

Thank you for your great generosity

Thank you so much to everyone who has contributed generously to the Foodbank in this season of harvest.



Cathy Wright, Ely Foodbank Director writes: "as I am preparing to collect the last of the harvest collections, this year seems to have heralded a greater harvest as more people join in the fight against poverty. To date we

have collected just over four tonnes of food from harvest celebrations. Thank you to schools, colleges, churches, businesses and individuals who have taken the time to organise donations for Foodbank. Without this help, we would certainly not cope with the influx of clients affected by benefit changes, the increase in fuel bills, and as winter temperatures drop, extra pressure on already stretched budgets."

The power to act, the resources to help

In ancient wisdom literature found in the Bible someone once wrote this: *"Do not withhold good from those to whom it is due, when it is in your power to act. Do not say to your neighbour 'Come back tomorrow' when you already have it with you."* (Proverbs 3:27 - 28). This God-given logic drives us in the Foodbank, because the generosity of the public has given us the power to act, and the resources to help straight away. Yes we have our criteria and systems to avoid and curtail abuse, but the underlying premise of the operation is to help people in crisis, and help at their point of need.

Karl Relton

Annual statistics

Over the last 12 months, we received 48 tonnes of food, and gave out 44 tonnes. This food has fed 3,526 adults and 1,881 children.

Eat Well Spend Less

In November the team in Chatteris are running an Eat Well Spend Less cooking course from the Children's Centre. The course teaches people how to cook with simple foods, many of which are provided in a foodbank parcel. Together with cooking skills, clients learn how to understand supermarket offers, shop around for best deals and develop skills so that living on a budget can still mean eating good meals.

Chatteris Foodbank support National Citizen Service

Chatteris Foodbank recently supported National Citizen Service (NCS), a charity for 15-17 year olds looking to widen their skill sets and build confidence for work and life experiences.



Rod and Alison described the work of Foodbanks at a recent visit and the young people tested out their cooking skills with cheese scones! Pictured are the young people with Rod, Alison and Janet.

Christmas hampers

At the Foodbank we aim to give our clients some peace of mind when it comes to planning for Christmas, and if you would like to help reduce the strain, then please consider giving to our Hamper Appeal. Individual items as well as complete hampers can be donated to any of our Foodbank Centres. See flyer for details.

If you know of anyone who would benefit from receiving a hamper, who may not necessarily visit a Foodbank, then please let us know.

Thank you to our Warehouse Teams

A big thank you to our warehouse teams in March and Ely.



Staggering figures from our data show us that in the five years since opening, Ely Foodbank partnership has handled 202 tonnes of

food. No wonder muscles are bulging in March and Ely warehouses! Without these two teams keeping our food moving, we would not be able to serve our clients so efficiently and effectively.

Forward planning from the generous hearted

Lee Wise from Wise Landscaping has generously offered to cut lawns for people in Soham, in return for a donation to Foodbank. Lee told Cathy recently that he has six children and is grateful for the position that he and his wife are in, both working and supporting a large family. BUT what if it changed ... what if life took a sudden change that meant that they would need the support of a Foodbank? You may think that he is being pessimistic, however he explained that if that day should arrive when he needs support, he will find it easier to receive now that he plans on giving.

We wish Lee and his family all the very best and thank them for their generous hearts.

Universal Credit

There has been much debate about Universal Credit recently, and thankfully the government is now making some much needed adjustments. Problems cited were the mandatory six weeks delay before payments would commence (now to be reduced to four weeks), and the enquiries line not being a Freephone number (now to be changed to a Freephone number).

The four week delay will still be a problem, especially as any queries with the application will mean in

practice the wait is much much longer. What has interested me is the reasons behind the *mandatory* delay – this is not simply time taken to process the application, but a deliberate aspect of the benefit. Different underlying reasons have been given, but most of us in the general public can see the flaw in the logic: many many people needing this help have no reserves, no buffer, so they need the help immediately. As always, Foodbanks like ours across the country are on hand to help people who find themselves in such crises. *Karl Relton*

Trussell Trust award

Ely Foodbank is in partnership with the national organisation Trussell Trust, who recently received the Observer Food Monthly award for Outstanding Achievement, recognising all the good work to help people facing crisis. The awards which are now in their 14th year are voted for by both readers and a judging panel. Speaking on receiving the award, Elizabeth Pollard, Chair of Trustees said: *"We are so proud of how hard everyone works to stop people going hungry, and grateful to every donor and supporter who contributes to making that work possible."*

Dates for the diary

30 th Nov – 2nd Dec	Ely and March National Tesco Collections
8 th Nov	Chatteris Aldi collection
10 th Nov 7.30pm	Tennis Club and Foodbank Quiz Night
24 th Nov	Trussell Trust Audit
24 th Jan 2018 7.30pm	Volunteer Evening at the Countess Church, Ely

Did you know?

A tin of Heinz kidney soup dating back 46 years with a 10d price sticker on it has been donated to Cardiff Foodbank. A person from Heinz said "[it] should be in a museum rather than a foodbank!"