



Clacton Foodbank



Quarterly Newsletter

Our Newsletter is One Year Old



This 5th edition of our Newsletter marks the first anniversary of its relaunch and what a busy 12 months!

In our first edition we featured the downloadable **Bank the Food** app which gives details of our collection points and which food items we are most in need of in real-time. We raised awareness of the 61% increase in the number of emergency food parcels provided by Clacton Foodbank (compared between the two annual periods April 2021/March 2022 and April 2022/March 2023).

Our July edition began the feature - 'A Chat Over A Cuppa', where Tracy, our Project Manager, has an informal chat with one of our volunteers to discuss what brings them into volunteering.

In October we opened with the headline '2023 Sees the Food Crisis in Clacton Worsening'. We suggested 'Doing as we have always done' may no longer be sufficient and continued to seek further ways to provide emergency food and support to those in need and reached out for the continued support of fundraisers in our community. It was also the time we reached our **10th anniversary**, not a celebration but a stark reminder of the desperate need for change to make foodbanks a thing of the past; we still share the Trussell Trust's vision of just that.

As we moved into 2024 our January Newsletter spoke about the **1.5 million emergency food parcels** being provided to people experiencing **hardship over the past 6 months**, with a record 540,000 food parcels being provided to more than 265,000 children **and yet this devastating situation continues to worsen!**

Turning to this, **our 5th Newsletter**, on **page 3** we take a look at some of the challenges we are currently facing at Clacton Foodbank.

On **page 4** we share the **heartwarming kindness of St Peter & St Paul Church in St Osyth** and the success of their Pop-In Refreshment Fundraiser, which **raised the staggering sum of £400.25 for Clacton Foodbank.**

Page 5 covers the **excitement of our Poundstretcher Trolley Dash** which took place on the 18th March.

On **page 6** we're **reaching out to expand our Strategic Volunteer Team** with the addition of **3 new exciting vacancies**: Local Business Engagement, Supermarket Ambassador and Speaker Volunteer - one of these positions may be just right for you or someone you know.

Your support in 2024 and beyond is even more important to us now!



KEEPING YOU UPDATED - KEEPING US UPDATED



JustGiving™

Could you, your organisation, or someone you know become a fundraiser for us? Find out more about these exciting opportunities on page 4.



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** - Our Foodbank Challenges in 2024
- **Page 4** - Fundraising 2024
- **Page 5** - Poundstretcher Trolley dash
- **Page 6** - Dinner Matters - Eating Free?
- **Page 7** - In Focus - What's Happened and What's Ahead?
- **Page 8** - A chat over a cuppa
- **Page 9** - Urgently needed - Items we're desperately short of
- **Page 10** - Information page

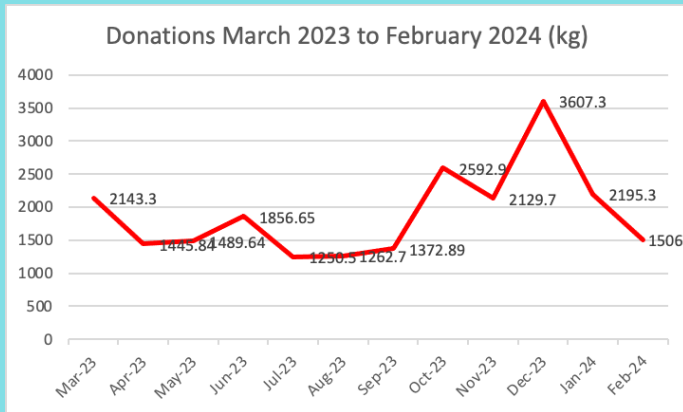
The Clacton Foodbank is about our local community. It is only with **your help and support** that we are able to help and support our neighbours within the local community. Everyday there are families and individuals in food crisis, through no fault of their own but simply because of an unforeseen change 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

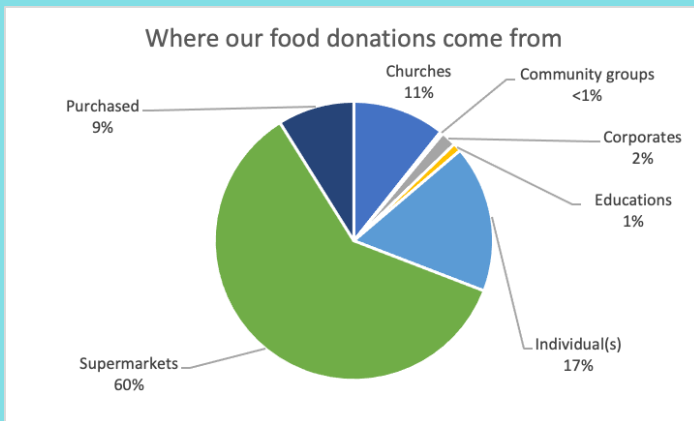
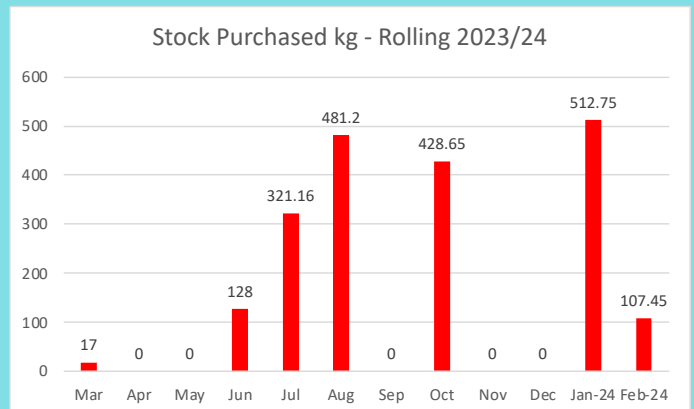


Our Foodbank Challenges in 2024



We experienced a **sharp drop in food donations** during January and this decline continued during February. Adding to our concerns both months also **showed a significant drop compared to 12 months previous**. Specifically Jan 2024 donations were only **80% of Jan 2023** and in Feb 2024 donations were only **86% of Feb 2023**. It was necessary to purchase additional stock during both January & February 2024, adding to our financial challenges.

The graph to the right illustrates additional stock it has been necessary for us to purchase month by month, simply because demand has exceeded the amount of essential food donations received. **January 2024 evidenced the highest increase in purchased stock**. During the first 2 months of 2024 it has been necessary to purchase 620.2kg of food in order to be able to continue to support those in our local community who reached out for support as they found themselves in food crisis.



60% of our food donations come from supermarket customers who kindly purchase extra items and donate in-store in our collection trolley behind the check-outs. Individual donators and churches are the next highest donation sources at 17% and 11% respectively. We understand the cost of living is a factor behind lower donations and on-line shopping also means supermarket donations are lower. **As a charity we are dependant on your kindness of giving in order to support those in our local community in crisis.**

The harsh reality is **Foodbanks across the county are under ever increasing pressure**, as we are at Clacton Foodbank to support the growing numbers of people being referred to us for emergency food parcels. **As a charity made up of volunteers**, we can only continue to meet these demands through the kindness and generosity of our supporters; this is through customer food donations made at our supermarket partners, individual food donations, fundraising events and donations from local churches, corporates, educational and community groups, or financial donations to Clacton Foodbank through Just Giving. **Our aim is to end the need for Foodbanks** but until then, we rely on and thank everyone who supports us, no matter how small - **a small kindness makes a big difference**. Thank you.

Fundraising 2024

In our October Newsletter we mentioned we were reaching out to fundraisers and are extremely grateful to everybody who has risen to that challenge; we are all too aware how much hard work goes into arranging and managing fundraising events. Such events can also be fun however, as well as rewarding and a great opportunity to meet new people and form new interests.

St Peter & St Paul Church in St Osyth recently arranged one such event, which was very well attended and an amazing success, with the significant sum of **£400.25 being raised for Clacton Foodbank.**

They very kindly arranged a pop-in refreshment fundraiser at the Church Room, St Peter and St Paul Church, Church Square, St Osyth between 10:00am and 11:30am on Saturday 9th March 2024.



The most amazing assortment of delicious sweet treats were provided by the church volunteers, including a delicious gluten free Victoria Sponge which was so moreish! I'm sure a few more calories were added on that morning but wow it was most definitely worth it!

Also available to take away were a lovely selection of

homemade preserves and tasty treats, the money from the sale of which was also so kindly donated to Clacton Foodbank. Accompanied with free flowing tea and coffee this was a most generous, enjoyable and well attended event. The fact the drinks and cakes available to enjoy on the premises were not priced up, instead everyone was free to make donations of which they were comfortable, was a lovely touch. Given the amazing sum of £400.25 raised during this hour and a half event, clearly shows many dug deeply into their pockets to support this fundraiser and a massive thank you goes to everybody involved.



Tracy from Clacton Foodbank was available throughout the morning with leaflets and to offer information, explain the items so desperately needed and explain more about the rising numbers of people in the Clacton area who daily face food insecurity.

St Peter & St Paul Church is situated in the lovely village of St Osyth with its buildings which are a treasure trove of architectural periods and styles. What a treat too seeing a flock of sheep grazing peacefully in the churchyard as we arrived.



Trolley Dash Invitation from Poundstretcher

On Monday 18th March Clacton Foodbank were very fortunate to be invited to a 1-minute trolley dash at the grand opening of Poundstretcher's newest store, located in Connaught Avenue, Frinton-on-Sea, Essex. Tracy Dobbs, Clacton Foodbank's Project Leader, 'threw down the gauntlet' to Mark English, their Voluntary Website and Media Co-Ordinator to race around the new Poundstretcher store, collecting in the trolley as many essentially needed food items as could be gathered in 60 seconds. So with the countdown underway, the quest ahead was showing in the face of our volunteer. He commented afterwards, "when you know essential food items are so desperately needed by Foodbanks across the country, to allow them to continue to support the people within the local community who find themselves in food insecurity, you can't help but be anxious that you do your very very best to make the most of this warm hearted offer, in supporting Clacton Foodbank".



During that minute essential food items to the value of £96.93 were donated by Poundstretcher (that's over £1.61/second). These items were taken to our warehouse, weighed in at 11.45kg and sorted and stored within our warehouse, shortly to be included within the emergency food parcels distributed each week, to those within our local community suffering food insecurity. At a time when Clacton Foodbank are looking to increase fundraising and reaching out to local businesses and organisations for support, to be able to continue to support those in our local community who are in food crisis, the invitation from Poundstretcher to attend their Grand Opening of their Frinton store and take part in a 1-minute trolley dash was truly amazing.

A massive thank you goes to Poundstretcher and to their fantastic team at their new Frinton-on-Sea store. None of us know when we may find ourselves in hardship and crisis, or when we may need to reach out for help and support.



You can keep up to date with Clacton Foodbank by following their Facebook pages, where our live video has already received almost 4k views since posting of 19th March! We were also fortunate to have Grace Capel from the Clacton and Frinton Gazette cover our story, which can be viewed from our Facebook page or from Clacton and Frinton Gazette's Facebook pages.



DINNER MATTERS - Eating free?

Wouldn't it be great to be able to eat nourishingly without the cost eroding our money we so desperately need for heating, rent, mortgage and so forth! We believe this filling snack idea is of negligible cost, yet is packed with nutrients (vitamins B & C, Iron, Calcium, Potassium, Fibre) our bodies need to help remain healthy..... not forgetting it's tasty too. All you need are potato peelings (which may otherwise be thrown away), a little cooking oil and salt & pepper. Enjoy!

This recipe has been sourced and based from:
<https://www.goodto.com/recipes/potato-peel-crisps>

Cost - (Negligible)

Servings - According to peel available
 Cooking time: 10-20 minutes

Ingredients:

- Potato peel
- 1-2 tsp of oil
- Salt and pepper, for seasoning
- Cumin, paprika or chilli powder (optional)



Method

1. Pre-heat your oven to 200C. First of all you will need to wash & peel your potatoes with a potato peeler. The skin might be too thick if you use a knife.
2. Potato peel does not keep well, so get the peelings straight onto a baking tray.
3. Drizzle the oil over your peelings and sprinkle over your chosen seasoning/spices.
4. Use your hands to mix everything together, until the peelings are evenly coated in the oil and seasoning.
5. Make sure the peelings are in an even layer and then place into the oven until slightly brown and crunchy, about 8-10 minutes (maybe longer - I cooked for 25 minutes but came out a little too burnt for some tastes)

Nutritional Values - Potato Skins

| Vitamin | Function |
|-----------|--|
| B | B vitamins are important for making sure the body's cells are functioning properly. They help the body convert food into energy (metabolism), create new blood cells, and maintain healthy skin cells, brain cells, and other body tissues |
| C | Foods rich in vitamin C may lower the risk for some cancers, including those of the mouth, esophagus, stomach, and breast. Long-term use of supplemental vitamin C may protect against cataracts. Helps make collagen, a connective tissue that knits together wounds and supports blood vessel walls. Helps make the neurotransmitters serotonin and norepinephrine Acts as an antioxidant, neutralizing unstable molecules that can damage cells. Bolsters the immune system |
| Iron | Helps hemoglobin in red blood cells and myoglobin in muscle cells ferry oxygen throughout the body. Needed for chemical reactions in the body and for making amino acids, collagen, neurotransmitters, and hormones |
| Calcium | Builds and protects bones and teeth. Helps with muscle contractions and relaxation, blood clotting, and nerve impulse transmission. Plays a role in hormone secretion and enzyme activation. Helps maintain healthy blood pressure |
| Potassium | Balances fluids in the body. Helps maintain steady heartbeat and send nerve impulses. Needed for muscle contractions. A diet rich in potassium seems to lower blood pressure. Getting enough potassium from your diet may benefit bones |
| Fibre | Fibre is mainly a carbohydrate. The main role of fibre is to keep the digestive system healthy |



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



Exciting Volunteer Opportunities in 2024

This year we are actively looking to expand our strategic volunteer team to include such roles as:

- **Local Business Engagement** to reach out to and nurture relationships with local businesses interested in supporting Clacton Foodbank through such means as sponsorships, donations and fundraising events.
- **Supermarket Ambassador** engaged in working with our supermarket partners to include growing and nurturing relationships to maximise the benefits these offer to Clacton Foodbank and the local community we support.
- **Speaker Volunteer** to 'carry our banner' raising awareness of Clacton Foodbank, our challenges and the current need in Clacton for the volunteer services we seek to deliver in the local community.

If you believe one of our new and exciting volunteer roles is for you, please speak to Tracy, our Foodbank Manager (Email: Tracy.Dobbs@salvationarmy.org.uk), who will be happy to explain more about the roles and answer any questions you may have.

Citizens Advice

In our January Newsletter we mentioned plans are now close to completion which will see attendance of a Citizens Advice expert 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. This is progressing well with grant confirmation received from the Trussell Trust and the Salvation Army are now finalising details with Citizens Advice and writing up a Service Level Agreement. So we are now expecting this to be underway by the time our next Newsletter is scheduled in July.

Just Giving App

Reminder that our Just Giving app is now attached to both Clacton Foodbank Facebook pages and Website and fully working. It's easy to make money donations through this and every penny goes towards helping those in our local community facing food insecurity.

Hold The Date

The Foodbank exists within a bigger Community Programme that the Salvation Army in Clacton deliver. In July this year we will be opening up our doors for a week of awareness. Come and learn about all that Clacton Salvation Army offer and do in your local community. Dates TBC, please keep an eye out on our Social Media posts.



'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.



This time Susan Warnock joins Tracy at the table for tea, a biscuit (or 2) and a chat



Your role at Clacton Foodbank: Distribution Operative

How long have you been volunteering: I've been volunteering at Clacton Foodbank for over 10 years now - so I've been here since the beginning so to say. Thinking back to then, I suppose none of us thought there would still be a need for foodbanks 10 years into the future in 2024.

Are you a tea or a coffee person: Ah I'm a little embarrassed to say I do derive a little bit of enjoyment from that 'caffeine hit', so it's coffee for me every time.

Favourite Biscuit: Some people may say I have expensive taste when it comes to biscuits but I just can't resist an Oreo.

Why did you start volunteering? There were 3 main reasons really. I came to appreciate how lucky I was to have what I had, particularly compared to so many in the UK who are struggling just to feed themselves and their families; so firstly it was to give back within our local community. I guess that links into the second reason which is to help those who are struggling in life. Thirdly I believe it is important for everyone to have a focus and goals in their lives because that gives us all a positive reason to get out of bed each morning.

What do you get from volunteering: There is just so much that can be got from volunteering and we all have our reasons but for me, I think the most important are satisfaction and friendship. Satisfaction is achieved through knowing something positive has happened with each act of volunteering. The other volunteers here are such lovely, friendly, supportive and interesting people that we all get on so well.

Hopes for the future: I know we all feel the same way, so whilst it may sound familiar, I truly would like to live in a world where everybody has enough to eat and their basic needs at the very least are met, so there is no longer a need for foodbanks.



April 2024 - Items our warehouse is often running low on.

PLEASE HELP IF YOU CAN

Up to date information is always available on the BanktheFood App. You can download the app today and see immediately and in real time which items we are in urgent need of.



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.