

Newsletter

October 2026

Sportsman of the Year!

Our wonderful Trustee, Haydar, cycled from Land's End to John O'Groats recently, raising over £2,400 for the foodbank.

An amazing achievement Haydar, well done and thank you so much!



Emily's Story

Emily is a local Mum who started coming to the foodbank when she couldn't afford food for her family. She had been skipping meals, so that her children could eat. She had little confidence, often not leaving the house.

When she first visited the foodbank, she felt nervous and ashamed. But these feelings soon went, with the help and encouragement of the volunteers. Regularly coming to the foodbank has been a lifeline for her.

It's not just the food – it's the company, the reason to leave the house, the routine. The food parcel meant she had one less thing to worry about. And then she grew in confidence. She was ready to start planning for the future.

Our Wellbeing Team at the foodbank worked closely with Emily, helping her with a college application. She got a place, completed her course...and is now applying for jobs!

Walking through the door of the foodbank was the first step towards stability, and to a life she wants.

"The foodbank has given me the confidence to do things I never thought I'd do. I really don't think I would have gone to college if the foodbank hadn't helped me."

We need your help this Harvest

Donations have dropped. But the number of people needing to use our foodbanks remains high. In 2025 over 13,000 food parcels were given out. Almost 40% of these went to local children. Last year there were over 600 new households referred to the foodbank for support.

This Harvest, we are reaching out to the local community to ask for your support. Any way you can help - from food or financial donations, sharing the appeal with friends and family, or volunteering - will make a big difference to the local people accessing the foodbank - your neighbours. Help us to keep providing the warmth of hospitality to those who have nothing or no one else to lean on.

Your donation could help someone take their first step out of crisis.



What £24 could buy for a local individual

The people that visit our foodbanks receive cupboard staples like pasta, beans and soups, along with fresh fruit and vegetables, eggs, bread, sweet treats, hygiene items and household essentials. We also provide nappies, pet food and baby food.



But we rely on kind donations, to be able to do this. A £24 donation could provide everything here. And a regular donation helps us plan ahead and respond quickly to rising demand.

Thank you!

Donate Food



Donate Money



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