



# Euston Foodbank Newsletter



*June 2025 edition*

Hello! we're excited to share the June issue of our new monthly newsletter, designed for our incredible supporters, donors and our volunteers who are wanting to keep up to date with Euston Foodbank. If you're new to the food-bank, here are some quick facts to give you an overview:



- Euston food-bank, located in NW1, Camden, is the third largest of all Trussell Trust food banks across the UK, and currently has around 450 clients a week, spread across our 4 weekly sessions. We feed over 5,000 individuals a month.
- Last year, we distributed over 60,000 food parcels to our local community, and we are expecting this number to be higher this year.
- From our 5000 monthly clients...
  - 10% are over the age of 65**
  - 45% are between 25-64**
  - 32% are between 0 and 16 years old**

## BookBanksUK!

Since April this year we have been lucky enough to partner with BookBanksUK! Every Tuesday 11am to 1pm, volunteers are available for a friendly chat and a range of free books, which have been very popular with our clients!



## Fundraising success: A New Fridge!



We are very happy to report that this month we were able to successfully fundraise for a new fridge! Having a reliable fridge is essential for safely storing our fresh produce and making sure we can evenly distribute these items across the sessions, so it's brilliant to have a new ( and very shiny ) fridge for the food-bank.

**Thank you so much to everyone who donated, shared or engaged with the Gofundme page, your generosity makes a huge difference!**

# Summer holiday fundraising...



Scan here if you would like to check out the Gofundme page!

Our other current Gofundme page is all about raising funds for additional summer holiday support for our clients and their children - helping to tackle 'holiday hunger'. For families who are already food insecure, the absence of free school meals, breakfast clubs and childcare can make the 6 week summer holiday an incredibly difficult and expensive time.

Around a third of the food parcels we distribute goes to a child, so being able to provide additional support over this period is a real concern for us. Any donations will go to the purchase of nutritious and enjoyable food items that kids will love. If you're able to donate, or just share with family, friends or colleagues, it would be greatly appreciated.

## Our wonderful volunteers...



Here are some volunteers from Vanguard, who helped us run a busy Tuesday session where we made up and distributed over 145 food parcels! Vanguard also ran a very successful fundraiser at their office, and made an amazing donation of over 200KGs of non-perishable food items and toiletries.

Thank you so much to everyone that has taken the time to volunteer with us this month, we couldn't do it without you!





We were also visited by BMJ (British Medical Journal) who have been supporting Euston foodbank with donations and regular volunteering sessions since 2020!



They helped us to get prepared ahead of our very busy Thursday evening session by helping us unload and sort deliveries, stock shelves, pack the eggs and sort out the fruit and vegetable bags that were then distributed to over 160 clients later on that day...

## Junes most needed items list...

If you are able to donate, our food bank accepts any food that is in date and unopened! Heres what we need the most this month...

**Coffee**

**Tinned Tuna**

**Tinned Fruit**

**Rice**

**Pasta**

**Biscuits**

**Washing up liquid**

**Washing powder**

**Shampoo**

**Shower gel**

**And for our homeless clients...**

**Protein bars**

**Dried fruit**

**Nuts**

**Chocolate**



Thank you all so much for your donations, time, energy and engagement, you support allows us to help some of the most vulnerable in our community. For more information about volunteering or donation opportunities, please visit [Euston.foodbank.org.uk](http://Euston.foodbank.org.uk)

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