



The Food Bank

Feeding the hungry in Milton Keynes

Dear Billy,

I can't believe another 3 months have passed and that we are already in June!

It has been a particularly busy 3 months with the need for our service continuing to grow.



Our food stocks are frighteningly low for this time of the year with harvest festival still three months away. Our food donations are barely reaching the shelves before they are packed into food parcels and given to local families.

So please do read on to see the many simple ways that you can help to make us sustainable. Please aim to forward this news letter to at least one of your friends or family, as the more people who know about what we do - the more people there are to help.

Together we really can make a difference.



Sue Wall
Project Manager

Cllr John Goss - Pledge to The Food Bank



Will you spare just **£3** per month?

Sign the pledge set up by Councillor John Goss (Oldbrook Ward of Campbell Park Parish Council) and support **The Food Bank**.

<http://www.pledgebank.com/foodbankmk>

In This Issue

Food Bank Pledge

Open Day Update

Woburn Sands Co-op

Funding News

Growing Need

Volunteering Opportunities

If you would like to join our mailing list then please e-mail thefoodbank@mkcc.org.uk or call Sue on 01908 322800

URGENT FOOD SUPPLIES REQUIRED

Please buy one extra item when you are shopping from the list below and donate it to The Food Bank.

The items shown in **red** are currently most urgent:

- **Baked Beans**
- **Long Life Juice**
- **Long Life Milk**
- **Tinned Vegetables**
- Tinned Fruit
- Tea Bags
- Dried Rice & Pasta
- Tinned Meat
- Tinned Spaghetti
- **Tinned Rice Pud.**
- **Biscuits**
- Breakfast Cereal
- Pasta Sauce
- Soup
- **Sugar**
- **Jam**

Your donations can be dropped off at the following locations:

9 Hollin Lane, Stacey Bushes

John has always been a great supporter of The Food Bank and is now putting his weight as a local councillor fully behind our [Food Bank 1000](#) initiative.

The Food Bank needs 1000 people to donate just £3 per month to enable it to become sustainable and no longer reliant on grant funding.

So often organisations will fund the setting up of a project or service, as this is the "sexy, exciting bit". However, the number of grant making bodies who are prepared to cover the ongoing running costs are few and far between. As we will never be able to charge our clients for the service we provide, we really do need your help.

We were fortunate that the Milton Keynes Community Foundation provided a 3 year Development Grant in 2008 to fund the recruitment of a Project Manager in order to develop the service. This funding has just under one year left to run.

We already have 25 people signed up and between them they are bringing in £101 per month - £1212 per year.

So why not sign up now and see the difference your £3 can make to our local community.

The following Just Giving link is simple to use and if you are able to "Gift Aid" your donation, they will claim the extra 28p per pound on our behalf:

<http://www.justgiving.com/thefoodbank/donate>

Thank you - together we really can make a difference.....

Weekday mornings 9.30am - midday
(except Thursdays)
Tel: 01908 322800

Milton Keynes Christian Centre,
Strudwick Drive, Oldbrook.
Weekdays 9 - 4pm

Please call 01908 322800 for alternative times if necessary.

Thanks for your help - every item makes a massive difference.

Sainsbury's Charity of the Year

This year The Food Bank was pipped to the post by another great local cause - Willen Hospice.

We had a great year with Sainsbury's and are truly grateful for their support.

We now wish Willen a fruitful and successful partnership with Sainsbury's for the coming year.

Quick Links

www.mkfoodbank.org.uk

www.justgiving.com/thefoodbank/donate

www.easyfundraising.org.uk/thefoodbank

<http://thefoodbank.easysearch.org.uk>

A Very Successful Open Day!

The Food Bank Open Day on the 8th May was a great success despite the miserable weather, with over 80 people coming along to see what we do and hear about our vision for the future.

There was plenty to see and do, including a prize draw for a bottle of champagne! First name out of the hat was Pat Richardson, however Pat was not a champagne fan so asked for a second draw to be done - this time it was Beverley Seale.

There was also plenty to do for the children such as helping our volunteers to make up food parcels ready for our serving day on Monday. The quiz, with a prize of a £10 W H Smiths voucher -



was won by Serena Robb - well done to all those children who took part.

The Food Bank was also very grateful to receive a cheque for £1000 from Sainsbury's. The cheque was part of a package of amazing support that they have given to The Food Bank over the last 12 months whilst we were their Charity of the Year. This support included all the racking for the warehouse, food donations by their customers from the in store trolley and 8 Christmas Hampers.



Sadly, this year we were pipped to the post by another great local cause - Willen Hospice. We truly wish Willen a fruitful and successful year in partnership with Sainsbury's.

If you missed our open day and would like to come along and have a look please do call Sue on 01908 322800 to arrange a time.

Woburn Sands Co-op Support The Food Bank

The Food Bank held a very successful supermarket collection weekend in April at the Woburn Sands Co-op.

Co-op Manager Brian Kirkland kindly allowed us to have a volunteer in store at key times over a 3 day period which enabled the local people of Woburn Sands to buy an item in store and to donate it on the way out. Over the 3 day period over 445 items of food were donated which made a massive boost to our stocks.

This event was a real collaboration of support from so many different people and I would like to thank Anne Bircham for holding the initial discussions with the co-op, Brian Kirkland and his team for making us so welcome, Cllr David Hopkins for arranging a leaflet drop in Woburn Sands to advertise the event and for all of our volunteers who came along for an hour or two to be the "face of The Food Bank".

The great news is that Brian has invited us to come back again later in the year and that he hopes to encourage his fellow Co-Op Managers in and around Milton Keynes to participate too!



Funding News

The Food Bank is continually looking at various funding options in order to maintain our service.

Over the last three months, The Food Bank has been fortunate to receive Grants from the following organisations towards the set up and running costs of our new warehouse for which we are extremely grateful:



West Bletchley Council has also just provided funding to pay for 100 single adult food parcels. This again is most welcome as we often need to buy food to balance our stocks to ensure the growing need is met.

The Growing Need in our Community

The need in Milton Keynes continues to rise. This year already we have given out 1698 food parcels which is a 35% increase on the same period in 2009.

A recent survey sent out to our referral agencies has provided the following feedback:

- 85% of those surveyed believed the need would rise as a result of the current economic climate, the remaining 15% felt it would stay the same.
- 27% of those surveyed said their clients would need to use the service twice to see them through their crisis. 48% said 3-5 times whilst 9% said 6 times or more.
- 91% of our agencies said the addition of toiletries to our range would be a great help to local families. 75% requested baby food, 63% recognised the need for a delivery service for the elderly, disabled and housebound whilst 56% felt a mobile food bank service would make a big difference to those parts of the city not currently covered.

The Food Banks planned expansion programme will address many of our referral agencies requests which, subject to funding, will see the following improvements achieved in 2010/11:

- 1) Get our warehouse up and running in April 2010 to enable the following activities to take place:
 - a) Expand our service to include baby food and toiletries.
 - b) Increase the standard number of food parcels offered per household from 3 to 5 in a rolling 12-month period.
 - c) Receive bulk food donations & distribute via various community groups.
 - d) Create an education centre where local schools can bring groups of children to experience Food Bank first hand.
- 2) Get our new vehicle on the road to enable the following:
 - a) Provide a delivery service to the elderly, disabled or housebound.
 - b) Launch a "Mobile Food Bank" so we can take our service out to parts of the city and surrounding villages not currently covered.



Be a part of something big - sign up for [The Food Bank 1000](#) NOW!

Volunteering Opportunities

Now that The Food Bank has moved into it's new home and is looking to expand it's services, we have new opportunities for volunteers to come on board:

Weekday Mornings (Except Thursdays) 10am - Midday.

Come along and join our team who work at the warehouse doing a variety of tasks including, sorting stock, splitting bags of rice, pasta, sugar etc into smaller quantities, making up food parcels etc.

Thursday Mornings 10:45am - 12:15pm

Come and help at our serving session which takes place at Milton Keynes Christian Centre. duties are varied, but could include serving our clients as they come and collect their food parcels, chatting to them and making them feel welcome. Making tea / coffee etc.

Food Bank Vision Team

The Food Bank has many plans and ideas of how to better serve our community but these ideas

need enthusiastic, motivated people to bring them to life.



An example of this is our proposed event next March called the BIG little Give where we aim to get every household to donate one item and drop it off locally. To make this happen I need people who are willing to do a little "leg work" to help us find venues in each estate that would be willing to be a Food Bank Collection Point for 1 week.

I am now looking to bring together a team of up to 12 volunteers. We will meet in the evening every 4/6 weeks and use everyone's ideas and skills to achieve our vision.

If you are interested in any of the above opportunities please give Sue a call on 01908 322800 or e-mail thefoodbank@mkcc.org.uk

I hope you enjoyed our fourth newsletter, please feel free to forward it to your friends and colleagues. If you have any feedback on this edition then please e-mail me at the following address: thefoodbank@mkcc.org.uk

Please do get involved in our work, either as a volunteer or donator as we really do need you on board as together we really can make a difference.....

Best wishes

Sue
01908 322800