

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

The next training session will be [6-8:30pm](#) Wednesday 14 November 2018 at the foodbank 1 Lancing St NW1 1NA off Eversholt St on the east side of the station.

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

The next opportunity would be an evening or a Saturday afternoon in late January or February 2019.

Information about volunteer training - thank you for getting in touch and offering to volunteer.

The next training session will be [6-8:30pm](#) Wednesday 14 November 2018 at the foodbank 1 Lancing St NW1 1NA off Eversholt St on the east side of the station.

the introduction session is [6-6:30pm](#) and the training [6:30-8:00](#)

Venue: at St Pancras Church House ground [floor 1 Lancing St NW1 1NA](#) off Eversholt St near Euston station. Please reply if you want to book a place on the November training.

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.

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 November will be in 2019.

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. If you would be interested in a supermarket collection we will be at a big Tesco 29th and 30th November 2018, jointly with Chalk Farm Foodbank.

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.

Euston Foodbank general information

Website: www.euston.foodbank.org.uk **Email:** 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)

but please email, as we are a small voluntarily run charity, and cannot always answer the phone.

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

Sunday 2pm-3:30pmh

Tuesday 12noon-4pm
Thursday 5:30pm-7pm

We will be open as usual over Christmas and New Year, except for Christmas Day itself as the 25th Dec is a Tuesday, when we will open for a shorter time at 12 noon.

We are planning a festive meal for local homeless folk that day, and are actively seeking donations suitable for cooked meals for that event. We will have some emergency food packages prepacked for sudden crises, people with dogs and other needs, but there is also Crisis at Christmas at this time of year, so many people in our community are catered for already.

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.

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

Festive items, especially chocolate, are greatly appreciated this time of year.

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

Its not too late for a harvest festival funds and food collection, or you could start a “reverse advent” now and bring in the items in time for us to distribute for Christmas.

For a reverse advent collection, on each day instead of opening a window and receiving a treat, people in a school or office bring in an item which builds up into an emergency package.

We need you to start these now, by 15th November, and bring the food in on Friday 14th December.

We will open especially that day only to receive your donations.

If you would rather run an advent collection during December and bring in the donated goods in January, that is tremendously welcome too, as we run really short of donations after the pre-Christmas generosity.

We are aiming this year to avoid being overwhelmed by mince pies and oversize boxes the week before Christmas when we are trying to distribute to clients. So if you cannot bring donations by 14th December, please bring them after Christmas, after New Year when they will be greatly appreciated.

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

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 open especially on another day as we will on 14th December, 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 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 the training session 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, fray bentos 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, three 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 Foodbanks 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, 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, do the monthly clean, when there has been a big collection that needs sorting, and when it is time to do a complete stocktake. So we need 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.

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 financial 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. So far this year to 30th September we have seen a 67% increase in demand, and this is set to rise as universal credit is implemented.

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

Euston Foodbank Organiser