



Reaching out to the community in crisis situations

School summer holidays are fast approaching, we are anticipating receiving an increase of referrals for families. When family circumstances are difficult having to provide an extra meal each day for children who are normally at school receiving school dinners can create extra financial pressure on parents or carers. Demand for provision of food from the food bank increases, but with the help of so many people who make donations we can rise to the challenge and bridge that gap. A number of local churches have taken up the baton and are asking their congregations to donate particular items over the next few weeks especially to cover this school holiday period. The additional donations are especially welcome. If you would also like to help **meat in sauce, sponge puddings, microwave rice, rice puddings, or tins of fruit** would be helpful.

Our volunteers also rise to the occasion, collecting food from donation points, sorting, dating and stacking foods on shelves, packing boxes, putting food together for collection or delivery where necessary. We value and thank each one. We know that without our volunteers we could not operate and help the many people in need.

Although we are grateful for every donation it can sometimes prove challenging to know how to distribute some items we receive, therefore we ask for food items suitable for making a meal as these are of most help.

Our address: King's Food Bank, Shakespeare Centre, Yard 76, Highgate, Kendal, Cumbria LA9 4HE **Tel:** 07534 609179
Part of King's Church Kendal, Registered Charity No. 1129426
Email: kingsfoodbank@gmail.com **Website:** www.kingsfoodbank.org.uk
Opening hours: Tuesday, Wednesday and Friday 12.00-3.00pm

We have been out and about recently. An interesting evening was spent at the St. Thomas' Kendal Youth Meeting telling the young people, and some older people too, about the work of the food bank. Lots of questions were asked during the talk given to Parr Street Church Oasis Group with lots of interest shown there. The Mayor Making in the Town Hall was an interesting evening too. I had a positive meeting with Cllr. Suzie Pye who is the South Lakeland District Council Portfolio Holder for Health, Wellbeing and Financial Resilience. You may also have heard me on Smooth Radio Breakfast Show having previously recorded an interview.

On 4th July we were invited to the Garden Party of the High Sheriff of Cumbria, Marcia Reid Fotheringham, as thanks and recognition for all the work the voluntary sector does. Although the High Sheriff stated she would have liked to invite all volunteers she acknowledged this was not possible due to numbers but asked those attending to pass on her thanks to the many volunteers who give their time, which we do wholeheartedly.



The High Sheriff of Cumbria with Linda Sutherland, food bank Manager

Lots of things happening but our main priority is helping people in their need when they are struggling for food.

People are continuing to move out of local hostels into independent living accommodation. So far this year we have been able to provide small items of kitchen equipment, crockery and utensils for 18 people.

Linda Sutherland

In the Bible in the Book of Hebrews, Chapter 13 verse 16 reads "Don't forget to do good and to share with those in need".

This year to the end of June we have provided 13,220 meals into the community to people unable to provide for themselves. For the same period in earlier years the meals provided were:

9,881 in 2018
 8,411 in 2017
 6,300 in 2016

No wonder it's been a busy year so far!

2019	REFERRALS	ADULTS	CHILDREN	MEALS PROVIDED DURING MONTH	MEALS PROVIDED YEAR TO DATE
January	105	131	87	2,289	2,289
February	109	136	87	2,342	4,631
March	101	111	91	2,100	6,731
April	98	131	96	2,383	9,114
May	89	116	66	1,911	11,025
June	103	135	74	2,195	13,220
Year to date TOTAL	605	760	501		13,220

It was pleasing to see our figures reducing in May, however the trend did not continue and increased again in June.

Our current percentage increase in referrals compared to the same period last year is 15% which has reduced slightly due to the May figures.

	Referrals	Adults	Children	Meals Provided
May 2018	92	122	48	1,785
May 2019	89	116	66	1,911

	Referrals	Adults	Children	Meals Provided
June 2018	83	107	38	1,512
June 2019	103	135	74	2,195

Other items we would find helpful to receive



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