

## Happy Anniversary Epping Forest Foodbank!

Epping Forest Foodbank has been open 4 years (Thursday 22<sup>nd</sup> June) and celebrated with volunteers during the National Volunteers Week (1-7<sup>th</sup> June) and at the Restore Summer Party held at Davenant Foundation School on Saturday 24<sup>th</sup> June.

It's been a busy year for Foodbank, so this marks not only an exciting milestone but also an opportunity to reflect on how far it's come. Since its opening in 2013, Epping Forest Foodbank has provided over 21,500 meals to families and individuals across the district including 1000 children. Over 30 tons of donations has been given and over 70 front line care professionals refer clients they identify in crisis.

Most recently, Foodbank has changed name from Loughton to Epping Forest Foodbank; opened a new centre in Epping; organised an exciting new project for families in the school holidays (F.I.S.H) and continued to provide emergency supplies and support for many local people in crisis. This is to name just a few of the developments: the list really is amazing!

Our most sincere thanks must go to the wonderful family of volunteers without whom Foodbank would simply not be able to function. We are always looking for more volunteers! If you would like to join the Foodbank family, please get in touch using the contact details below.

We are particularly looking for collection drivers and assistants to collect food parcels from Epping Tesco, for volunteers to assist with F.I.S.H. during the school holidays and for support in providing a larger warehouse hub and vehicle to transport donations and food parcels.

You can make a difference!



“ Our most sincere thanks must go to the wonderful family of volunteers ”

### Want to help?

Big or small, every gift you give helps to transform lives!

We rely on both financial gifts and donations of food. For more information on how you can give, please see:

<https://eppingforest.foodbank.org.uk/give-help/>

### Thanks!

We would like to thank **Day Lewis Pharmacy** on Pyrles Lane, Loughton who raised £57.07 on their Charity day by selling tickets to win an amazing hamper! This will be match funded by the HQ of Day Lewis Pharmacies: fantastic news! A special thanks to Heather Flaherty for organising this and congratulations to Mrs Clancey who won the hamper!

**St Edmunds Church**, Loughton who have donated over 90kg in June!

Thanks to **everybody who has helped in any way this month**- you all make such a difference!

## JULY SHOPPING LIST

Fruit Juice  
Tinned Fruit  
Long life milk  
Powdered Milk  
Coffee  
Pasta Sauces  
Washing Powder



Above: Heather from Day Lewis Pharmacy, Pyrles Lane, who helped raise funds this month!

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 in to the Epping Forest Foodbank account, the details are:

Sort Code: 20-47-34  
Account: 63451208

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Contact us  
07402 032 313  
info@eppingforest.foodbank.org.uk  
<https://eppingforest.foodbank.org.uk>

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

# Making a difference

## Volunteer Focus: Vanessa Boyle

**Hi Vanessa! Why did you choose to volunteer for Foodbank?**

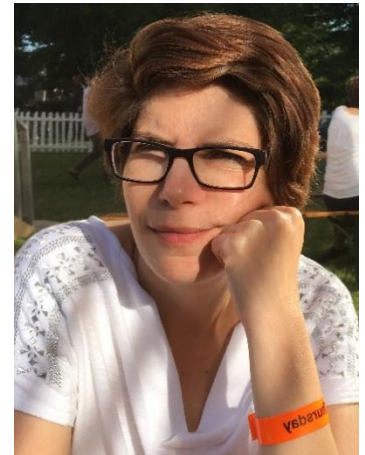
Hi! I saw the film *I Daniel Blake* (2016) and was really moved. It struck me that there's such a ridiculous amount of red tape involved in helping people these days, but with Foodbank there's a real opportunity to make a difference if we're prepared to get involved. I've now been involved for six months at the weekends as I work during the week.

**What's your role?**

I volunteer on Saturday afternoons and have diverse range of responsibilities. One is picking up food from our warehouse and taking it to our distribution centre, but once there I am also involved with packaging it all up and giving out parcels to clients directly. It's amazing to see how generous people are- even whilst we're talking to clients, people are dropping donations in. I have been particularly impressed with the partnership with Greggs in Debden and Loughton Morrisons so that we can offer clients with extra treats, fruit and vegetables and at the same time, preventing food waste.

**What happens in a typical Foodbank session?**

Along with what I've described already, we work as a team to meet and greet our clients, make them feel comfortable,



welcome and try to establish practical details like our client's domestic situation in order provide the appropriate help or signposting information. It's a real team effort!

**What's the best thing about volunteering at Foodbank?**

It's amazing to be able to make such a personal difference in people's lives. Not only do we provide basic necessities, but at the foodbank centres we can give treats (particularly chocolate!) which I think lets the client know that someone cares and that they are valued.

**What would you say to others if they wanted to make a difference?**

Foodbank loves and values its volunteers: get involved!

To find out more about Volunteering  
check our website-  
[eppingforest.foodbank.org.uk/give-help/volunteer](http://eppingforest.foodbank.org.uk/give-help/volunteer)



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

Wednesdays: 10:15am-11:45am  
Red Room-St Mary's Church  
201 High Road  
Loughton  
Essex  
IG10 1BB

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