



## RHONDDA FOODBANK UPDATE MARCH 2011

Following our launch at the Rhondda Heritage Park Hotel on 3<sup>rd</sup> December 2009, where many of you came along to join us, we thought you may like to hear about how things are going at the Rhondda Foodbank.

Last summer we celebrated the fact that we had been able to help feed over 250 people in crisis in the community.



Since then we have gone on to provide a staggering total of 5402 kgs of food to over 600 local people (including 250 children), many of whom have been referred by agencies and organisations, such as yourselves, working within Rhondda Cynon Taff.

We are now working with around 50 referral agencies who hold Foodbank vouchers and are able to refer people to us who need our help.

On 16<sup>th</sup> November 2010 we were able to update some of you who were able to attend our annual event at the Heritage Park Hotel, as well as bringing you news about our other major project, working with people in debt, under the umbrella of Christians Against Poverty (CAP).

The Foodbank is helping to make a difference to people who may otherwise have to go without food or not be able to eat properly.

Here are two quotes, one from a Foodbank referrer, Kristen Jones of Maerdy Communities First, and one from a client whose circumstances meant she needed more than one food parcel.....

Kristen says "in this current climate there are lots of people struggling financially and we work with quite a few families who have to go without just to make ends meet. The Foodbank is a fabulous initiative that really helps out those that need it most".

One of our clients said "the Foodbank is just brilliant. The food parcel we received helped me and my son at a very difficult time in our lives".

## **SUPERMARKET COLLECTION DAYS**

Our stock comes from various sources. We have held a number of successful food collection days at Tesco Aberdare and Talbot Green, ASDA Tonypany and Morrisons in Porth over the past 18 months, where generous customers donated items of food to help replenish our shelves. We are very grateful to these three major local supermarkets for their ongoing support and they have agreed to us holding further food collections in the future.



*Gaynor Morgan and Wendy Davies (Rhondda Foodbank) pictured with staff from ASDA Tonypany*

A collection day is being held on Saturday 26<sup>th</sup> March at Morrisons in Porth, with two further dates planned this year for Morrisons on 21<sup>st</sup> May and 10<sup>th</sup> September, three at ASDA Tonypany on 30<sup>th</sup> April, 2<sup>nd</sup> July and 22<sup>nd</sup> October, and we are waiting for confirmation from Tesco Aberdare.

Items of food have also been donated by some local residents, members of Acts Community Church in Tylorstown, staff from QualitySolicitors Devonalds and the children in Darran Park Primary School, Ferndale and Ynyshir Primary School to name a few.

*Rob Morgan (Foodbank Manager) pictured below with the Duty Manager at Tesco Aberdare*



The food tends to leave our stores as fast as it comes in, so these supermarket collection days are a great way to keep our stock levels up.

The contents of a typical food parcel include:

Cereal, tinned soup/beans, fruit juice, pasta sauce, rice/sponge pudding, custard, tinned tomatoes, pasta/rice, tinned vegetables, tea bags/coffee, instant mash potato, tinned meat/fish, tinned fruit, sugar, biscuits, powdered or UHT milk, chocolate, and at Christmas time we were able to add some extra festive goodies such as mince pies and puddings.

There are now over 70 Foodbanks up and running across the UK, with more planned for the future. The goal is for every town to have one. Last year the UK Foodbank Network fed 41,000 people. They operate under the umbrella of a charity called The Trussell Trust. If you'd like to find out more about the work they do please visit their website at [www.trusselltrust.org](http://www.trusselltrust.org)

## **WE NEED YOUR HELP!**

We are also going to contact smaller supermarkets in the area to ask if they would like to donate some food items. If you have any contacts that you could suggest we write to, and you could put in a good word for us, that would be much appreciated so we can work together to replenish our stock and continue to feed hungry people in our community.

Maybe you would consider having a food collection box in your offices where staff and clients could donate tinned and packet items, which we could pick up at regular intervals.

If you or any of your staff would like to join us on a food collection day at a supermarket we are always looking for extra pairs of hands, even if you can only spare a few hours.

Please keep referring clients who, for reasons maybe beyond their control, find themselves in a situation where they cannot afford to feed themselves and their families. We can help to bridge the gap with an emergency food parcel until they are back on their feet. Please complete the client's details on one of our red vouchers and send it to us c/o Acts Community Church in Tylorstown. If you don't have a supply of vouchers please get in touch and we will set you up as a voucher holder so that you can refer any of your clients who need some food. The criteria for us being able to provide a food parcel include a delay in benefit, unemployment, redundancy, coming out of prison, bereavement etc.

As the year progresses there will be more newsletters to keep you informed of our ongoing work. If any of your clients would like to share their stories in our newsletters please let us know. Obviously we will keep their personal details confidential but it would really encourage everyone to hear about how people are turning their lives around.

Our aim and purpose is to feed local people in crisis and to show them that God cares about them, especially when their circumstances are dire.

At the moment we have teams of volunteers from Acts Community Church who work for a few hours a week at our stores in Ynyshir weighing in donated food, marking items with sell-by dates, stocking shelves and packing the food parcels. In future we would like to extend an opportunity for others to get involved in volunteering, in particular people with learning difficulties, and we will keep you updated in this regard.

**Thank you all so much for the support you have already shown for this project.**

**Together we can continue to make a difference to people's lives in our community.**

## **HOW TO GET IN TOUCH**

If you need further information or want to get in touch:

Email us at [Rhonddafoodbank@actscommunitychurch.co.uk](mailto:Rhonddafoodbank@actscommunitychurch.co.uk)

Ring Rob Morgan at the Foodbank on 07928 451374

Drop us a line at Rhondda Foodbank, C/o Acts Community Church, 217 East Road, Tylorstown, Rhondda Cynon Taff, CF43 3DA

Visit the Acts Community Church website at [www.actscommunitychurch.co.uk](http://www.actscommunitychurch.co.uk)