



Clacton Foodbank

Quarterly Newsletter

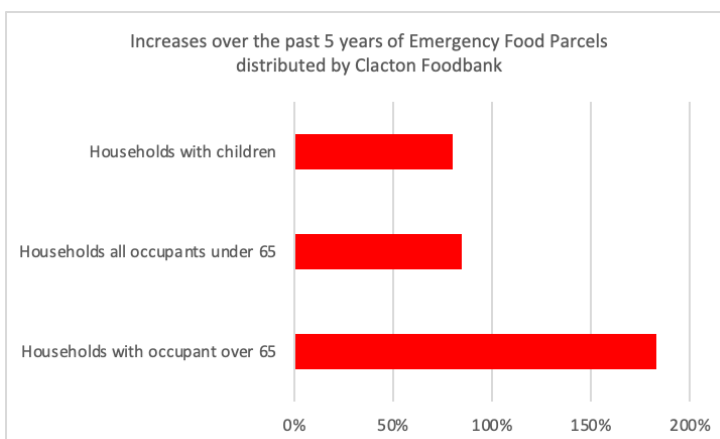


Goodbye 2023 - Hello 2024

There will no doubt be those amongst us who, as we leave 2023 behind, will be wondering what 2024 will bring. For Foodbanks across the country the challenges presented in 2023 have been many. Trussell Trust mid-year figures released during the last quarter of 2023 showed the following **increases between April-September 2022 and the same period in 2023, in emergency food parcels distributed by Clacton Foodbank: 45% increase to households with children, a massive increase of 141% to households with at least one member over 65 years of age and 40% increase where households had no members over 65 years of age. These percentages have increased respectively by 80%, 183% and 85% in the past 5 years!** The shocking new figures show that **nationally Foodbanks provided 1.5 million emergency food parcels to people experiencing hardship over the past 6 months. A record 540,000 food parcels were provided for more than 265,000 children living in families who could not afford the essentials.**We believe that in the short-middle term at least, demand on both Clacton and UK Foodbanks will continue to increase.

The trends we are seeing still remain worrying but despite these negatives we continue to see a number of positives. The Trussell Trust continue their work to end a need for Foodbanks and 2023 has seen many campaign to ‘Guarantee Our Essentials’. At Clacton Foodbank we have again been amazed at people’s generosity, through private donations, fundraisers, giving to our Christmas Hamper Appeal and donations at the Asda and Tesco food collections in June and November respectively, as well as throughout the year through dropping off food items in our collection baskets/ trolleys in our supporting local supermarkets. We also received a massive boost from Julia Smith at the Blue Garden Cafe who raised £3537.44 for Clacton Foodbank when she completed the London Marathon in April. We expect 2024 to come with new challenges as well as many of the old but we know our volunteers will embrace them, committed to helping those locally in food insecurity. Can you help too?

The graph illustrates the massive increase in emergency food parcels distributed by Clacton Foodbank between April and September 2023 compared to the same period in 2022.



Support during Food Crisis - The growing size of the challenge! - Page 3

JAN 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
NEW YEAR'S RESOLUTION						
07	08	09	10	11	12	13
NEW YEAR'S RESOLUTION						
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

New Year Resolutions - Page 7



Clacton Foodbank 2023 - 12 months in summary - Page 9

WE NEED YOUR HELP EVEN MORE IN 2024!

In this month's issue:

Our Foodbank stocks have been under strain as we moved out of 2022 and into 2023 and due to significant increases in the number of local people facing food insecurity, we face similar challenges as we move into 2024. 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 in part to skyrocketing bills, finding they do not have the means to regularly put food on the table. Increased living costs means many households are cutting back on essentials, with low income households most at risk. This also leads to a fall in living standards that can affect people's physical and mental health, and exacerbate existing conditions.

Contents:

- **Page 3** - Support during food crisis - The growing size of the challenge
- **Page 5** - Dinner Matters - Cooking on a budget
- **Page 6** - In focus - What's happened and what's ahead
- **Page 7** - New year's resolution - Will I or won't I?
- **Page 9** - Clacton Foodbank is looking back at 2023
- **Page 12** -A chat over a cuppa
- **Page 13** - Urgently needed - Items we're desperately short of
- **Page 14** - Information page

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 Clacton Foodbank, just one tin 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! **One small kindness makes a BIG difference. The community together supporting neighbours in food crisis.**

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 Foodbank - Contact Tracy.Dobbs@salvationarmy.org.uk

Support During Food Crisis - The Growing Size of the Challenge!

A quote from the **Joseph Roundtree Foundation** (JRF) UK Poverty 2023 report:

'One hundred years ago, a reimagining of the UK - leading to the Beveridge Report in 1942 - was informed by fresh insights, inspired by campaigning voices, acted upon by practical women and men puzzling a way forward through new experiments and fuelled by imagination and a sense of belief. As millions of families face their bleakest winter, it is time to put our shoulders to the wheel once again and rediscover the pioneering spirit of our forebears. As this issue of UK Poverty clearly illustrates, nothing less than a radical economic and social reshaping of the UK for the decades ahead will be enough to meet the challenges we face. JRF stands ready to play its part.'

As we move into 2024, many volunteers, philanthropists, supporters, helpers and many others besides will still have vividly in their minds the stark reality of the Trussell Trust's figures released at the end of 2023. These indicated that a record number of food parcels have been provided by foodbanks across the network between April and September 2023. The shocking new figures show that foodbanks in the Trussell Trust network alone, provided **1.5 million emergency food parcels to people experiencing hardship over the past 6 months**. A record **540,000 food parcels were provided for more than 265,000 children** living in families who could not afford the essentials.

1.5 MILLION

It is often argued that human beings are not good at comprehending large numbers, with some researchers suggesting more than 200 or so starts to fall into the category of a 'large number'.

Let's try and add a little meaning to 1.5 million - lets try and comprehend 'how many days in one million seconds exist on a calendar?' Certainly for me and I suspect for many others, this has no meaning at all - unless maybe we spend a moment on calculations - but **how often do we stop when reading a large number and think about the individual elements** of it? The answer to the one million seconds question by the way is 12 days.

So when we read '**1.5 million emergency food parcels to people experiencing hardship over the past 6 months**' what does that really mean? Well **it could be compared to the number of the entire populations of Clacton - 28 times over!** Or close to the entire population of Essex!

To look at 1.5 million from another angle, that's **8241 emergency food parcels handed out a day - every day!** These food parcels were distributed from 1585 foodbanks across the UK within the Trussell Trust network. We should consider however that **these numbers only represent a part of the picture** as there is a wide range of charitable food aid that will be supporting people, that is not captured in the Trussell Trust data. Additionally **there are many people who are severely food insecure who do not receive support from foodbanks.**

As volunteers, supporters, donators and people who do care, we **need to comprehend that over the past 6 months this is the most emergency food parcels the network has ever distributed at this point of the year** and **represents a 16% increase from the same period last year!**

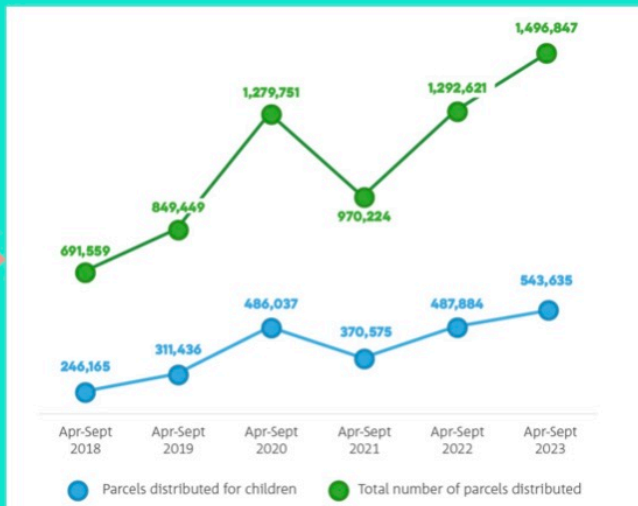
The record level of need seen so far this year is more than double the number of food parcels compared to the same period 5 years ago

A SMALL KINDNESS MAKES A BIG DIFFERENCE
THANK YOU

The number of food parcels provided for children has increased by 121% over the past 5 year period

A SMALL KINDNESS MAKES A BIG DIFFERENCE
THANK YOU

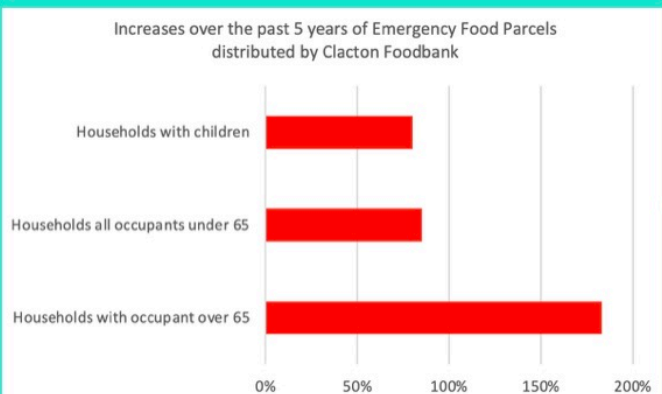
The picture nationally - record increase in food parcels handed out in 6 months between April and September 2023



The cost of living crisis and COVID-19 have had a major impact on foodbank need but have served to expose and exacerbated a longer term crisis: that of a weakened social security system that is unable to protect people from the most severe forms of hardship

A SMALL KINDNESS MAKES A BIG DIFFERENCE
THANK YOU

We are hearing multiple examples of foodbanks placing temporary limits on the number of referrals a person can access, in order to manage Foodbank's resources and capacity at a time of unprecedented need



Increases in emergency food panels distributed during the past 5 years	
Households with occupant over 65	183%
Households all occupants under 65	85%
Households with children	80%

The picture locally - record increase in food parcels handed out in 6 months between April and September 2023

72% of people referred to foodbanks have incomes that leave them unable to afford the cost of essentials or which drive them into unmanageable debt

A SMALL KINDNESS MAKES A BIG DIFFERENCE
THANK YOU

A SMALL KINDNESS MAKES A BIG DIFFERENCE
THANK YOU

DINNER MATTERS - Cooking on a Budget

While sourcing the recipe for this edition of our Newsletter, we found 'Cooking on a Budget', a great recipe and information source which has been created through a collaboration between Swale Borough Council, Family Foodbank, Faversham Foodbank, Swale Foodbank and the Community Chef. This Cookbook provides some great recipe ideas, a large proportion of which can be made using staples widely distributed through the foodbank. The Cookbook also contains useful information on Store Cupboard Ingredients, Basic Kitchen Utensils, Basic Kitchen Safety and Basic Food Hygiene - *please use the link* <https://www.google.com/url?>

Recipe Card - Sausage Casserole

This recipe has been sourced from the Swale Borough Council Family Foodbank Cookbook.
<https://www.familyfoodbank.org/uploads/7/9/9/6/79964306/food-bank-recipe-book-final-web-and-email.pdf>

Cost - £2.84 approx
(£0.71/head)

Servings - 4
Preparation & Heating times: 10-15 minutes

Ingredients:

- 2 Tins of Baked Beans (£0.50/tin)
- 1 Tin of Hot Dogs (£0.70)
- 1 Tin of Potatoes (£0.38)
- 1 Red or White Onion (diced) (£0.21)
- 1 Garlic Cloves (crushed) (£0.55/globe)
- Salt and Pepper

*Prices sourced from Trussell Trust Partnership supermarkets and correct at 28/11/2023)



Method

1. Heat a little oil in a frying pan over a medium heat. Add the diced onion and garlic. Cook until softened
2. Drain the tin of potatoes and cut into small bite size pieces
3. Drain the tin of hot dogs and cut into bite size chunks
4. Add the 2 tins of baked beans, one tin full of water, diced potatoes, hot dogs, salt and pepper
5. Warm through gently
6. Serve straight away with bread and butter

The additional tips have been added by Swale Foodbank:

Fresh cooked sausages can be used in this recipe
 Bulk out this recipe by adding tinned tomatoes, kidney beans or tinned vegetables
 Add dried herbs to improve flavour

There are some great recipes and useful information contained in the Swale Borough Council Family Foodbank Cookbook. Why not download and give it a go?

In Focus - What's Happened and What's Ahead



Just Giving App

Just Giving app is now attached to both Clacton Foodbank Facebook pages and Website and fully working. We are already seeing some generous donations being made.

Citizen's Advice

Plans are now close to completion which will see attendance in two of the three days we are open for food distribution. This will mean that expert advice will be available to anyone who requires it during those two foodbank sessions.

Christmas Hamper Appeal

The 5th of December was the drop off date for Christmas Hamper donations for Clacton Foodbank at the Salvation Army Community Hall, Old Road, Clacton. Support and generosity in which we know has been a difficult year has been phenomenal, with 115 Christmas Food Hampers received; this is a 20% increase on last year's donations.

Tesco Winter Food Drive

Our team of volunteers from Clacton Foodbank and supporters braved the bitterly cold 3 days between 30th November and 2nd December, to make the Tesco Winter Food Collection held at Tesco Superstore, Brook Retail Park a massive success. In total across the 3 days we have £406.25 in financial donations from our collection buckets and 1065kg of food donations, which through these food donations alone will allow us to provide approximately 958 emergency meals to local people in food insecurity this winter.



**GUARANTEE
OUR ESSENTIALS**

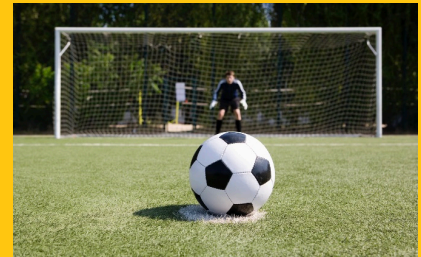


New Year Resolutions - Will I, or won't I?



What better time (indeed for many of us perhaps the only time) to think about **New Year Resolutions**. In the UK research suggests two thirds of us make at least one New Years Resolution but one third of that number will have given it up by the 10th of January. So how do we succeed when others don't?

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. Often these 'resolutions' or promises were to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. For early Christians, the first day of the new year became the traditional occasion for thinking about past mistakes and resolving to do and be better in the future. So back to the question -**How do we succeed when others don't?.....**



Set specific and challenging goals - If you're missing or finding it too difficult to achieve your goal, the chances are it may not be specific and/or challenging enough.

Set goals that you want to pursue with relentless drive and passion - Check in with yourself before setting the goals and have an honest self-dialogue. Focus a mindset of "doing whatever it takes".

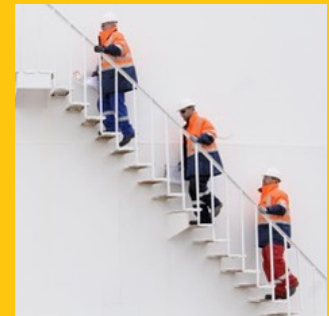
Questions to ask yourself: (1) How badly do I want it? (2) Who's holding me accountable to achieve this? (3) Is my heart truly in it from the start? (4) What's life going to look like once I complete the goal? (5) In the end, will it be worth it?



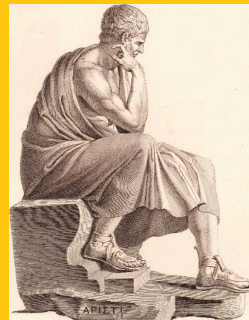


Get a support system - It's human nature to procrastinate or lose motivation. To counter these unproductive behaviours, your chances of hitting a specific goal increase greatly if you're **reaching out and getting frequent feedback** that will keep you on track.

Focus on smaller goals to hit your big goal. Focus on ticking off one smaller goal at a time, then move on to the next one, to step gradually closer to achieving your end target. As you break the big goal down into smaller steps, each of those steps should have its own deadline. **Don't forget to reward yourself with each step you complete!**



In the words of the Ancient Greek Philosopher Aristotle, "**We are what we repeatedly do.**" By practicing these skills, expect to dramatically improve your rate of achieving your resolutions.



So why not set volunteering as your New Year's resolution? If that's not right for you at the moment though, where are many small steps, each of which can make a big difference to someone. **If you can please consider a New Year's resolution to drop a can/packet or two into one of our local supermarket collection baskets or trolleys, or maybe a donation through our Just Giving page on our website and Facebook pages. Thank you - A small kindness makes a big difference!**

Clacton Foodbank 2023 - 12 months in summary

It seems all but a blink of the eye since our dedicated and hard working volunteers were gearing up for Christmas 2022, yet here we are over 12 months on and another Christmas has come and gone. At Clacton Foodbank during 2023 we have seen a staggering rise in the numbers of local (and of course nationally) people reaching out for help, simply because they do not have the means to be able to afford life's essentials. Yet at the same time we have been rewarded through seeing the support through volunteering work, donations and fundraising locally grow. Let's take a short look back at a few of the events which took place during 2023.

2023

JANUARY 2023

We signed up to the free **Bank the Food** app. As of December we had grown our Bank the Food app followers to 67. It would be great to see even more donators signing up to the free app throughout 2024, which allows you to see in real time the essential items we are running short of at Clacton Foodbank.

2023

FEBRUARY 2023

Ahead of the start of Lent on 22nd February, we launched **40 pence for 40 days** - a fantastically simple way of fundraising for Clacton Foodbank - simply get a jar and drop 40 pence in it each of the 40 days of Lent.

2023

APRIL 2023

Our Newsletter was relaunched which we now produce on a quarterly basis. On 21st April we began our weekly **Clacton Foodbank Facebook Friday Feature**, the first of which focused on **Julia Smith's London Marathon entry** on 23rd April, which she completed in 6 hours, 19 minutes and 27 seconds and raised the amazing sum of £3537.44 which she donated to Clacton Foodbank.

2023

2023

MARCH 2023

The **Trussell Trust** were busy crunching foodbank statistics for the period April 2022 to March 2023, which revealed a staggering **61% increase in food parcels** provided by Clacton Foodbank and a further staggering **increase of 66% in people supported** by Clacton Foodbank during this period of time.

2023

2023

MAY 2023

Saw raising awareness of **Guarantee our Essentials**, following release of startling new figures, which show that the Trussell Trust foodbank network provided almost **3 million (2,986,203) emergency food parcels** (that is more than the combined population of Essex and Suffolk) to people experiencing hardship over the past 12 months. **Guarantee our Essentials** is a call on all MPs to take action on this situation and the harm it is doing to people in our communities. We must call for change to make sure they do. The 16th May also saw the re-start of our **Steering Group at Clacton Foodbank**.

2023

AUGUST 2023

We reported on new **Trussell Trust** figures which show **14% of all UK adults (or their households) have experienced food insecurity in the 12 months to mid 2022**. On 18th August we promoted Bournemouth Foodbank's touching and powerful short animated film, **Hunger by the Sea** - illustrating some of the seasonal challenges facing people living in seaside towns - <https://www.youtube.com/watch?v=g6lD41YrrIE>

2023

JUNE 2023

Started off with the **Asda Food Drive** at their store in Bull Hill Road, Clacton, when between 1st and 7th June 561kg of food was donated by Asda shoppers. A fantastic result allowing Clacton Foodbank to provide approximately 505 additional meals. Between 1st and 7th June we celebrated Volunteer's Week. It is a week in which the UK celebrates volunteers and says thank you to them for the contributions they make. This was marked by the Clacton Salvation Army with a Volunteer Recognition Service on Sunday 21st May

2023

JULY 2023

The release of our **second Newsletter**. Thanks to **UK Harvest, The Country Food Trust** and the **Chaffinch Club** for their very generous food donations to Clacton Foodbank. We also raised awareness and reached out to fundraisers through our Friday Facebook feature **Inspiration for Aspiration**.

2023

2023

SEPTEMBER 2023

Saw the launch of our **Harvest Festival** reach out and in promotion of fundraising looked briefly at **ways we may all be wasting money** we could put to better use. We also held the **second meeting of our Steering Group**.

2023

OCTOBER 2023

Was the month we started raising awareness of our **Christmas Hamper appeal**. We also released our **3rd Newsletter** with the concerning headline '**2023 Sees the Food Crisis in Clacton Worsening**', with the gap between donations and food parcels handed out growing significantly.

2023

NOVEMBER 2023**Clacton Foodbank turned 10 years old.**

We ran a few features including a personal message from Tracy Dobbs, Clacton Foodbank Project Manager and a lookback to 2013 when we came into existence. It was the last day of the month on which the 3 days of the **Tesco Winter Food Collection** started, in which, as we have reported, a staggering £406.25 in financial donations from our collection buckets and 1065kg of food donations were received.

2023

DECEMBER 2023

For the first time we have run our **24 day lead up to Christmas Advent Feature**. This has been an opportunity to give a **shout out of thanks to many of the people, organisations, businesses and of course our volunteers and supporters, without whom we would be unable to provide the services we do**. As reported earlier in this Newsletter we also received an **absolutely fantastic response to our Christmas Hamper Appeal with 115 hampers donated**, which were distributed ahead of Christmas Day to local people in food crisis.

2023

‘A Chat over a Cuppa’

For this edition another 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 themselves.



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



Your role at Clacton Foodbank: Main Distributer at the Centre

How long have you been volunteering: 10 years - the same length of time Clacton Foodbank has been operating.

Are you a tea of a coffee person: Coffee is my preferred choice

Favourite Biscuit: Oh that has to be a Chocolate Digestive

Why did you start volunteering? I have a strong commitment to both the Salvation Army and to people as a whole. Volunteering at Clacton Foodbank is one of the ways I am able to put that commitment into action.

What do you get from volunteering: The satisfaction of providing support to our fellow human beings when in their time of need they reach out to us for help.

Hopes for the future: To see Foodbanks close and folk in a better position.

In my own words: For me it has been a privilege to work with Clacton Foodbank for the past 10 years. During that time I have seen many folk come and go - those who have managed to get back to normal life and those who sadly are still struggling. I have been able to speak with people who have a need to talk and I thank God for these opportunities to be there; it has taught me much!

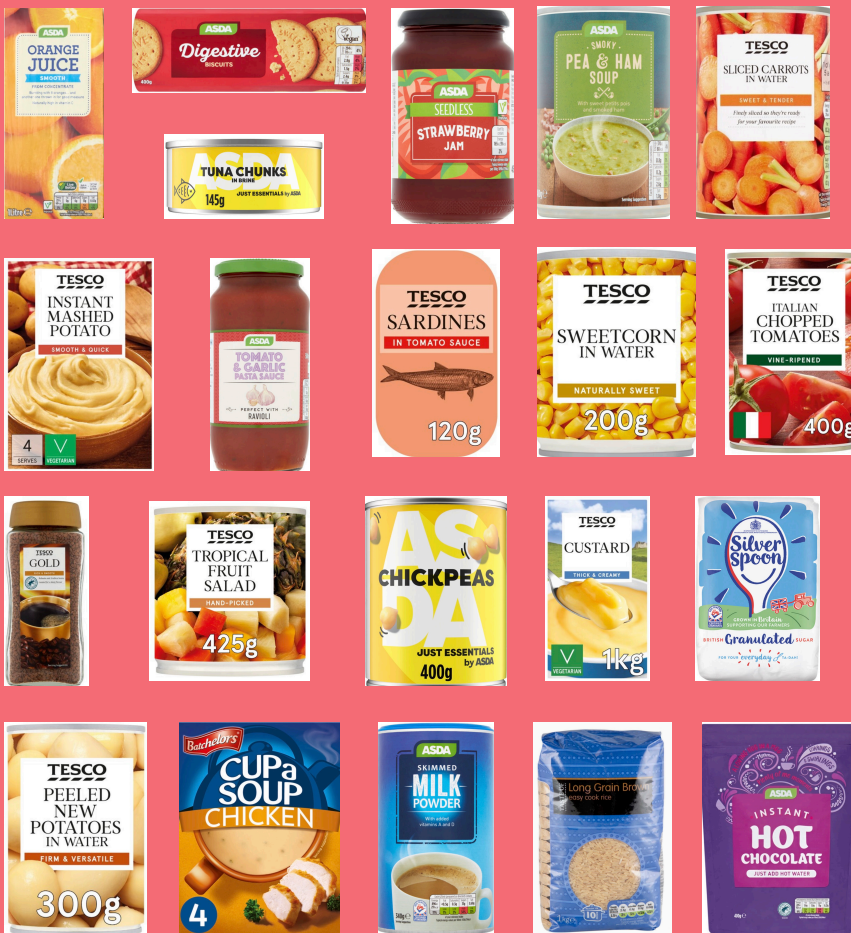
I have 3 fantastic teams that work alongside me 3-days a week, to whom I owe much - especially their commitment to the service. As in all walks of life there are those clients that come with their challenges but I am grateful for life’s experiences which have taught me how best to deal with them. I thank God for the privilege of working in this job which I will continue for as long as health permits.



January 2024 - Our warehouse is running low on the following items -

PLEASE HELP IF YOU CAN

Up to date information is always available on the BanktheFood App



We urgently need:

(Correct at 6 January)

Please use Bank the Food for updated needs

MY FOODBANK NEEDS		
FOOD NEEDS	NO. BOUGHT	ADD
BISCUITS		+
DRIED MILK		+
JAM		+
LONGLINE FRUIT JUICE		+
SUGAR		+
TINNED SOUP		+
COFFEE		+
DRIED RICE		+
INSTANT HOT CHOCOLATE		+
INSTANT MASH		+
PASTA SAUCE		+
TINNED CARROTS		+
TINNED FISH		+
TINNED FRUIT		+
TINNED POTATOES		+
TINNED PULSES		+
TINNED SWEETCORN		+
TINNED TOMATOES		+
TINNED/CARTON CUSTARD		+

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.



BANK THE FOOD - KEEPING YOU
UPDATED - KEEPING US UPDATED



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 publication and let us know about any articles or features you would like us to consider covering in future issues.