

Euston Foodbank general information November 2019

Website: www.euston.foodbank.org.uk **Email:** info@euston.foodbank.org.uk

Our current distribution sessions: clients 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** but please email as well, as we are a small voluntarily run charity, and cannot always answer every phone call. We are normally open as usual over all holidays.

- Saturday 11am-12:30pm • Sunday 2pm-3:30pm • Tuesday 12noon-4pm
- Thursday 5:30pm-7pm

Last financial year we supported nearly six thousand people, a quarter of whom were children, distributing over sixty thousand kilos of food. The main reason clients attended was due to low income, but benefit delays and changes come a close second and third as the reason for the emergency need for food. So far this year we have seen a 67% increase in demand, and this is set to rise as universal credit and austerity continue to be implemented.

- Between 1st April 2018 and 31st March 2019, 5,694 three day emergency food supplies were provided to local people in crisis by Euston Foodbank, of this number, 1,257 went to children.
- Nationally for the U.K. the figure is 1.6 million a 19% increase, more than half a million of them went to children, this is from Foodbanks that are part of the Trussell Trust Network.
- In the last five years food bank use has increased by 73% from 913,138 to 1,583,668
- For London the figure is 166,512 a 21% increase, 59,775 of them 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% followed by benefit changes at 23%.

The next volunteer training session will be 1:30-4pm Saturday 11 January 2020 at the foodbank 1 Lancing St NW1 1NA off Eversholt St on the east side of Euston station. Please email if you want to book a place on this training.

The next opportunity would also be a Saturday afternoon probably 15 February 2020, but check nearer the time.

Donations – collecting food and funds for Euston Foodbank

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

- Festive items, especially involving chocolate, are popular too.
- **We always need: tins of meat, fish, vegetables, tomatoes, fruit, soup, baked beans and pulses.**
- Spreads – honey, jam, peanut butter
- Juice (longlife - apple, orange etc)
- Instant coffee, hot chocolate, tea
- Oil (sunflower, olive etc)
- Cereals, Rice and pasta
- Biscuits, Custard and rice pudding

We also need donations of toiletries and household items:

- Toilet paper
- shower gel and shampoo
- Deodorants
- shaving cream
- sanitary pads with wings
- Dishwashing liquid
- laundry tablets
- petfood

And we always need funds - money which we use to buy items we are running short of so we can make up a full emergency package to give people. You can donate through the button on our website and standing order and gift aid forms are also available on www.euston.foodbank.org.uk

It's always the right time for a festive "funds and food" collection. You could collect in the in the summer before people go away on holidays – we are always very short of supplies in June, July, August, September and October. Then Harvest, and in November Mitzvah and Sadaaqa weekends. "Reverse advent" collection time in the run up to Christmas: on each day instead of opening a window and receiving a treat, people in a school or office bring in an item or the equivalent money donation, to builds up into an emergency package. You could have a Spring Collection, in the run up to Easter, with chocolate eggs as the treat.

If you are making an office collection for Christmas 2019, please deliver the collection to the foodbank by Friday 13th Dec if you were wanting it distributed in time for Christmas. Donations continue to be welcome past that date of course, we really need them in the new year when the seasonal generosity dries up, so it is never too late to donate!

Sometimes we can find a volunteer with a car to fetch your collection, but if delivering it to us is going to be a problem, focus from the start on collecting lighter items and money. Tins of food become rapidly very heavy, and if you collect money which you can BACs or send via the “donate” button on the website, we can order exactly the items we need.

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 You can find our newsletters and other updates on our website, and in twitter, facebook and Instagram.

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 (stews, frankfurters, fray bentos pies etc).

These are essential for this Foodbank, as we have no enormous supermarkets nearby and we do not benefit from the national collections. We do have smaller supermarkets of course, three wonderful Waitrose’s, an amazing network of Co-operatives 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 other Foodbanks who are admirable at collecting.

People also organise collections of money at their workplace or school which is really helpful because as well as buying shortage foods such as meat, we can 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, these are also available on our website.

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 for corporate team building days. We of course welcome this when we need to reorganise the stores by date for stock rotation, or do the monthly deep clean, when there has been a big collection that needs sorting, and when it is time to do a complete stocktake. So what we need are volunteer teams who are willing to work, and able to be very accurate about checking dates on food, and cleaning and following food hygiene and health and safety.

Kind regards, Dorothea Hackman, Euston Foodbank Organiser