

Reaching out to the community in crisis situations

New Beginnings

2025 brings a new year, a new newsletter layout & a new Manager but what isn't new is the commitment and compassion shown to the people who are referred to the Foodbank, that is just as strong as ever.

It has amazed me that we always seem to have enough food for the 3 days we are open in the week which leaves huge gaps to be filled for the next time. Donations at our collection points and cheques coming through the door each week, enable us to restock the shelves for the following week and so the cycle continues.



Each time a bag of food goes out, it is only possible with the help of your very kind and generous support.

Each time a client says, 'Thank you' and shakes us by the hand, they are saying 'Thank you' to you too.

Together we are making a difference. Thank you for your continued support.

STATS TO DATE:

Referrals:
315

Meals Provided:
9090

Starter Kitchens:
7

Kettle Packs:
17

URGENT NEEDS

- **Strong Carrier Bags**
- **Small Tins of Fish**
- **Tea Bags (80)**
- **Small jars of coffee**
- **Meat in Sauce**
- **Corned Beef**

New Starts

For some of our clients, 2025 has brought the chance of moving into new accommodation. As well as food parcels, we put together a kitchen starter pack, giving them the basics to be able to set up home. We include a microwave, kettle, toaster, chopping boards, crockery & cutlery, towels, washing up liquid, dish cloths, toilet cleaner, toilet brush, kitchen roll, toiletries and a 'Welcome to your New Home' card.

It is a pleasure to be able offer this extra support via our referral agencies.

We use the Gift Aid claim to pay for them. Thank you to everyone who Gift Aids their donations, as you can see, it makes a difference.



Morrison's Food Drive



A huge thank you to Morrison's and their Community Champions, Rachel & Rachael for helping us to have a successful Food Drive at the beginning of February. We had a great team of volunteers to hand out shopping lists and the green bags put together by Rachel & Rachael.

Thank you to the generous Morrison's customers, we were able to collect 2 bulging trolley loads on the day, with more waiting at our donation point a couple of days later.



It was a great opportunity to speak to people about the work of the Foodbank.

The green bags continue to be available at Morrisons so you can still make a donation the next time you are shopping! Thank you!

Donation Points

We have a number of donation points throughout Kendal.



- Lound Road Garage
- Kendal Town Hall
- Nat West Bank
- Kendal Library
- Lakeland Maize Egg Shop



A gentle reminder that we are unable to give alcoholic drinks, chocolates or preserves with alcohol in to our clients.

Looking ahead to Easter

This Easter we are going to give 100 toothbrushes & toothpaste when we give out Easter Eggs to children.

In February 2023, a survey was carried out, which showed that 83% of teachers provide their pupils with toothbrushes & toothpaste. 81% said that there were children in their school who didn't have regular access to toothpaste. (BDA 2023)

We thought this was a fun way to support our referred families and encourage the children to brush their teeth after eating their Easter Eggs.



We want to thank a Kendal dentist for sponsoring the toothbrushes & toothpaste to help us make a difference.

Thank You

We are so grateful for all the donations we receive, whether it's food, bags or money. People's kindness and creativity is amazing including the following:

The lady who sold an item of clothing on an online platform and donated the proceeds of £60. The man who knew the work of the Foodbank and donated £2000. The man who won the Employee Award and donated his winnings of £500. Lake District Estates donated £800. Kendal & District Lions donating Christmas Gifts. Kendal College staff and students donating a box of food. The bags of food collected by Brigsteer WI. W.O.S.P who donated bags of food they had collected. The couple who shop for us every week. The Churches and congregations around Kendal who collect food regularly. Everyone who gives monthly and those who give when they can. Thank you so very much.



Also Thank You

To our amazing team of volunteers. You diligently come along and sort the donations, pack the bags of food or deliver to our clients. It's lovely spending time with you as we serve the community together.

As we consider the future of the Foodbank, we are looking to put together a bank of Volunteers that we can call on during busy times, sick leave and holidays. There would be a range of help needed from sorting stock, packing bags of food for our clients to going out delivering to our clients.

If you or someone you know would be interested in joining us, please contact the Foodbank and ask for Lynne. We would require 2 references and a signed confidentiality agreement before adding you to the bank.

Shopping List

Pesto
Fish
Meat in Sauce
Tea Bags (80)
Small jars of Coffee
Corned Beef
Micro Wave Rice
Instant Pasta
Pasta Sauce
Tinned Veg
Instant Noodles
Cup a Soup
Baked Beans

URGENT REQUEST

We make our deliveries in bags for life and like to recycle bags wherever possible. Do you have any clean bags for life which are not needed? The bags don't have to be new just clean and in good condition. They can be left in any of our donation points.

**"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