

Clacton Foodbank

Quarterly Newsletter

61% Increase in Local People in Food Insecurity!

This is not some random figure plucked from thin air - rather this is **hard fact**, affecting real people! The evidence is produced by the Trussell Trust and included in their stats released on 26 April 2023. These stats cover the number of emergency food parcels that **Clacton** Foodbank provided within our local community between April 2022 and March 2023.

In addition to this, foodbanks across the Trussell Trust network provided nearly **3 million (2,986,203) emergency food parcels to people experiencing hunger** during this time – with **over 1 million of these going to children**.

This is the **most parcels foodbanks in the Trussell Trust network have ever distributed in a single year** and represents a 37% increase nationally compared to last year, and more than double the amount distributed by foodbanks in the same period five years ago.

This isn't right and we can't allow this to go on.

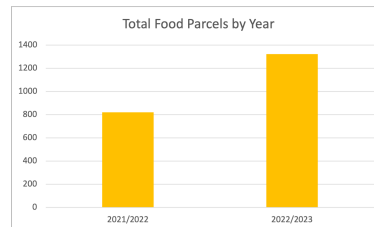
Together, with foodbanks across the Trussell Trust network, we are calling for MPs across the UK to support a social security system that guarantees our essentials, by making sure that the basic rate of Universal Credit is at least enough to afford the essentials we all need to live.

If you would like to support us by writing to your local MP, [please click here to find out more](#).

No one should need the support of our foodbank because everyone in our local community should be able to live lives free from hardship and poverty.

[That's why your support is needed now more than ever.](#)

61% increase locally in 5 years



The alarming new figures reveal a 61% increase in **local people** who find themselves in food insecurity and need to reach out to the Clacton Foodbank for **emergency food parcels; these are people in OUR community who cannot afford the essentials!**



We're running low!
The BanktheFood App keeps you up to date weekly in respect of the essential items we are in urgent need of - please see P9



Local food donation points covered inside. Also available on BanktheFood App - P10

**GUARANTEE
OUR ESSENTIALS**

In this month's issue:

Our Foodbank stocks have been under strain as we moved out of 2022 and into 2023. Due to the hard work of our volunteers and generosity of the people in and around Clacton, as well as our business supporters we have still been able to ensure that every person in food insecurity who has been referred to us have received a balanced 3 day food parcel.

Many of us are now feeling the impact of the cost of living crisis this country is currently moving through and it's times such as these, when local Foodbanks come under even greater pressure, as we see increasing numbers of people, due to skyrocketing bills finding they do not have the means to put food on the table.

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The Clacton Foodbank is about our local community. It is only with **your help and support** that we are able to help and support our neighbours within the local community. Everyday there are families and individuals in food crisis, through no fault of their own but simply because of an unforeseen change in circumstances for example; none of us truly knows if or when we may need this lifeline.

There are many ways you can support the Clacton Foodbank, just one can of potatoes donated next time you are shopping, is a source of comfort to someone locally who is in food crisis. We ensure that no food which is donated goes to waste!

At times we look for new volunteers to join our existing team of volunteers in the many areas available. We're always happy to have a chat on the phone, by email or over a coffee.

The Clacton Food Bank - Contact Tracy.Dobbs@salvationarmy.org.uk

**If you are in food crisis - HELP THROUGH HARDSHIP - is there to support.
Tel: 0808 208 2138. Opening hours Monday - Friday 9am to 5pm. Closed Bank
Holidays.**



Emergency Food Parcels

In this edition we take a look at the difference our emergency food parcels can make to those people in our local community living in food insecurity. Furthermore we feature the first of a few recipes we will publish on our website, as well as our Clacton Foodbank Facebook pages, under ‘Dinner Matters’ below. These recipes are designed to be made either completely or predominantly from the staple provisions which are offered in our emergency food parcels. The intention is to make these tasty, varied and nutritional.

We also offer some typical cost analysis for the purpose of enjoying these recipes moving forward and to assist with that all important task of household budgeting.

| One person allocation | |
|------------------------------|-------------------|
| Cereal | 1 small |
| Soup | 2 standard |
| Beans/Spaghetti in sauce | 2 small |
| Tomatos/pasta sauce | 2 small |
| Vegetables | 2 small |
| Meat (or vegetarian) | 2 small |
| Fish | 1 small |
| Fruit | 2 small |
| Rice pudding/custard | 1 standard |
| Biscuits | 1 small packet |
| Pasta/rice/noodles | 500g |
| Tea or coffee | 40 bags/small jar |
| Long life juice | 1 litre |
| Milk (UHT) | 1 litre |
| Sauces (if available) | 1 packet |
| Chocolate (if available) | 1 small bar |



Alongside the standard food parcel, Clacton Foodbank, along with other Trussell Trust Foodbanks try to provide other essential non-food items to adults and children in crisis, if we have them.

To the left is a typical list of staple food goods we seek to offer in our emergency food parcels. There are times however when donations of certain foods are very strong but we run critically low on others. We encourage everyone who generously donates to the Clacton Foodbank to please download and check the **Bank The Food app** which we frequently update, showing those items we are most desperate to receive.

Essential non-food items may include:

- Toiletries – deodorant, toilet paper, shower gel, shaving gel, shampoo, soap, toothbrushes, tooth paste, hand wipes
- Household items – laundry liquid detergent, laundry powder, washing up liquid
- Feminine products – sanitary towels and tampons
- Baby supplies – nappies, baby wipes

Foodbank support is for anybody who needs short-term food support. This can include those who are homeless, unemployed or employed but their pay is insufficient to meet their needs. The only requirement to use a food bank is that **you have to be referred by a recognised agency.**



DINNER MATTERS - More from the can

One of the **great** things about **home cooking** is the freedom it offers to experiment with ingredients to create different flavours and textures to our food. This can be both **inexpensive** as well as allowing the **creation** of some **exciting**, **nutritional** and **filling** meals with the minimum of effort, from what might otherwise be an unadventurous can or two. Also the joy of this recipe is you can swap ingredients for what you have available. **Why not give it a go and let us know!**

Recipe Card 1 - Making a Meal out of Soup



A ***vegetarian** and ***vegan** friendly recipe (**but check your soup*), which can also be easily adapted to be **gluten free** by simply substituting to gluten free pasta and using soups not containing gluten.

Cost - Approx £0.62/serving

Serves 2
Cooking & preparation time (approx): 20 minutes

Ingredients:

- 1 can of tomato soup [£0.57/400g] - Tip: any flavour can be used
 - 75g pasta [£0.95/500g] - Tip: any type can be used
 - 2 garlic cloves (crushed) [£0.75/3 globes] - Tip: Can be used if available
 - 1/4 tin of peas [£0.28/300g] - Tip: any vegetables can be used; tinned or fresh
 - 1/4 tin mushrooms [£0.70/285g] - Tip: tinned or fresh can be used
 - 1/4 pack of spinach leaves [£0.85/120g]
 - 200ml water - Tip: adding some water will make your meal go further
 - * Pepper or other seasoning and herbs/spices can be used in moderation if available
- [*Ingredients costs based on ASDA prices]



Method

- Measure your pasta and cook as per instructions on the packet
- Once cooked drain and rinse the pasta (cold water is fine)
- Tip soup into a pan and add the pasta, garlic, peas, mushrooms, spinach & water and gently stir
- Season if required
- Heat for around 5-6 minutes (do not boil)
- Once heated through, serve and enjoy (sprinkle with coriander or parsley leaves if available)

Cost of Ingredients:

Cost of ingredients based on (**Asda current prices 08/06/2023**). Quantities of some ingredients mean you will have already started to build an at home 'on the shelf' supply which can be used in a future recipe. Taking that into account **this recipe costs just £0.62 per person** (or per meal of which this recipe makes 2). Will you take the £1.00 challenge?



In Focus - What's been happening

Volunteers' Week



Volunteers' Week, which took place this year between 1st and 7th June, is an annual celebration of the contribution millions of people make across the UK through volunteering in their communities. A special service was held on Sunday 21st May, in the Clacton Salvation Army church, Old Road, Clacton.

In recognition of all our volunteers and their dedicated work, our Project Manager for Clacton Foodbank, Tracy Dobbs, had the following words to say...

Quite simply, the Foodbank would not be able to operate without the support and dedication of the amazing volunteers within it. They are determined in supporting those most in need in their community and go over and above to ensure the Foodbank runs smoothly.

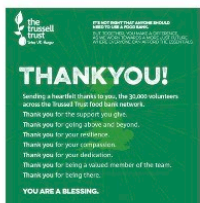
Many have been with us from the very first Foodbank session (which is nearly 10 years!) and we have had some leavers and joiners along the way.

Their commitment is admirable given the past few year's challenges and the current economic climate we are all navigating.

I would like to offer a personal note of thanks for all that our volunteers do to help and support me in delivering the best emergency food provision we can.

Tracy Dobbs

Clacton Foodbank – Project Manager



Asda National Food drive 1st to 7th June



Asda National Food Drive took place between 1st and 7th of June, when they were asking customers to donate food and essential toiletries in-store to help people who need to use foodbanks in their local communities.

Asda colleagues worked in store, alongside volunteers from foodbanks in the Trussell Trust network, encouraging customers to donate an extra item or two to help foodbanks support people experiencing hardship in the community. Our thanks further extends to Clacton Lions Club who very kindly provided their support across 2 days and to our volunteer Pat,

who also kindly represented Clacton Foodbank during the event.

In addition there were also message boards and information by products, signposting customers to which items are needed the most.

Around 7 trolleys were filled at Asda Clacton, weighing in at around 561kg. That means an additional 505 meals Clacton Foodbank are able to provide to local people in food insecurity.

Asda has had customer collection food trolleys in their stores for five years and in that time its customers have donated the equivalent of over nine million meals nationally.



Clacton Foodbank Steering Group

The 16th May saw the successful re-start of the Clacton Foodbank Steering Group. The meeting was arranged and hosted by Tracy Dobbs, Manager and Project Leader of the Clacton Foodbank and was attended by Community Voluntary Services Tendring (CVST), Tendring District Council (TDC) and by volunteers from Clacton Foodbank and the Clacton Salvation Army. The Steering Group will be meeting quarterly and our next meeting scheduled for September, will see representation increased to include Asda, Clacton Lions Club and Citizen's Advice.



Trussell Trust Rolling Roadshows



Trussell Trust Rolling Roadshows took place at 7 venues across the UK (Bristol, Belfast, London, Edinburgh, Birmingham, Newport, Manchester) between 25th April and 23rd May 2023.

The Roadshows focused on how Foodbanks can strengthen their relationships and ways of working with partners to ensure people facing hardship can access the support they need. The London Roadshow, held at Westminster Chapel was attended by members of the Clacton Foodbank and Clacton Salvation Army.



Inspiration for Aspiration



Have you ever thought about how just a single action, a moment in time, one thought 'outside the box', or just one small change in what we do in our day, can make a massive difference? Not just to our advantage but to the advantage of those people in this world and those closer to home, living in our own local community?

This one page feature has been inspired by one person's aspiration - Julia Smith.

Julia took part in this year's London Marathon held on 23 April.

Our sincere thanks and congratulations go to Julia, who successfully completed the gruelling 26 miles in 6 hours, 19 minutes and 27 seconds. In doing so Julia has raised the fantastic sum of £3537.44 for the Clacton Trussell Trust Foodbank run by the Clacton Salvation Army.

Having regained her breath Julia tells us - "I'm absolutely delighted to have completed the London Marathon 2023 and also to have raised such a wonderful amount to support the Clacton Foodbank and the very necessary work that they do in the area. I'd like to thank everyone for the tremendous support...from friends and family to customers at The Blue Garden Cafe...it meant so much. I truly had the best day"

In the past year there has been an increase of 61% of people in our local community needing support from the Clacton Foodbank because they have found themselves in emergency food crisis. We are **REACHING OUT TO YOU** and **THROWING THE CHALLENGE** - to our local community. Are you a **business**, a **group of friends**, **work colleagues**, or perhaps a **local chess club**, **football or cricket team**, **martial arts class**, or maybe a **knitting circle** - do you think you could engage with us to **raise money for the Clacton Foodbank** - to support us in continuing to support local people in food

We know, particularly this time of year, many people consider taking part in local held events: half marathons, 5k walks, cycle rides and so forth. Fundraising events come in all 'shapes and sizes' though and we will have our own personal preferences and thoughts for such events - a small garden party to cycling across America.... and everything in-between! If you, your colleagues, your family or your friends feel **'up for the challenge' to support Clacton Foodbank**, we would be so grateful for your efforts, to support us in supporting local people in food insecurity.



The Clacton Foodbank is grateful for every donation be this food, financial or both, which continue to ensure that whilst there remains a need for emergency food parcels in our community, we are able to provide them. **The overriding aim of the Trussell Trust and the UK Foodbanks they supports is to end food poverty and therefore eradicate the need for Foodbanks as they exist today.**

‘A Chat over a Cuppa’

For this edition one of our volunteers has gone one step further and taken up Tracy’s invitation to sit down over a cup of tea and chat about himself.



Tony Oswick joins Tracy at the table for tea, a biscuit (or 2) and a chat



Your role at Clacton Foodbank: Ha Ha, what immediately jumps into my mind is ‘Provisions Assembly, Appointment & Dissemination Operative and Bag-Man-In-Chief’ but I guess summarised it is ‘Preparation & Distribution of Food Parcels’.

How long have you been volunteering: Can you believe, it’s been nine and a half years now. I guess you could refer to me as one of the originals.

Are you a tea or a coffee person: A good question and one I’m finding myself having to think a little about. I guess it has to be tea but it’s a close call.

Favourite Biscuit: Ah an easier one; definitely Digestive!

Why did you start volunteering? I guess in a way you could say it was by accident. My wife Sandra heard about a meeting taking place concerning the setting up of a foodbank. She was keen to go along and I decided I may as well tag along with her - I had nothing to lose by doing so and all to gain, if they were offering refreshments of tea and digestives! My main reason of course was the meeting sounded interesting; well it must have been, I’ve found myself enjoying volunteering at Clacton Foodbank ever since.

What do you get from volunteering: Interesting question, I believe people volunteer for so many different reasons. For me mainly knowing I’m adding a positive contribution to the amazing work the team at Clacton Foodbank do. There’s also the added perk of meeting a lot of lovely people (both sides of the counter so to speak) and I’ve made some really good friends while volunteering here at the Foodbank.

Hopes for the future: I’ve taken a moment to think on this one. I suppose it comes down to 3 key hopes for me. These are that the need for Foodbanks will cease to exist, that my family stays healthy and happy and that FC Clacton win the Essex Senior League. I will just keep one small area close to my chest and that is what order these may go in.





July 2023 - Our warehouse is running low on the following items -

PLEASE HELP IF YOU CAN

Upto date information is always available on the **BanktheFood App**



We urgently need:
(Correct at 12 June 2023)

| FOOD NEEDS | NO. BOUGHT | ADD |
|-------------------------|------------|-----|
| DEODORANT | | (+) |
| INSTANT HOT CHOCOLATE | | (+) |
| LOGLIFE FRUIT JUICE | | (+) |
| RAZORS | | (+) |
| SHAVING FOAM | | (+) |
| SQUASH | | (+) |
| TINNED FRUIT | | (+) |
| TINNED PULSES | | (+) |
| DRIED RICE | | (+) |
| LOGLIFE SPONGE PUDDINGS | | (+) |

Donations may be made at the collection points in the following locations - Tesco Superstore (Brook Retail Park), Asda Superstore (Bull Hill Road), Co-Op (Coopers Lane), Co-Op Daily (Old Road and Frinton Road), Lidl (St Osyth Road), Morrisons (Waterglade Retail Park), Sainsbury's (St John's Road).

The community together supporting neighbours in food crisis.

Thank you for your help.



CLACTON FOODBANK - *PLEASE REACH OUT FOR OUR HELP

“The foodbank was there when we really needed it, it was an absolute lifeline.”

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

***IMPORTANT** - Our foodbank works using a voucher referral system. In order to get help from our foodbank, you will need a voucher issued by local agencies.

FOODBANK VOUCHERS

We know that anyone can find themselves at crisis point for a number of different reasons. In order to provide the most appropriate help for the circumstances of your situation we work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

For further help and support please ring 0808 208 2138 - HELP THROUGH HARDSHIP. Opening hours Monday - Friday 9am to 5pm. Closed Bank Holidays.

Local food drop of points - supporting Clacton Foodbank

Tesco Superstore
Brook Retail Park
London Road
Clacton-on-Sea
CO15 4EF

Sainsburys Local
St Johns Road
Clacton-on-Sea
CO16 8DU

Morrisons
Waterglade Retail Park
Old Road
Clacton-on-Sea
CO15 1HX

Co-Op Foodstore
Coopers Lane
Clacton-on-Sea
CO15 2BX

Lidl
St Osyth Road
Clacton-on-Sea
CO15 3BN

Asda
Superstore
Bull Hill Road
Clacton-on-Sea
CO15 4AU

Co-Op Daily
Old Road
Clacton-on-Sea
CO15 3AY

Co-Op Daily
53 Frinton Road
Clacton-on-Sea
CO15 5UH



FEEDBACK - We hope you have enjoyed reading our Newsletter. We hope you will take a few moments to share your thoughts about our re-launched publication and let us know about any articles or features you would like us to consider covering in future issues.