beginning of October was again, a brilliant opportunity to talk about the work of the food bank, encourage some new volunteers & meet with some of the referral agencies that we work with.

A BIG THANK YOU to everyone who has contributed to the Harvest this year which has been amazing with so many donations from schools, church congregations & WI groups. The



generosity of these groups has enabled us to go a long way to restocking the shelves for the winter. We are so grateful that you think of us at this time. Thank you to one of our volunteers for driving around collecting the food.



STATS TO DATE:

Referrals:
1597

Meals Provided:
47,799

Starter Kitchens:
44

Kettle Packs:
153

URGENT NEEDS

- Baked Beans
- Tinned Veg
- Dried Pasta
 - Mash
 - Biscuits
- Rice 500g bags
- Small jars of coffee
- Clean Bags for Life

Making a difference

This year we have already provided 153 Kettle Packs. These are food packages that we provide to people living on the streets or sofa surfing around friends, family or even acquaintances. It also covers people being given a room in the Travel Lodge.

These people don't have the facilities to cook a meal as our services users in their own homes usually do (we have had the occasional exception!) This is food that can be either eaten cold – baked beans, jerky, tuna, sweetcorn or can be made up with a kettle – porridge, cup a soup, instant pasta or instant noodles. We applied for a £600 grant to the



to provide more nutritional food for our service users living on the streets or having different diets, which we received. It has enabled us to provide hot foods such as rehydrated food that could be warmed in a bag in a cup & we would provide thermos flasks that could be filled with hot water from us or Manna House, etc. We chose foods that could be eaten by people on different diets – marmite for vegetarians rather than meat paste, vegetable curry, mixed nuts & fruit strips as we don't always have fresh fruit.

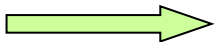
Thank you Asda Foundation for awarding us the grant. This winter, we are going to be able to provide hot, nutritional food for our service users living on the streets. We've been able to provide food this winter for people who have variations in their diets.



Together, we continue to make a difference.

Dates for your Diary

At Christmas, we put together a 'Special Christmas Bag' filled with items from the list alongside our usual supplies.



On **Saturday 22nd November**, we have been invited to hold a

Christmas Collection in Asda, Kendal.

Please come along and add a donation from the list to the basket to help make Christmas special our service users.

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



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

Volunteer Bank

A huge THANK YOU to our volunteers who serve us so loyally every week. We've had some lovely people join the team this year and we are so grateful for everyone's on going help & support. We really could not manage without you.

We have just welcomed two more Duke of Edinburgh students to the Team, Hattie & Abi. We look forward to working with them as they work towards their awards.

If you would like to be added to the bank of Volunteers, enabling us to call on you during busy times, sick leave and staff/volunteer holidays, please get in touch. 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.

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

This is probably my favourite page of the newsletter as we get to say 'THANK YOU' to everyone!

On Friday 5th September, we were invited to a local Care Home to give a talk about the work of the Food Bank as they celebrated the National Day of Charity. We were warmly welcomed & they gave bags of provisions for our service users that they helped date for us. Definitely a highlight, thank you!

Plants on the Green in Levens. What an amazing contribution you make to the foodbank through donating your plants & produce that are offered for sale via 'honesty box' donations—we are so grateful.

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!

Thank you to all of the people this year who had a surplus of fruit from their bumper crops and sent it our way, we so appreciate you thinking of us.

And finally to the people who donate to us anonymously, thank you, we do appreciate you.

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



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Shopping List

**Tinned Rice
Pudding
Dried Pasta
Custard
Cup a Soup
Biscuits
Baked Beans
Mash
Tinned Veg
Tinned Corned Beef
Small Jars of Coffee
McVities Cakes
Rice (500g)**

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.

.... Merry Christmas & Happy & Blessed New Year!

**"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