

Thank you for expressing an interest in volunteering at Euston Foodbank.

The next training session will be [6-8:30pm](#) Monday 25 June 2018 at the foodbank 1 Lancing St NW1 1NA off Eversholt St on the east side of the station.

This is a week later than originally planned, so apologies to anyone who has been holding the 18th, very sorry but a whole series of other meetings in Camden were shifted in response to national deadlines, very sorry.

Please reply if you want to book a place on the June training.

The next opportunity could well be a Saturday afternoon in late July or Early August if sufficient people sign up.

#### **Euston Foodbank general information**

**Website:** [www.euston.foodbank.org.uk](http://www.euston.foodbank.org.uk) **Email:** [info@euston.foodbank.org.uk](mailto:info@euston.foodbank.org.uk)

**Our current distribution sessions:** people need to bring a voucher or letter, which they can get from the job centre, Citizens advice bureau, support worker, frontline professional etc

**Our location and opening times:** We are on the ground floor, St Pancras Church House, [1 Lancing St NW1 1NA](#) [Near Euston Station](#), off Eversholt St.

mobile telephone during distribution sessions [07400 053 838](tel:07400053838)

[Saturday 11am-12:30pm](#)

Sunday 2pm-3:30pmh

Tuesday 12noon-4pm

Thursday 5:30pm-7pm

We appreciate donations of all in date non-perishable foods + unopened toiletries.

We always need tins of meat, fish, vegetables, tomatoes, fruit, soup and pulses.

(We currently have plenty of pasta.)

The items we currently need most for redistribution to people in need are:

Washing powder/detergent

Milk UHT (full, semi, skim, non-dairy)

Spreads - honey jam, peanut butter

Juice (longlife - apple, orange etc)

Instant coffee, hot chocolate

Oil (sunflower, olive etc)

Rice

Custard and rice pudding

Toilet paper

shower gel

shampoo

Deodorants

shaving cream

Dishwashing liquid

We are planning a “Friends of Foodbank” group, to keep you informed about Foodbank activities such as shortage items, supermarket collections and fundraising. To join this group to receive updates, please email [eustonfoodbank@gmail.com](mailto:eustonfoodbank@gmail.com)

### **Information about volunteer training**

#### **Thank you for getting in touch and for offering to volunteer.**

Quite a large number of people ask to volunteer, so we hold information sessions with the opportunity to complete an application form and attend initial training.

You need to complete the training before you can volunteer at a distribution session.

**The current opportunity to attend volunteer training is Monday 25th June with the introduction [6-6:30pm](#) and the training [6:30-8:30](#)**

**Venue: at St Pancras Church House ground [floor 1 Lancing St NW1 1NA](#) off Eversholt St near Euston station.**

**Please tell us if you (1) plan to attend the introduction & (2) want to reserve a place on the training.**

You will need to attend the introduction before doing the initial training, as that information will not be repeated. You will need to attend the training before you can volunteer at a distribution session with clients. You are welcome to attend just the introduction if you would like to find out more about the foodbank, and whether training as a volunteer is for you. The next volunteer training opportunity after June will probably be in July, [Saturday 28th in the afternoon](#).

The Foodbank has volunteering opportunities available for people over 18 years old. Younger people must be accompanied at all times by a family member over 18 who can take full responsibility for them, so we do not normally recruit younger volunteers, except for supermarket collection type of events.

We will be collecting money possibly once a month at a mainline station 7am-7pm, or outside a venue such as the Roundhouse when there is a queue for a sympathetic act, so let us know if you would be up for a shift of an hour or so as part of a team.

For volunteering at our distribution sessions we need reliable people who could commit to regular working, at least once a month, preferably fortnightly or weekly, for two hour sessions at the foodbank distribution venues. This would be after application, interview and training of course. The main volunteering roles are sorting stock, assembling the food baskets, and receiving and serving clients.

We currently schedule volunteer sessions Tuesdays [12-4pm](#), Thursdays [5:30-7:30](#), Saturdays 11am-1pm, Sundays 2-4pm to cover our opening times.

These two hour sessions continue for half an hour after closing so we can clean and tidy before the next session - we don't want mice! I know this feels less glamorous than serving clients, but hygiene is incredibly important!

Sometimes we organise stock sorting sessions on Thursday afternoons, or stay later on Saturday afternoons to reorganise.

We also advertise opening hours that end sooner than the volunteer session, as half an hour is sometimes needed at the end to finish serving clients, as well as to tidy up.

Please read the information on our website [www.euston.foodbank.org.uk](http://www.euston.foodbank.org.uk)

Volunteers sign up for the sessions they can attend via a doodle poll, we will send a link once you have completed the training and application.

People wanting to volunteer with website and social media skills: we would like you to complete induction and training and sign up for and complete sessions so that you understand enough about what we are doing to write content for the website and tweets, so if you could start with that. It is a Wordpress site, with a standard Trussell Trust format, so it is not difficult to update, it is finding the time to write the content.

If you have the skills needed for advice signposting please let us know, as we are considering opening dedicated advice sessions for Foodbank clients.

**If this is the volunteering you are looking for, please reply asking to book a place on one of the training sessions where you can complete the application forms. Currently due to the volume of offers to volunteer we are holding these introduction/application/initial training sessions as detailed above, not offering one to one visits or induction.**

Also we are building up a pool of people who are willing to help with supermarket collections encouraging food donations from customers, usually Fridays and Saturdays, for instance at Waitrose and Tesco. And if we have the required permissions in place, collecting money at railway stations and events.

People also offer to organise non-perishable food collections at their schools, around their neighbourhood and at their places of work and study, and for students going home for the holidays, at the student union. Usually they cover and decorate boxes and use our shopping list of the items we most need, and deliver to us at a distribution session. We always need tins of meat (corned beef, fry bents pies etc). These are essential for the Foodbank, as we have no enormous supermarkets nearby and we do not benefit from the national collections. We do have smaller supermarkets of course, four wonderful Waitrose's, and generous individuals, but the supply chain is very important, as we often redistribute five tons a month and collect only 3.5, so we end up buying shortage items and being rescued by the wonderful Letchworth Foodbank who are admirable at collecting.

People also organise collections of money at their workplace or school which is really helpful as we can buy shortage foods such as meat and cover running costs like printer ink and paper and zipvan hire. Some people take out standing orders, and sign gift aid forms, let us know if you would like to do this and we can send the forms and account details.

Teams of people often want to come and volunteer which is something we appreciate – and we arrange this when we can, but it does involve our volunteers in a lot of work, and they are not necessarily available to look after the team on specific dates.

We particularly welcome this when we need to reorganise the stores by date for stock rotation, when there has been a big collection that needs sorting, and when it is time to do a complete stocktake.

Our volunteering work at the Foodbank is not particularly glamorous, and usually involves a lot of unloading and lifting and carrying, though there is also date checking and sorting. Basically we are about redistributing non-perishable food so that people in need around Euston and neighbouring inner London areas have enough to eat and are supported in solving their circumstances as far as possible. This is only possible through the generosity of local people donating food, time and money.

Last year we supported over four and a half thousand people, a quarter of whom were children. The main reason clients attended was due to low income, but benefit delays comes a close second as the reason for the emergency need for food.

Between 1st April 2017 and 31st March 2018, 4637 three day emergency food supplies were provided to local people in crisis by Euston Foodbank, of this number, 1140 went to children.

Nationally for the U.K. the figure is 1,332,952 a 13% increase

484,026 of them children,

this is from Foodbanks that are part of the Trussell Trust Network.

For London the figure is 134,244 a 21% increase

47,637 of them children.

For Camden the figure is 6,150 of whom 1,655 were children.

The main reason people attend a food bank is low income, which was 27% of attendances, with benefit delays the second greatest reason at 25%.

Kind regards

Dorothea Hackman