



<https://eppingforest.foodbank.org.uk>

# Newsletter

Issue No. 01 - May 2017

## Foodbank expands!

Loughton Foodbank has an announcement to make: it is opening a new Distribution Centre in Epping, and changing name to **Epping Forest Foodbank!**

Over the past four years, Loughton Foodbank has provided an incredible 20,000 meals to those individuals referred in the Epping Forest area. Of these, nearly 50% went to people from within the seven Loughton wards. But what about those living outside?

Loughton Foodbank has become increasingly aware that some referred within Epping Forest are unable to redeem their vouchers- simply because they haven't the means to travel to one of the Loughton based Distribution Centres or receive an Emergency Food Box directly from a care professional.

To meet the need, Epping Forest Foodbank has partnered with Churches together in Epping & District (CTED) and 'The Box' on St John's Road, Epping.



*Above: the new logo!*

*Below: The Box on St John's Road, Epping*



The Epping Distribution Foodbank centre will open on Monday 8th May, and run from 3:30pm-5pm every Monday thereafter (although it will be closed on bank holidays).

This will provide another option for clients living beyond Loughton to redeem their vouchers and obtain their emergency food parcel.

“

*Over the past four years, Loughton Foodbank has provided an incredible 20,000 meals to those individuals referred in the Epping Forest area.*

”

## 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 couldn't do what we do without the wonderful help of our generous supporters. Thank you for all that you give! We'd particularly like to thank **Morrisons Loughton** for the kind donation of £100 towards our F.I.S.H club. Thanks to **pupils from Normanhurst School Chingford** who donated 60kg of food this month, which helped to feed 11 people in crisis. Thanks to everyone who participated in our **40 pence for 40 days initiative** over the Lent period and for all the lovely Easter Eggs which were used to bless so many children and Adults! Thanks to **everybody who has helped this month**- you all make such a difference!

# F.I.S.H. Club a great success!

## UPCOMING DATES FOR THE DIARY!

### Monday 8<sup>th</sup> May

Epping Distribution Centre to open

### Monday 29<sup>th</sup> May

Spring Bank Holiday –  
Epping Distribution Centre closed



Above: our wonderful volunteers with a food donation weighing 214.2kg from Tesco in Epping

## May Shopping List

Fruit Juice

Tinned Fruit

Bars of chocolate

Powdered Milk

Shampoo

Washing Powder

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

## Follow us

Facebook and Twitter  
@Loughton\_FBank

## Contact us

07402 032 313

[info@eppingforest.foodbank.org.uk](mailto:info@eppingforest.foodbank.org.uk)

<https://eppingforest.foodbank.org.uk>

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

There are approximately 170 non-school days a year where children receiving Free School Meals (FSM) cannot access this food. Having children at home means having to find more food, childcare and ways to entertain children, all of which costs money. This puts pressure on household budgets making it even harder to ensure that children and families are eating well.

F.I.S.H. (Food in School Holidays) is a project which aims to help families who struggle to cope with these financial demands: providing food, fun activities and support to families that find the holidays difficult.

It was successfully piloted last summer in collaboration with True Stars Children's Centre and Epping Forest District Council's Health and Well-being Team, then over Christmas 2016. We were delighted to use the Limes Centre facility to hold it again over Easter, where 9 families benefited from the fun and provision, with nearly 40 hot and nutritious meals served up.

One child told us excitedly: **"I made lots of toys and crafts for Easter and the volunteers were always there to listen and chat - they were lovely!"**

A participating Mum thanked us: **"I enjoyed doing different activities with my girls- they absolutely loved it and looked forward to coming. Please keep on providing the service, it's amazing!"**

We are looking to expand the project so that we can run more F.I.S.H. events across the District in alongside local organisations. **We welcome volunteers, so please get in touch if interested!**



Photos of activities, crafts and Food being served throughout F.I.S.H



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