

Fun at F.I.S.H!

This summer, Epping Forest Foodbank were involved in running a F.I.S.H. club (Food in School Holidays) to provide fun activities and a hot meal to local families finding the school holidays hard.

The free club offers children and parents a chance to relax, have some fun and make new friends – it's all about helping each other and recognising that nobody in our community should feel alone.

Heather Scholer, Epping Forest Foodbank Leader says: *"Lots of people are just getting by day-to-day but find their income simply won't stretch to meet the extra pressure of missing free school meals or paying for extra childcare during the holidays. But we can only continue to provide this crucial support with the community's help; we rely on local donations to run the holiday club and the foodbank. Emergency food, a cup of tea and a listening ear at the foodbank, or a hot meal and fun activities at the holiday club, all have such an impact, so any donations will make a real difference."*



Above: Fun at F.I.S.H!

So, if you would like to get involved with F.I.S.H in the future, please get in touch at:

volunteer@eppingforest.foodbank.org.uk

You can make a difference!

“ We can only continue to provide this crucial support with the community's help ”

Want to help?

We are recruiting for volunteers on Saturdays to help with transporting food parcels and equipment to the centre, greeting and signposting clients and redeeming vouchers for emergency food parcels

We also need drivers for collecting Harvest donations from the end of September to the end of October.

Contact volunteer@eppingforest.foodbank.org.uk / 07402 032 313

Thanks!

July and August Donations: 600.1kg total

Epping Tesco customers: 111.6kg

St. John's Church, Buckhurst Hill: 32.8kg

St Edmund's Church, Loughton: 46.8kg

Anonymous donors 391.5kg

Oakwood Store 17.4kg

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

Why F.I.S.H matters

UPCOMING DATES FOR THE DIARY!



Saturday 16th September: Love Loughton, St Mary's Loughton 12-4pm. All welcome!



Top: Love Loughton!
Above: Fun at F.I.S.H!

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

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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

New data published by anti-poverty charity The Trussell Trust reveals that last summer, 47% of children who received support from foodbanks were 5-11 years old. The figures also show that 4,412 more three-day emergency food supplies were given to children in July and August 2016 than in the previous two months.

Epping Forest Foodbank led a local holiday club to respond to urgent local need.

67,506 three-day emergency food supplies were provided for children by The Trussell Trust's foodbank network in July and August 2016 compared to 63,094 in May and June 2016. Between July and August 2016, of all 67,506 three-day emergency food supplies from The Trussell Trust foodbank network that went to children.

F.I.S.H is an important step in reacting to these statistics. Epping Forest Foodbank collaborates with 'True Stars Child and Family Wellbeing Service' and 'Epping Forest District Council Community



Above: Fun at F.I.S.H!

Health & Wellbeing' to provide 12 families with free activities and lunch over 5 sessions this Summer.

The Rt. Rev the Lord Bishop of Truro Tim Thornton, said:

"It is shocking to read the statistics and the breakdown provided by The Trussell Trust. That so many primary age children are going without food in our country is of great concern. It is good that so many voluntary organisations, the vast majority of which are based on churches, are working to provide help for families during the summer holidays."

Epping Forest Foodbank will continue to work all-year round in order to establish strong working relationships with local agencies, and to ensure families in need can receive vital emergency food and support.



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

Wednesdays: 10:15-11:45am
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