

**Reaching out to the community in crisis situations**

**HOPE : a feeling of expectation and desire for a particular thing to happen.**

At the food bank we hope that the support we provide to people in the local community who are unable to provide food for themselves are blessed by the items we give out and helps during a difficult time.

We hope that one day the food bank will no longer be needed, however looking back over the past months and even years know that this is not going to happen any time soon.

**During October 177 referrals were received and 5,790 meals were provided into the local community. So far this year 1,613 referrals have been received providing 53,175 meals.**

What do our clients hope for?

HOPE the Winter months are not too cold so they don't have to choose between heating and eating.

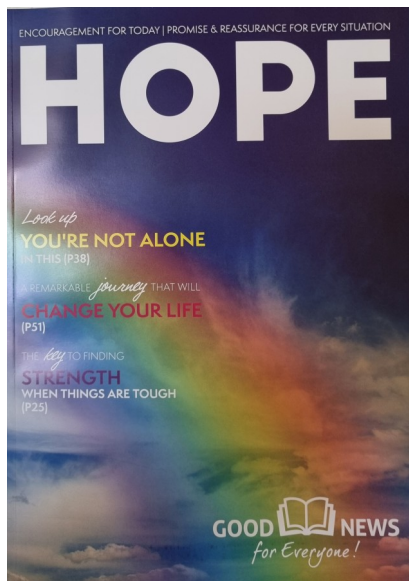
HOPE they are able to get a job.

HOPE the money they receive will be sufficient to pay all the bills and pay the rent.

HOPE they can feed the children.

For all new clients we add a little HOPE to the bags being given out. Recently we were blessed to receive the following email from a support worker employed by one of the agencies we partner with:

*"I am working with a client who has been using your service. I saw her today and she mentioned that she had a very bad weekend and was in real mental health crisis. She said that at the height of this crisis she found a little book of hope that you had put inside the food bank parcel. She flicked through the book and found her favourite quote she said she repeated this out loud to herself until she felt confident enough to carry on and keep fighting. I just wanted to email to thank you for this, it is a very kind touch to add to the parcels and helped my client find the strength to keep going. The work that you do is remarkable and I just wanted to acknowledge this and pass on thanks from my client."*



We were also told direct by the client "receiving the food was like someone reaching down and giving a hug". Not only were we able to support this lady practically with the food but also provided some mental support through the book of HOPE.

A date from the diary, 19th October, I attended the Anna Chaplaincy Dementia Tea Service in the Parish Church, giving a short talk at the Harvest Service and afterwards enjoyed tea and cakes. The Service is held on the third Thursday each month, is dementia friendly and seeks to ensure that all people living with dementia are warmly welcomed and are considered in all they do.

**"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

Another entry in the Diary was an interview on Smooth Radio giving an update on the food bank and looking ahead to the half term holidays and the winter months approaching.

## right2work

We are delighted to receive the beautifully packaged gifts put together by these young people from Right2Work Community Learning and look forward to giving them to our families on their behalf.



Mandy Morland, Community Learning, R2W says “We were impressed with the enthusiasm and commitment from the group today. We are very proud of them all”.



At the food bank we are also very proud of the young people and are impressed with the gift packs they put together.

October has been the time for Harvest Festivals, a time of thanksgiving. Local churches have held Services and collected donations for the food bank for which we are very grateful. There have been too many churches to mention but we do thank each and every one. The local primary schools have once again excelled in their collections. Just one of the many donations we received below.



In recognition of the achievement of the children each school that made Harvest donations to the food bank is sent a Certificate of Appreciation. We like to acknowledge their commitment in supporting their local food bank.

### **CHRISTMAS IS COMING!**

We are thinking ahead to Christmas and have already started to receive selection packs and even mince pies!!

**Items which will be helpful for the festive season are:**

**Mince pies**

**Christmas bar cakes**

**Tins of biscuits**

**Boxes of chocolates**

**Chocolate Oranges**

**Chocolate money**

**Selection boxes**

**Small gift packs of toiletries**

*Certificate  
Of  
Appreciation and  
thanks  
Awarded to*

**[Name of School]**

**For the 2023 Harvest  
Donations**

*Linda Sutherland*

**Manager, King's Food  
Bank**