



# News from Bishop's Stortford Food Bank

November 2019

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## Special points of interest:

- 1.6 Million food bank parcels given out in UK in 2018/2019.
- 360 visitors came in with a voucher in the first nine months of 2019.
- We fed 540 people from January to September 2019.
- We need £100 per month to cover costs of storing and transporting food.
- £20.00 will buy a food parcel for a local family in crisis

## Why does Bishop's Stortford need a Foodbank in 2019?

Some say we live in an affluent area with new housing, good employment, lots of new cars and mobile phones around. However beneath the gloss, the story is not the same for everyone. There are many people experiencing crisis and just about managing from day to day.

It has been said to us that if people can afford a phone, they can afford to eat - what needs to be remembered is that smartphones are an essential tool for people who are struggling - they need ready access to the Internet for claiming Universal Credit and other benefits, and to search and apply for work. Phones are no longer a luxury but an essential tool to live.

Many of our elderly residents, the disabled, young families with high rent or mortgages are just about keeping their head above water or in "working poverty" as some call it. Some of our families are in

but they may have been forced to leave the family home, living rough and forced to seek help from the community.

So that's why we believe a Foodbank is needed in Bishop's Stortford –



heavy debt, close to losing their homes.

Any small rise in rent may mean they cannot feed their children every day. A young person is may be wearing designer shoes

we will *always* be here to help , whether 5 or 500 people need us.

However without great schools, churches, voluntary organisations and partner agencies we could not do it - *thank you for you kindness and generosity!* 

## New look to our communications

We hope you like this new format newsletter. We will aim to produce three editions a year. It is part of a process of sharpening up our image and communicating better with our supporters and valued volunteers. We hope to launch our new website in January which will help inform people

of our services and how we can help support people living in crisis in Bishop's Stortford and surrounding villages.

We are also very grateful of the specific donations that have made this project possible. 

**"we will *always* be here to help, whether for 5 or 500 people"**

## You've all been great!

We can't survive without the many kind fundraising, collections and donations that we receive from many sources, particularly over the past few months. Recently we have £140 from **Thorley Beavers, The Bishop's Stortford Community Church** gave us £1000 🍅

## Thank you Raleigh BEAVERS

Earlier this year Raleigh Beaver colony selected Bishop's Stortford Food Bank as their chosen "Charity of the Year". This was part of their Community Impact Level 1 Badge. This October, Jane and Bill from the Food Bank visited the group and spoke to them about the work that the Food Bank does in the local community, and at the end of the evening the Beavers presented them with £140 and a huge selection of food donations for the food bank.



The **Leader Paula Mothersole** said "We are extremely proud of our Beavers (6-7 year olds), who have now achieved their community Impact Level 1 for their efforts. They have shown a great deal of empathy and compassion and the Beavers themselves are very proud of themselves for how they have been able to help others who are having difficulties and support their local community." **Thank You Raleigh Beavers!** 🍅

## Thank You All Saints!



Thank you to the staff and pupils of All Saints Primary School for taking the time to bring children down to our centre. It was a pleasure to host you and we hope you found out a little more about the work we do in Bishop's Stortford and the surrounding villages. **Mr Philip Asher Headteacher** said "The children were fascinated by the experience and shared what they found out with their classmates back at school" 🍅



## Can you support us our Christmas Appeal?

We appreciate that people like to give to other charities at Christmas, but if our Food Bank is one you would like to support this year, you could do this by one of the following:

- Send a Christmas Card and a small financial donation to us - every donation counts:
  - \* **£5.00 or £10.00** will buy perishable extras we cannot normally supply e.g. margarine, cheese, bread and butter.
  - \* **£20.00** will buy a food parcel for a couple living in crisis.
  - \* **£50.00** will buy a food parcel for a large family living in crisis.
  - \* **£100.00** will help to pay for one month's of our transport & storage costs for the Food Bank.
- Check out our most needed list of items on Facebook and bring them down to the Food Bank one morning in November or December, or put them into the boxes provided at Sainsburys and Tesco.
- Contribute to a 'Reverse Advent Calendar' by putting one small item / financial donation in a box for 25 days before Christmas. Please start before Dec 1st if possible to allow us time to give items out.

**We look forward to seeing you at the Food Bank so we can say thank you for your donation.**



## Thank you TESCO

We are extremely grateful for Tesco's Bishop's Park for allowing us to collect items of food or cash donation outside the store between **Thursday 21st and Sat. 23rd November.**

Tesco will also be kindly matching the weight of all we collect with a financial contribution. 🍅

## Harvest 2019

This year the team at Bishop's Stortford Food Bank have been truly blessed by the generosity of so many people in the local community.



This Harvest Appeal churches, schools, community groups, local businesses and individuals have all contributed a wealth of non-perishable food and toiletries, which have enabled us to prepare for the long winter months ahead.

Thank you to everyone who has donated this Harvest; big or small, every donation makes a huge difference to the Food Bank in Bishop's Stortford and to those living in crisis in the local area. 🍅



## Welcome to our new trustee chairman



'Support through Court' organisation.

Bill has lived in Stortford for 25 years and attends St Michael's Church in the town where he leads their Education Group.

After a long career working for the Health and Safety Executive (as a Factory Inspector and Policy Adviser) he retrained as a primary teacher and understandably loves working with schools and other children's groups to promote the work of the Foodbank. 🍅

We are delighted that **Bill Macdonald** has recently taken over the helm of the Food Bank from Mione Goldspink.

Bill has been a volunteer at our sister Foodbank in Harlow for several years, and also volunteers in the Central Family Court in London helping people without legal representation via the

## School Open Afternoons

In September, Bishop's Stortford Food Bank opened its doors to children from four local schools and community groups. They had a chance to look around the Food Bank Hall and understand a little more about who we support in the local community.



We showed them a typical food parcel and explained how expensive food and toiletries can be to a person or a family. Volunteers from the Food Bank talked about the importance of respecting our visitors, and showing them a warm welcome when they arrive.

We look forward to hosting similar events in the future when other schools and community groups will hopefully be able to join us. Interested in arranging a visit? Contact us at [communications.bsfb@gmail.com](mailto:communications.bsfb@gmail.com)



# Helping local people in crisis...

## Contact us at.....

The Food Bank is at:

Bishop's Stortford Methodist Church,  
34b South Street,  
Bishop's Stortford, CM23 3AZ

Open Friday mornings between  
10am and 12:30pm.



OUR COORDINATOR JOCELYN



Contact Jocelyn by phone or by email if you have any enquiries about the Food Bank in Bishop's Stortford

Tel: 07432 785976

Email: bsfoodbank.coordinator@gmail.com

## A very BIG thank you to two special people!

During October, approximately 20 volunteers gathered for lunch at the Methodist Church, to say thank you to **Mione** and **George Goldspink** for their hard work and dedicated service to Bishop's Stortford Food Bank. After almost 8 years, Mione recently stepped down as Chair of the Board of Trustees at the Food Bank, and many of our volunteers wanted to say a personal thank you to her, for all that she has done for the local community. We gave Mione chocolates and a plant, and wished both of them all the very best for the future. A very special occasion! Thank you Mione (and George!) x 🍅



### Our Committee

**Nick Crofts** - Secretary

**Joycelyn Guilhaumaud**- Coordinator

**Christine Haynes** -Trustee

**Alison Jones** - Trustee

**Bill Macdonald** - Chair of Trustees

**David Scott** - Trustee

**Greg Stewart** - Trustee & Communications

**Alan Sutherland** -Trustee

**Cllr Norma Symonds** - Vice Chair of Trustees

**Jim Tatchell** -Trustee and Treasurer

**Jane Towns**- Trustee & Schools and Community Ambassador

**Ian Williams** - Trustee

Don't forget you can find lots more 'up to the minute' information about events we run and requests for help on our Facebook page.



The Bishop's Stortford Foodbank is a registered charity

Registered Charity Number 1154800 (England and Wales)

Contact us at [communications.bsfb@gmail.com](mailto:communications.bsfb@gmail.com)