



A HARVEST THANK YOU

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October 20th 2017

Emergency food for people in crisis

THANK YOU!

Thank you so much for choosing to support Chelmsford Foodbank this year with your harvest donation. We have been overwhelmed by the kindness of over 70 churches and schools which have donated over 8 tonnes of food given generosity by the public of Chelmsford.

Chelmsford Foodbank is dependent on donations to be able to meet the sadly increasing need of many people in our city. Without your donations, we would not be able to meet and help thousands of local people each year (3,218 people between April 2016 and March 2017).

Chelmsford Foodbank provides three days emergency food to those experiencing a crisis. A crisis can be anything from an unexpected bill received while living on a low income to relationship breakdown or illness. Many people go without food and live on a very small income before they come to one of our centres.

A recent client says, 'I separated from my husband 4 weeks ago and am currently still waiting for a first payment of benefits. I have three children, I work part-time but the money I get is minimum wage and not enough to feed my children and cover my bills. The council gave me the foodbank voucher as I had no idea where to turn.'

At the Foodbank centre, the client was listened to, given three days worth of food for her and her children, was able to select any extra products that she might need such as toiletries and household goods, and went away feeling loved and with a new sense of hope. She was so incredibly grateful and hugged our volunteers as she left.

A crisis can happen to anyone and at any time during the year and we would love to encourage you to consider how you could support the Foodbank moving forward. Here are a few ideas:

- Opt in to receiving our e-mailed monthly shopping list which details any current shortages and donate goods to our warehouse
- Join our 'Friends of Foodbank' group and give financially regularly – just £5 a month would help off-set some of our ongoing running costs — details on our web site.
- Consider holding a fund-raising event
- Set up a permanent collection point in your work place or church to encourage ongoing giving
- Consider volunteering for one of our 'More Than Food' projects, Eat Well Spend Less, a cookery and budgeting course

If you are interested in any of the above, please contact us through info@chelmsford.foodbank.org.uk

Many thanks again for your donations.

Ruth

Ruth Leverett

