



DEMAND FOR FOOD ON THE UP

The last few months have seen a significant rise in the amount of food parcels given out by Canterbury Food Bank. This is a result of increased awareness of the charity and the fact that our clients are facing increased hardship due to the new benefits system and the current economic climate.

Below is a chart showing the steady increase in the number of parcels given out each week since January 2013. The summer holidays are often a tipping point for many low-income families struggling to feed their children. We saw demand increase during that time.

As part of our voucher recording system, we ask clients to advise us of the reasons for them requiring a food parcel. The majority of clients report the following: Waiting for Benefits, Benefits Changed, Benefits Stopped, Unemployment, Debt and Family Crisis.

In total, Canterbury Food Bank has given out over 14,000 items of food so far this year and assisted around 200 individuals and families since we began distributing.

CHRISTMAS HAMPERS

We'd love to give our clients something special for Christmas. We need these additional items:

- Tinned ham
- Christmas cake
- Tin of biscuits
- Christmas pudding
- Chocolate
- Toiletry gifts

Can you donate one or more?

CHARITY STATUS

Thanks to the hard work of volunteer Paul Kentish, Canterbury Food Bank has recently been granted charity status. This means that we are now able to gift aid the donations that you so kindly give us. Our charity registration number is: 1153791.



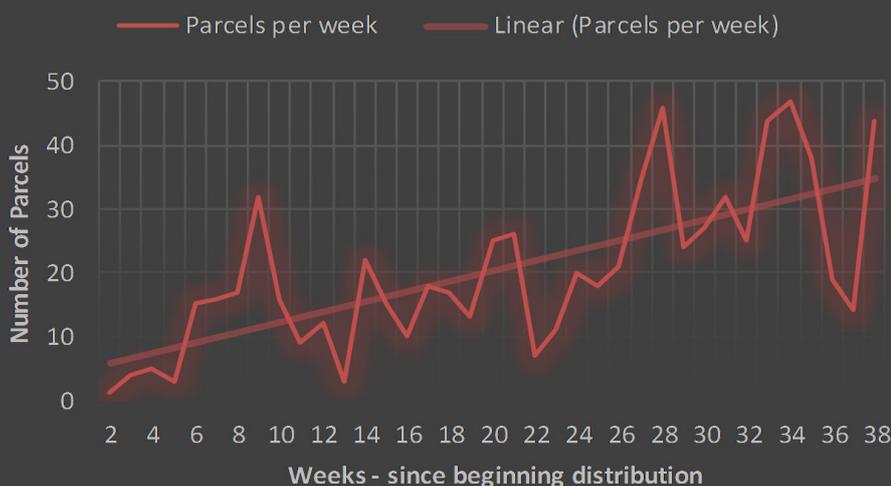
Sheriff of Canterbury, Ann Taylor, officially opens the Herne Bay distribution café at Christ Church.

HERNE BAY GOES LIVE

On 17 September, Herne Bay held its first café, for the distribution of food parcels, at Christ Church, William Street.

A café will be held there every Tuesday between 12.30pm and 2pm.

Parcels per week





NEVER TOO YOUNG TO SUPPORT FOOD BANK!

Eight-year-old Stephen Brown (left) heard about the work of Canterbury Food Bank and decided that he wanted to help. But what to do?

This very determined young man persuaded his parents to accompany him on a sponsored walk from Faversham to Canterbury in order to raise funds and buy food for the charity.

He raised £173, and from our shopping list bought his donations, which he then brought to the warehouse for sorting. Stephen was keen to see the process all the way through, packing some food parcels and following these to the St Dunstan's distribution café and on to the clients who were attending that day.



Chrissie Barr and Amy Hodgson (founding members) cut the cake.

A GOOD OLD GET TOGETHER

On Sunday, 15 September, over 100 volunteers, agency representatives and supporters of Canterbury Food Bank came together to give praise and thanks for the work carried out by the charity.

It was also an opportunity for the trustees and core team to say thank you to you all for your support.

It was so encouraging to meet so many people and put names to faces.

MARATHON EFFORT

Congratulations to Lizzie Rushton and Jenny Roffey who raised over £400 for Canterbury Food Bank by completing the Thanet Marathon!

SUPERMARKET COLLECTIONS

A very big thank you to ASDA, Budgens, Sainsburys, Tesco and Waitrose for their continued support of Canterbury Food Bank.

The collection days that they have given us in the run-up to Christmas are

vital in topping up warehouse supplies, as weekly demand begins to outstrip supply.

A big thank you, too, goes to the generosity of the general public who donate the food.



The following days are coming up: **23 & 30 November: ASDA, Canterbury**
6 & 7 December: Sainsburys, Canterbury
 If you would like to volunteer for a two-hour slot to collect on these days, please contact admincanterbury@canterburyfoodbank.org.

DISTRIBUTION CAFÉS

Canterbury
 St Dunstan's Church Hall,
 London Road
 Fridays, 12pm–1.30pm

Whitstable
 St Alphege Church, High Street
 Fridays, 1pm–2pm

Herne Bay
 Christ Church, William Street
 Tuesdays, 12.30pm–2.00pm