

MAKING A DIFFERENCE: WHY FOODBANK MATTERS

We were delighted in mid-January to receive a thank you card and letter from an individual, 'S', who had received support from Foodbank in September last year. Part of it read: "To all of the lovely team at St Mary's Foodbank centre, sorry I have forgotten all of your names but I remember your warm and welcoming faces. Apologies for leaving it so long before letting you know how so very grateful I am for your food and support that you gave me



back in September 2017... It's now three months into my full-time job. It's hard work but I'm loving every single minute of it!! I'm getting my life back on track and just wanted to say a big thank you xx".

We got in touch with S to ask a few questions.

Hi, S! Thanks so much for your lovely letter. Why

were you referred to Foodbank? I had been studying and working and found myself between jobs. I'd expected to find work fairly quickly given my qualifications, but a bad run of circumstances meant that I was really struggling without food or money. I was embarrassed to keep on asking family and friends for help.

December figures...

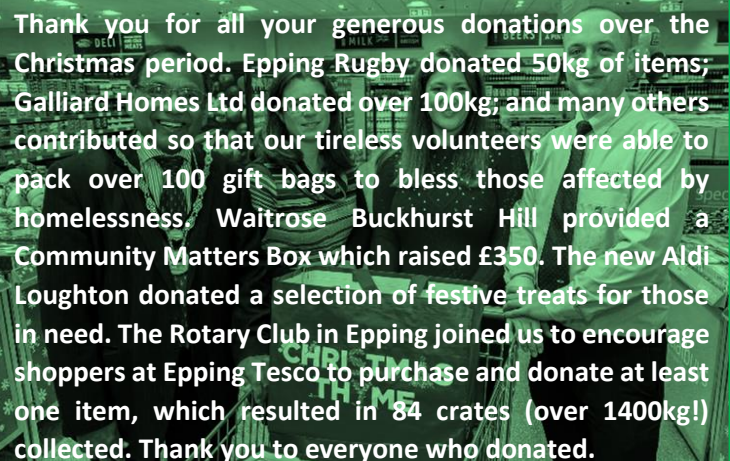
- 70 emergency supplies given to referred adults in crisis.
- 90 emergency supplies given to referred children in crisis.
- 100 Christmas gift bags given to families referred in crisis & those affected by homelessness.
- 1000 kg of donations received
- 1000+ kg donations distributed

Having volunteered and worked in the past, it just goes to show that the tables can turn on anyone, and thank goodness someone's there to help when they do!

How were you received on the day, and how were you helped? As well as receiving a food parcel, I was given loads of practical information which really helped. I was really well received- given a cup of tea immediately, engaged in conversation, having people around me smiling and laughing. It felt like being with your friends! There was no need for embarrassment and I finally didn't feel ashamed for once.

What would you have done if Foodbank hadn't been there to help? I really don't know- I was at my wit's end. Certainly I'd have become ill.

How are you doing now? Really well! Thanks to Foodbank I'm back on my feet, working full-time as a make-up artist. I also volunteer at my local church, helping with their 'night shelter' initiative which opens up the church once a week to shelter the homeless. It's a real privilege to be back on my feet again, offering the same sort of help that I received from the wonderful team at Epping Forest Foodbank. They are incredible people!



Thank you for all your generous donations over the Christmas period. Epping Rugby donated 50kg of items; Galliard Homes Ltd donated over 100kg; and many others contributed so that our tireless volunteers were able to pack over 100 gift bags to bless those affected by homelessness. Waitrose Buckhurst Hill provided a Community Matters Box which raised £350. The new Aldi Loughton donated a selection of festive treats for those in need. The Rotary Club in Epping joined us to encourage shoppers at Epping Tesco to purchase and donate at least one item, which resulted in 84 crates (over 1400kg!) collected. Thank you to everyone who donated.

UPCOMING DATES FOR THE DIARY!

FEBRUARY

(Shrove) Tuesday 13th- Pancake Day
(Ash) Wednesday 14th- Lent begins,
Valentine's Day &
40p for 40 days appeal launches

MARCH

Thursday 1st- St David's Day
Tuesday 6th - Foodbank prayer
@ St Mary's Loughton, 10:30am
Sunday 11th- Mothering Sunday
Saturday 17th- St Patrick's Day
Sunday 25th- Palm Sunday
(Maundy) Thursday 29th - Lent ends
(Good) Friday 30th- Bank holiday (no
Foodbank session)

APRIL

(Easter) Sunday 1st- Happy Easter!
(Easter) Monday 2nd- Bank holiday
(no Foodbank session)



We rely on voluntary income to keep our Foodbank operating. Every donation we receive helps us continue to be there for people in crisis. If you wish to give directly online into the Epping Forest Foodbank account, the details are:

Sort Code: 20-47-34
Account: 63451208
Gift Aid forms available on our website

Follow us

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@EppingForestFB

Contact us

07402 032 313
info@eppingforest.foodbank.org.uk
eppingforest.foodbank.org.uk

Epping Forest Foodbank is a project of Above+Beyond. Registered Charity 1165654 Making a Difference

40p for 40 days: make a difference

40 PENCE FOR 40 DAYS

**Can you take part in our
40 for 40 challenge this Lent?**

Can you take part in our 40 for 40 challenge this Lent?

By giving up 40 pence a day for the 40 days of Lent, you can raise enough to help support a local family in crisis this Easter.

All you have to do is find an old jam jar or similar container, and start collecting!

You can then bank the contents and send a cheque payable to:

Epping Forest Foodbank

FAO Lent Appeal c/o St Mary's Church, 201 High Road, Loughton, IG10 1BB

If you are a UK taxpayer you can complete a gift aid form, allowing Foodbank to claim an extra 25p at no cost to you! Gift aid forms can be found on our website eppingforest.foodbank.org.uk clicking 'Give Help' and 'Donate Money' Alternatively, you can donate online at the same website address and click 'Donate'.

Easter can be a difficult time for families in need. For many, Foodbank is the difference between feeding the children over the holidays and going hungry. It can also mean a vital reprieve for those struggling to get back on their feet.

So please take part in our 40 for 40 initiative. You will make a real difference!

40 pence x 40 days =
£16



giftaid it
+ £4
extra from gift aid



Shopping List this month

- Instant Mash Potato
- Tinned Tomatoes
- Sponge Pudding
- Powdered milk
- Small bottle of cooking oil
- Toilet rolls (2 pack)
- Washing powder/Liquitabs
- Washing up liquid
- Tin openers



Mondays: 3:30-5pm
The Box
St John's Road
Epping
Essex CM16 5DN

Wednesdays: 10-12noon
Hope Centre, St Mary's Church
201 High Road
Loughton
Essex IG10 1BB

Saturdays: 2-3:30pm
Restore Community Centre
68 The Broadway
Loughton
Essex IG10 3ST