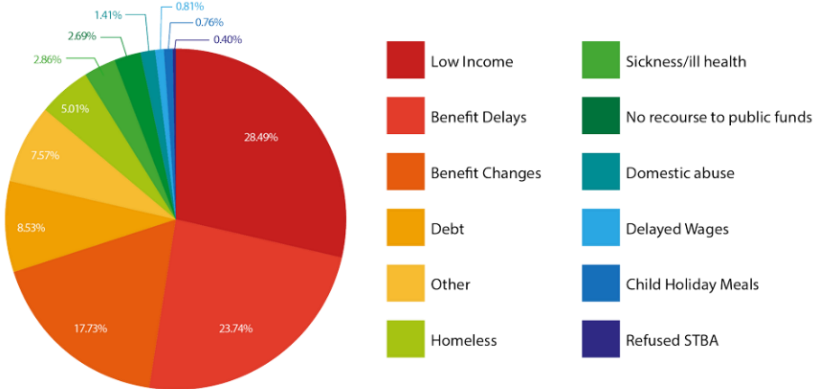


## EPHING FOREST FOODBANK'S BUSIEST YEAR!

It's official... the number of emergency food supplies distributed by Epping Forest Foodbank in the last financial year reached 1200, an 87% increase on last year's figures. Generous donors in Epping Forest provided over 11 tonnes of emergency supplies of which 10 tonnes was distributed. From 1200, over 550 were children, with the majority aged between 5-11years.

Voucher Referrals were issued from 47 frontline care professionals including Epping Forest Citizens Advice, Peabody, MIND, Essex Social Care along with many Schools, Children's centres, Doctor surgeries and Churches.

The main reason for referral was due to Low Income followed by Benefit delays. Numbers look to increase further as Universal Credit is rolled out within the district in December 2018.



## Epping Forest Foodbank turns 5!

The Foodbank in Epping Forest first opened on Saturday 22<sup>nd</sup> June 2013 with the first Distribution centre hosted by the Restore Community Centre. It has been open from the Centre every Saturday afternoon since, but sadly as the Centre will be moving after 23<sup>rd</sup> June 2018, the last Foodbank session will be on 16<sup>th</sup> June. See more about our new venue and opening times on the next page...

### PRIMARY REASONS FOR REFERRAL TO TRUSSELL TRUST FOODBANKS IN 2017-2018



### Volunteer feedback...

*"It's been a year and half since I started volunteering on Saturdays. I get a great deal of joy in helping clients, who come with no hope of their next meal, by providing them and their family with basic food items that will sustain them for the next few days. I have encountered many families who are genuinely grateful for the help they receive that will tide them over the rough patch. Epping Forest foodbank is a lifeline to these people. As a result of the time spent at the Foodbank, I think twice about food wastage and try to maximize the best out of the food I buy on a regular basis. Although it sounds impossible presently, I do hope for a future where foodbanks are not needed anymore."*

**Jophcy - Volunteer**

EFFB is currently in 2<sup>nd</sup> place to receive up to £700 via the Epping Forest Recycling rewards scheme, encouraging residents of flats in the District to recycle more. Have you signed up? We'd really appreciate your vote! More information at [www.eppingforestdc.gov.uk/recyclingrewards](http://www.eppingforestdc.gov.uk/recyclingrewards)



Since June 2013 to May 2018

**3,500** emergency supplies have been distributed by EFFB

**103** people on average were fed each month by EFFB in 2017/18.

**1,348** vouchers have been issued by our frontline care professionals & redeemed

**42.5** tonnes of emergency supplies have been donated

**Latest Statistics**

## UPCOMING DATES FOR THE DIARY!

### June

#### Saturday 16<sup>th</sup>

last Foodbank session at Restore Community Centre.

#### Friday 22<sup>nd</sup>

Foodbank's 5<sup>th</sup> Anniversary Opening of Unit D8, The Seedbed Centre.

#### Saturday 23<sup>rd</sup>

First Foodbank session from Debden Library (Epping Forest College) opens 10:30am- 12noon.

### August

#### Monday 27<sup>th</sup>

Bank holiday – no Monday Epping Foodbank session at The Box.

#### URGENTLY REQUIRED ITEMS:

- Tinned Tomatoes
- Rice 500g /pouches
- Bars of chocolate
- Long Life Milk
- Sponge
- Toilet Rolls (2/4 pack)

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

### Follow us..

Facebook and Twitter  
 @EppingForestFB

### Contact us

Unit D8, The Seedbed Centre  
 Langston Road, Loughton IG10 3TQ  
 07402 032 313

info@eppingforest.foodbank.org.uk  
 eppingforest.foodbank.org.uk

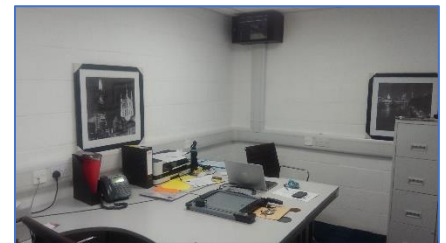
Epping Forest Foodbank is a project of Above+Beyond. Registered Charity in England & Wales (1165654)

## New Warehouse space

Thanks to an amazing financial gift, EFFB has been able to lease a unit on The Seedbed Centre, Loughton for distribution of emergency supplies to the Foodbank Centres and set up an office to handle all administrative tasks. This is much needed in light of the dramatic increase in demand last year and in preparation of an expected busy harvest and Christmas time later this year. With the roll out of Universal Credit in the District later this year, numbers referred to EFFB are expected to sharply rise.



A big thank you to Galliard Homes and ASA Supply Limited who have provided desks, chairs, a kettle, microwave, fridge and other equipment!



## Saturday Mornings @ Debden Library

The Saturday Foodbank centre will move from the Restore Community Centre to Debden Library located in Epping Forest College as of 23<sup>rd</sup> June 2018.

It will also change times to the morning, opening between 10:30am- 12noon.

### Can you help?

#### We require volunteers

To drive & transport donations-  
 Mon, Wed & Saturday mornings.

To help in our Warehouse Unit –  
 Weds to Saturdays 10am – 12noon.

To help in our Unit office –  
 Tuesday & Friday mornings

### Referred friend feedback...

*"I felt so welcomed when I came to the Foodbank centre. I stopped feeling nervous. The volunteers were friendly, very compassionate and caring. I would have been in a really bad place personally, having to try and borrow to feed my kids and get into more debt. I was so relieved – Thank you so much."*



### Marathon Man

Thanks to Paul Howard who ran the Hamburg Marathon and helped to raise £1000!



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: 10:30-12noon  
 Debden Library  
 Epping Forest College  
 Borders Lane, Loughton  
 Essex IG10 3SA