

In this month's newsletter:

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www.twitter.com/westcheshirefb
www.facebook.com/wcfoodbank
www.westcheshire.foodbank.org.uk

Lent Campaigns 2020

Lent this year runs from February 26th until April 9th. If you're looking for a way to support us across this period, why not take part in one of our campaigns!

If you are giving up something this year, why not use the opportunity to support us by passing your saving on. One example would be to donate 40p that you would have spent each day on chocolate, meat, alcohol, cake or whatever, to our 40 for 40 appeal? But don't feel limited to 40p.

All you have to do is find an old jam jar, or similar container, and start collecting! Then bank the contents and send a cheque, preferably together with our Gift Aid Form (available on our website) to:

*West Cheshire Foodbank, Unit 3-4 Stanney Mill Industrial Estate,
Dutton Green, Chester, CH2 4SA*
Cheques made payable to West Cheshire Foodbank

Alternatively, you can donate online at:
westcheshire.foodbank.org.uk/donate-money



Another way you can support us over Lent is to take part in our "AdLent" campaign and donate the suggested item of food for each day of Lent.

You can find the Adlent Calendar specific to our stock needs here (right). You can also find this on our facebook and twitter pages if necessary.

Don't forget to tweet about your support using #AdlentCalendar to help spread the word!

We appreciate any and all support that you can give. Thank you!

Coffee 01	Instant Mash 02	Instant Custard 03	Tinned Fish 04
UHT Juice 05	UHT Milk 06	Tinned Potatoes 07	Toilet Rolls 08
Treats 09	Cup a Soup 10	Tinned Spaghetti 11	UHT Milk 12
UHT Juice 13	Instant Custard 14	Tinned Vegetables 15	Toothpaste 16
Shower Gel 17	Tinned Potatoes 18	Curry Sauce 19	Carrier Bags 20
Coffee 21	Cereal 22	Treats 23	Easter Egg 24
UHT Juice 25	UHT Milk 26	Toilet Rolls 27	Tinned Fish 28
Tinned Potatoes 29	Shampoo 30	Instant Custard 31	Coffee 32
Sponge Puddings 33	Rice Pudding 34	Tinned Tomatoes 35	Instant Mash 36
Toilet Rolls 37	Cup a Soup 38	Tinned Potatoes 39	Cereal 40

Craft Activities at Lache Foody Fridays

The Welcome Network have used Big Lottery money to fund sessions of making Morsbags at the Lache Community Centre (The Venue). (Morsbags are re-usable shopping bags, made by volunteers worldwide out of donated fabrics, and given away free to help reduce plastic carrier bag use.) It's an opportunity for people coming to Foody Friday to meet others and enjoy a craft activity. This is a great partnership linking up with the local residents who run 'Lache Larder' - a surplus food initiative, who are keen for people to bring reusable bags each week.

Nice story for the first week: someone told a Foodbank volunteer that they were new to the area and were interested in knowing what was going on locally. The lady arrived around 12.30 pm with a Foodbank voucher and they were able to have a conversation with someone from the Community Centre, learning what activities she could get involved with. She started some sewing and enjoyed meeting some new people, and planned to come back over the next few weeks to make a bag in time for her birthday!

Right is a photo of Molly, from Molly Brown's Emporium, leading the sewing sessions and showing the Morsbags they make.

<https://www.facebook.com/TheWelcomeNetworkCWAC/>



A Seat at the Table – Newton, Upton & Hoole Initiative

Recently, people from Newton, Upton and Hoole were invited along to a networking event called; "A Seat at the Table", to share news about community food initiatives.

Working area by area, people identified what is already happening as a basis for considering '**what next?**' Some of the thoughts shared were as follows:

- There are a great things going on and lots of local people involved. But there is a missing link of connecting the two.
- Volunteering can feel isolating. There is a need for wider support.
- People are socially isolated in a variety of different ways:
 - By circumstance
 - Through lack of confidence
 - Lack of extended family
 - A place might 'look like' a community but people can still be isolated
- There is a lack of communication:
 - A need for targeted communications
 - Using existing resources

There is a limited provision at the Children's Centre

Whats needed?

- An understanding of the demographic (population make up) of the local area
- Engagement with local schools
- Make links with 'growing' groups
- Look at extending the Youth Provision to address isolation
- Respond to interest in food hygiene for groups
- Further conversations about social isolation and communications letting people know what is going on.
- The event was an excellent first step to ensure that "emergency food provision" becomes part of local community activities.

Thanks to the Welcome Network and local Councillors for organising the event.