

EMERGENCY FOOD FOR LOCAL PEOPLE IN CRISIS

A project seeded by The Trussell Trust

Exeter Foodbank is a Christian charity, motivated by the loving, giving example of Jesus

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Exeter Food Bank is a registered charity number 1128795 and a company limited by guarantee reg. no. 6718767 in England & Wales

Autumn 2012 newsletter

A Message from EFB Manager Joy

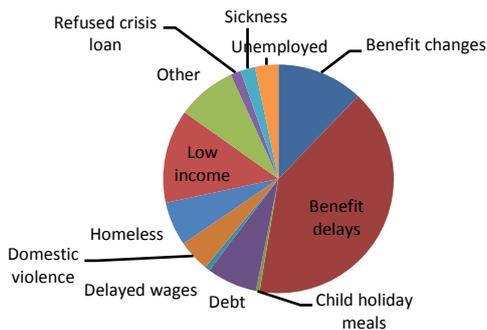
At last! The Exeter Foodbank newsletter is up and running again – bringing you all the latest news about the work of the Foodbank in and around Exeter.

In this and future editions we will be featuring all the information the 'old' newsletter had including statistics of numbers fed etc but we will also be introducing some new items including 'Meet the Team' – the volunteers who run the Foodbank, some stories about people who we have helped, the amount of food being donated and anything else that we think will help to inform you about the ongoing and rapidly growing work of the Exeter Foodbank.

Thank you for your support – we couldn't do it without you!

Today in Exeter there are families struggling to put food on the table. For people on low incomes, a sudden crisis - redundancy, benefit delay or even an unexpected bill - can mean going hungry.

Reasons for Referral to EFB



- Between **April and September 2012**, we fed **1,301** local people.
- Approximately **16%** of those fed were children aged 16 years or under.
- Over the past 12 month period, the numbers we have fed have **more than tripled** in comparison to the equivalent period in the previous (2010/11) year.

Vouchers can be exchanged at Exeter Foodbank distribution centre:
Tuesday 2.00pm - 4.00pm
Thursday 2.00pm - 4.00pm

Year to Date: April - Sept 2012

Exeter Foodbank relies on food given by local people through supermarket collections, school harvest festivals and churches for every single item we give away.

Thank You

MONTH	FOOD RECEIVED (kg)	FOOD DISTRIBUTED (kg)
April	1335.9	2259.8
May	1771.7	2162.9
June	1596.6	1287.2
July	2891.8	2895.8
August	1533.7	2080.4
September	2007.5	2070.8
Grand Totals	11137.2 kg	12756.9kg

How a Foodbank Works

STEP 1



Non-perishable food is donated by the public at supermarket collection points, through churches and school harvest festivals

STEP 2



Volunteers collect and sort the food at our storage unit just outside Exeter.

STEP 3



Frontline care professionals such as doctors, social workers and charities give Foodbank vouchers to people in crisis

STEP 4



Foodbank vouchers are exchanged for 3 days' worth of food at the Foodbank distribution centre

STEP 5



Foodbank volunteers take time to listen and signpost clients to further support

Meet the EFB Team: Introducing Joy Dunne – Exeter Foodbank Manager

Exeter Foodbank was established in November 2008 by Aimery Martin who did an amazing job in getting it off the ground, establishing links with local agencies, churches, schools etc. Joy took over from him in April 2010. Joy is married to Steve, has two adult children and a granddaughter. Joy's background is in Social work and latterly in teaching post 16s. She and her husband are also members of Frontiers Church, Exeter.

Joy is passionate about the work of the Foodbank and, together with the amazing team of volunteers who work so hard and faithfully, has seen the charity become more well known and

supported across the city. One area of support has come from the Exeter Foundation – the charitable arm of the Exeter Chiefs. Recently Joy had the privilege of representing the Foodbank at a celebration dinner where she was presented with a donation from the foundation. Pictured (left to right) are David Bird (Trustee, Exeter Foundation & Managing Partner, Clydesdale Bank); Joy Dunne (Exeter Foodbank Manager); Hugo Swire (MP for East Devon) and Mary King (Silver medallist, London Olympics 2012).

Joy says 'The people of Exeter are amazing in their continued support of the Foodbank's work. We wouldn't be able to do all that we are without the food donations that we receive to our 'in-store' boxes as well as from many local schools, especially at harvest time. The volunteer base is growing but we will always welcome more people who want to help us. We say a huge thank you to everyone who has helped and supported us in any way.'

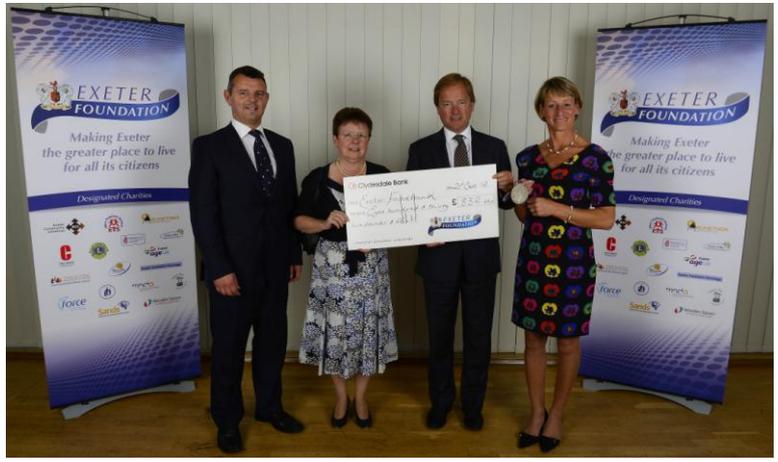


Photo courtesy of Exeter Foundation and Pinnacle Photo Agency

A Client's Story

Sally came to the Foodbank with her three primary school aged boys after being made redundant from her job a few months earlier. Her redundancy money had been spent on living costs, together with her limited savings. Sally was determined not to stay on benefits for longer than was necessary and so finally she took three part time jobs, all within school hours, so that she could be there when the lads came home from school. Once she had work, her benefits stopped but she didn't receive her pay from her new jobs until the end of the month. Foodbank was able to help feed Sally and her family until her first pay packets arrived.

Client Comments

'Foodbank has helped me so much in difficult times. Without it I don't know what I would have done or coped.' Mark

'I think it's brilliant because it helps people when maybe no one else can.' Anon

Get Involved

Your gifts of food, time or funds help stop local people going hungry. We couldn't do what we do without you.

Give Food: You can donate in-date non-perishable food from our shopping list (left) at one of our Foodbank boxes, which are located at the following local supermarkets:

Sainsbury's Pinhoe
Sainsbury's Guildhall
Sainsbury's Alphington
Tesco Exe Vale

Co-operative Heavitree
Co-operative Sidwell Street
Co-operative Cowick Street
Co-operative Queen Street

Foodbank Shopping List

We are currently short of the following urgently-needed items:

- UHT long life milk (1L semi-skimmed)
- Fruit juice (1L long life)
- Tinned sweetcorn / peas / carrots
- White sugar (1kg)
- Pasta sauce (jar)
- Noodle/Pasta snacks
- Coffee (instant)
- Biscuits
- Sponge pudding (tins)
- Potatoes (tins or instant mash)
- Rice pudding (tins)
- Custard (packets or tins)
- Meat meals (tins)

Why not stick the **shopping list** on your fridge, and choose one item from it to add to your own list next time you go shopping?

If you are part of a school, church, community group or company and would like to organise a **food collection** on our behalf, please contact Joy on 07818 226524 or email info@exeterfoodbank.org.uk. We are more than happy to come and do **talks** about the work of the Foodbank on request.

Volunteer: Your help would be highly valued in a variety of areas, including sorting food at our store, collecting food donations from the supermarket Foodbank boxes, helping with our regular Foodbank collection days at supermarkets and volunteering at the distribution centre. Please visit our website to download a volunteer application form or contact Joy via phone or email, as above, for further information.

Donate: Foodbanks need funds in order to keep going. We appreciate whatever you can give, big or small. You can give gifts by sending **cheques** (made payable to Exeter Foodbank) to PO Box 661, Exeter, Devon, EX4 6JP. **Standing Order Forms** can also be downloaded from our website, enabling us to plan ahead.

Please help us make your gift go further by downloading, filling out and including a **Gift Aid Form** if you are a UK taxpayer. Thank you!