



Charitable Incorporated Organisation
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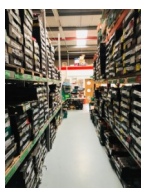
Winter 2020 Newsletter

"If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Dear children, let us not love with words or speech but with actions and in truth." 1 John 3:17

Huge Thanks

for
Donations during
2019

- **Full year:**
60 tonnes
- **Harvest:**
8.2 tonnes
- **Tesco Food Collection:**
2.4 tonnes
- **December:**
12 tonnes



Wish List

Our warehouse is currently full with your kind donations and we're busy weighing in and sorting the December abundance. Therefore we are not in need of any donations until further notice, with the exception of toilet rolls and shaving foam. Once we are aware of further shortages they will be posted here.

If you would like to make a donation, a monetary donation doesn't take up any floor space so will be gratefully received.

We're not only entering a new decade, we are also marking 10 years at Slough Foodbank. There is lots for us to do to ensuring we can provide food during a time of crisis and continue to help raise the profile of food poverty and lobby for those who are in need.

Our statistics for 2019 show a shocking increase in the number of people needing our help with an increase of 19% in food parcels distributed this year versus last year. It is deeply distressing to witness the number of children requiring our help increasing by 27% versus last year—particularly during the summer holidays. We continue to see hopelessness as many just do not know what the future might hold and struggle with benefit delays and changes, low income, debt and homelessness. It is vitally important that we remain committed to supply food, fuel and share our hope and encouragement that the community cares.

Highlights of 2019

- **Provided 4,781 3-day emergency food parcels in 2019**
2,382 vouchers were redeemed which fed 1,718 children and 3,063 adults
- **Processed 184 Fuelbank vouchers in 2019**
Helping 258 Adults and 190 children
- **Podcast of an interview for EstateLife with Slough Foodbank Manager, Sue Silbany-King**
Sue discussed how Slough Foodbank provides short-term, emergency support in times of crisis but that's not all we do. The podcast also looks at the emotional toll that the work can take on volunteers
- **Packed and distributed 192 Christmas hampers for clients during December**
Comprised of Christmas-themed goodies lovingly packed by our warehouse team
- **Volunteer Bev Kindred Highly Commended in the Slough Volunteer Awards ceremony**
For so many hours of volunteering at Slough Foodbank in her role as Data Coordinator looking after 145+ referral agencies and for covering for the manager during absence
- **Tesco National Food collection** brought in £607.91 and 2.4 tonnes of donations across the 3 days plus the cash top-up from Tesco of just over £800
- **Slough Foodbank Ride for Food** raised over £230, riding 22 miles on a very hot day
- **Congratulations to 'The Lunar Ticks'** who completed a 10 mile Twilight Orienteering Challenge in aid of Slough Foodbank, raising a fabulous £827.50

Contact Details:

Slough Foodbank, 411 Montrose Avenue, Slough, SL1 4TJ Web: www.slough.foodbank.org.uk

General Enquiries : Tel. 01753 550 303

Email: office@slough.foodbank.org.uk

Vouchers: vouchers@slough.foodbank.org.uk Volunteers: volunteers@slough.foodbank.org.uk

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Client Story August 2019:

When my money changed over to Universal Credit, I suffer with depression, I didn't realise that I would struggle. But I'm finding myself having to borrow money off friends and having to pay them back when I get paid so I end up with virtually nothing so my depression is starting up as I did get a bit better but coming back down. I have a 7 years old daughter and I worry every day. My friend referred me to the food bank and to get the vouchers. The people who work at the food bank are so lovely and helpful.

Please explain how you felt when you came to Slough Foodbank: Before a couple of weeks ago I never used one, never had to but I didn't feel ashamed as the ladies made me feel relaxed and so lovely.

How were you greeted and helped when you first came in? Very welcoming so lovely and helpful.

Did you talk to a Foodbank volunteer and get any practical support? It has helped as now I know there is people I can turn to.

Is there anything we could more, or better, for you? Everything is covered.

What would you have done without help from Slough Foodbank? To be honest I've got friends but some are in the same boat as me. I don't speak to my mum so my friends are the only ones I have.

"The Foodbank was a lifesaver."

Your support is helping us to change lives.
Thank you

Client Story July 2019:

As a single father of three children, time and energy have always been at a premium. A few years ago I started showing symptoms of having anxiety and depression, which gradually chipped away at my ability to perform well at work. I eventually lost my job due to this and have been struggling to cope with the unrelenting nature of bills, school fees etc. When this became unbearable I enlisted the help of a social worker, who advised that they could help with things like a Foodbank voucher. It makes one of the myriad worries a little easier, which allows me to concert my efforts on rebuilding other facets of my life. Thank you.

Feedback from a social worker:

I am a social worker for Bucks CC. I visited a client this morning who is in a wheelchair and has not eaten for 3 days due to benefit sanctions. He has gotten into debt, borrowed from the church and was out of options. I rang Slough Foodbank. They have provided my client with food which will maintain his nutrition. I dealt with a lady in the Slough Baptist Church distribution centre she has been so lovely, couldn't have been more helpful. I felt so in awe of the amazing work being done, and how kind the people are volunteering and donating. It has encouraged me to ensure that I donate to Foodbank. My client had no options left. He would have gone without food again. Just keep up the incredible work.

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Volunteering Roles available:

Trustee: An active member of the Board of Trustees, with responsibility for ensuring regulations are adhered to as well as inputting into the strategic decisions of Slough Foodbank. The Trustee must be actively involved in a Christian church.

Treasurer: An experienced treasurer is required to oversee all financial aspects of Slough Foodbank.

Bookkeeper: Weekly management of day to day accounts to support the Treasurer.

Cleaner: For the office and warehouse. Once per week, hours to suit during 10am—4pm, except when the warehouse is open.

Fuelbank volunteer: Facilitating payments to clients' top-up meters (Saturday 11am—12noon).

Volunteers are not paid, not because they are worthless but because they are priceless