

**From:** Foodbank Team info@westcheshire.foodbank.org.uk  
**Subject:** August Newsletter 2023  
**Date:** 1 September 2023 at 11:58  
**To:** idoulton@icloud.com

FT

August 2023



## MONTHLY NEWSLETTER

All the latest news

### Meet the Trustee: Linda Tompkins



Hello, I'm Linda Tompkins. I became a Trustee in March this year and I have been a volunteer at Lache foodbank sessions for nearly two years. Whilst we all have general responsibilities as Trustees, my particular areas are how we support our volunteers and that how we operate is fair and equitable for everyone involved. The work of West Cheshire Foodbank is so vital. I don't believe I will ever understand how we can be such a wealthy country and at the same time have such high levels of hunger and poverty. For me, the foodbank is important yes because we provide emergency access to food and other support, but equally because we are friendly and welcoming and treat people with dignity. At the same time, the foodbank is working with partners to achieve our vision for a future without the need for West Cheshire Foodbank. After all, who would use a foodbank out of choice?

I look forward to working with you.

#### Volunteer Opportunities

*Save the date. 30th October for our next Volunteer day. More details including times and venue will follow shortly but if you are able to attend please contact [Kelly here](#) letting her know any dietary requirements.*

*September Learning Lunch exploring the Healthy Start Scheme, providing understanding on how the scheme works and how we might support families accessing foodbank. To find out more and sign up [click here](#)*

*Next OP's Meeting September 18th 12.30pm @ the warehouse It would be great to see someone from each session to hear what different teams are doing and to share learning*

#### Tesco Collections

As we come to the end of summer West Cheshire Foodbank is beginning to look towards replenishing our depleted food supplies with our next lot of Tesco collections.

The next collections will take place between 30th November-2nd December at both Chester City Centre and Sealand Road Tesco's.

We would like volunteers to cover shifts of 2 hour slots between 9am-5pm to hand out shopping lists to shoppers as they come into the store and to help collect donations of


from West Cheshire

#### In this issue:

- Meet the Trustee: Linda Tompkins
- Meet the team; The Table Ellesmere Port
- Pathfinder update
- Tesco Collections
- Number of people fed last month
- Food items needed
- Volunteer opportunities

#### Pathfinder up-date



West Cheshire Foodbank are taking part in the Guarantee our Essentials Campaign! 

Everyone's circumstances can change. Whether it's losing your job or home, needing to care for a sick family member, having a health condition that impacts work or even breaking up with your partner – these are things that can happen to any of us and it's what we are seeing every week at our foodbank sessions. On Friday 8th and Saturday 9th September, we will be holding 2 street stalls: one in Ellesmere Port and one in Chester, where we will be raising awareness with the local community highlighting the reasons why people are accessing food banks. We will also be asking the community to sign a petition to go to our local MPs for them to take action and take forward in government.

#### When and where:

Friday 8th September - 10:30 - 4:00 (Ellesmere Port - Outside Food warehouse/Iceland, near port arcades)  
Saturday 9th September - 10:00 - 3:30 (Chester Town Hall - Northgate Street)

Feel free to pop down and say hello! If you have any suggestions you would like to raise to our local MPs as part of the campaign, please sign the petition <https://action.trusselltrust.org/foodbanks-email-mp-guarantee-our-essentials>



food as they leave.

All volunteers will be fully briefed. (volunteer must be at least 16 years of age) If you are able to help out please email [Kelly](mailto:Kelly)

## Meet the team; The Table Ellesmere Port with the Cupboard Ellesmere Port @ United Reformed Church Whitby

Lucinda and Louise after witnessing the impact of the pandemic on the local community voluntarily began The Cupboard Network Ellesmere Port (part of the national Cupboard Network) during lockdown offering completely free food to their community via self service cupboards from the end of their drives.

With a focus on sustainable living, the war on food waste and food insecurity they provide an anonymous service available to everyone.

Seeing an increase in demand and need as well as a gap in provision in their local area Louise and Lucinda set forth to ensure no one in their community goes hungry, they began partnering with Whitby United Reformed Church moving The Cupboard operation and on March 1st alongside a team of wonderful volunteers from the Cupboard Network Ellesmere Port and Whitby United Reformed Church opened The Table community café providing a warm, safe community space with free hot home cooked meals and drinks, weekly advice and support from Cheshire West Citizens Advice and other help services as well as partnering with West Cheshire Foodbank operating as a collection and distribution point providing access to food parcels. The space also provides a play area for children and now boasts some outdoor seating.

The Table community café operates every Wednesday 12-3.30pm and the cupboards are open daily topped up each morning till the available food has gone. It operates a fair usage daily limit system on certain items. Both The Cupboard and The Table provide a free offer available to anyone with a donation system for those who are able.



### July Food Donations

Food weighed in



### Number of people fed

Number of referrals	637
Number adults fed	863
Number of children fed	328
Total number of people fed	1191
Referral increase on this time last year	20%

Stocks are running low; we are currently in need of

- Cupasoup
- Custard
- Jams and spreads
- Biscuits
- Small Jars of Coffee

WE are trying to ensure this newsletter reaches all our volunteers and supporters so if you are aware of anyone not receiving it or have any questions please contact us at; [info@westcheshirefoodbank.org.uk](mailto:info@westcheshirefoodbank.org.uk)

Contact Office

