

June / July 21



NEWSLETTER

Welcome to the latest news from Cheltenham Foodbank

VOLUNTEERS

An enormous THANK YOU as always to our wonderful and faithful volunteers who keep the foodbank operations moving day to day. If you are interested in a look behind the scenes, we have been posting daily videos on our Facebook page all this week. Like and share with your friends and family. Let's see if we can help the Foodbank go viral.

DONATIONS

As a charity we do rely on the generosity of local people and organisations to enable us to continue the great work we do here. We are so incredibly grateful to each and every one of you that donates to the Foodbank.

We are currently in need of the following items: Washing powder capsules (urgently required), ladies' razors, tinned rice pudding, tinned custard, long life fruit juice, UHT milk, instant mashed potato, sponge puddings, jams and table sauces; tomato ketchup, brown sauce and mayonnaise. We already have plenty of: pasta, rice, soup, baked beans, pulses, tinned tomatoes, cereals and biscuits.

Food donations can be delivered to us at Cheltenham Elim Church on a Thursday between 11am and 3pm. We have various other collection points in Cheltenham located at: Tesco on Colletts Drive, Asda on Hatherley Lane, Waitrose on Honeybourne Way, Co-Op on Windyridge Road, Co-Op on London Road, and finally Sainsbury's Local on Cheltenham High Street. A huge thank you to all of the above businesses for their incredible support.

If you would like to host your own food collection, please contact us on foodbank@cheltenhamelim.org.

FINANCIAL GIFTS

We are so grateful for monetary donations. Whether a one-off payment or a standing order, donations enable us to continue and increase the support that we can offer to local people in crisis. If you would like to help us by making a monetary donation as either a one off or regular payment you can do so here at <https://cheltenham.foodbank.org.uk/give-help/donate-money/>

REFERRAL AGENCIES

Thank you again to all of our referral agencies for the incredible work that you do and for your referrals. If you work with people who you think need food support, but you do not know how to refer them to us, please contact us at foodbankagencies@cheltenhamelim.org. We can provide information about becoming a referral agency or making contact with a referral agency with which you can work.

PARNERSHIPS

In Partnership with the Fuel Bank Foundation, Gloucestershire County Council and Cheltenham Borough Council we continue to provide the additional support of domestic fuel vouchers to clients. Fuel vouchers are being issued alongside and independently of food parcels. To access a voucher for pre-paid gas or electricity meter please contact us on **01242 570080** or by email at foodbank@cheltenhamelim.org

FOOD PARCEL COLLECTION

We now have 4 established distribution centres around Cheltenham Town, improving accessibility and availability for local people. We have a newly refurbished area at our Main Centre at Cheltenham Elim Church where we can provide additional support to clients to be sure they have access to the help they need to get out of their current crisis and back on their feet.

Clients enter through the main doors at the front of the building and no longer around the back.

ALL FOOD PARCEL COLLECTION OPENING DAYS AND TIMES

LOCATION	DAY	TIME
Salvation Army Church	Mondays	11am - 3pm
Cheltenham Elim Church	Wednesdays	11am - 3pm
C3 Church	Fridays	10am - midday
St Paul's Church	Fridays	11am - 3pm

Please see our website <https://cheltenham.foodbank.org.uk/locations/> for maps and full location details.

We have always provided the option of recipe cards to our clients. These recipe cards have been created, tried and tested by some of our volunteers. They provide ideas of how to use the items from our food parcels to make some nutritious home cooked meals. Thanks to recent donations of supermarket vouchers from kind supporters we have been able to extend this service and provide full recipe kits. These recipe kits include all of the ingredients you need to make the recipe. They have been a huge hit with many of our clients. Here are some of our pre-made kits and recipe ideas.



LOOKING AHEAD

We are looking for a core team of volunteers to help to run an allotment for the foodbank so we can provide fresh produce in our food parcels. If you have experience in this area and some time to spare, we would love to hear from you. Please contact **Rebecca** on **01242 570080** or email foodbank@cheltenhamelim.org

MEET THE TEAM

Christine and Francis are two of our wonderful volunteers, both ladies joined our team in 2017 and have become good friends since. They have kindly agreed to share a little about themselves for this edition of meet the team.

It comes as no surprise that Christine (pictured below left) has great organisational skills and fantastic attention to detail as she is a retired Geography teacher. Christine came to Cheltenham Foodbank by first volunteering to help at our annual in store Tesco collection. Through this annual event Christine saw what a worthwhile cause helping at the foodbank was and decided to join our team on a regular basis. She most enjoys the variety of her role with us as no shift is the same. Christine helps out in our warehouse, packs food parcels, and welcomes clients collecting food parcels. This year Christine is overseeing our in store collection at Tesco which is over three days Thursday 15th July – Saturday 17th July. We do still have spaces available if you would like to get involved with this please contact us foodbank@cheltenhamelim.org. Be sure to say hello if you see us there!

Once Francis (pictured below right) retired from her secretarial career in administration she wanted to do something practical and saw that there was always a great need in the area of food poverty. Francis helps in our warehouse sorting donations and packs food parcels. She is always smiling (though it is not as easy to see behind her mask) and cracking a joke. Both of these kind hearted and helpful ladies are a joy to work alongside. We are so grateful to you both for all you do!



Thank you to you all for your support of our cause from Cheltenham Foodbank Team.