

Dover Foodbank's First Thanksgiving Service

On 26th April 2015 the first Thanksgiving Service for Dover Foodbank was held at St Peter and St Paul's Church in River, led by Reverend Andy Bawtree, former chairman of CTiD. Over 65 people were in attendance, including volunteers, donors and clients.

Many great things were told about the work of Dover Foodbank from its birth in 2013 to the most recent events and statistics. Since its opening, 37 tonnes of food has been generously donated, and 2861 local people have been helped by receiving food from the Foodbank.



Warehouse and distribution centre volunteers



What happens at a distribution centre

Three volunteers spoke of their time working with Dover Foodbank, relaying stories from both the warehouse and the distribution centres. Their moving testimonies gave reference to how rewarding and interesting volunteering can be as well as how wonderful it is to be able to help in this way, despite at times the work being heartbreaking, as they meet with people in times of crisis.

A drama was performed, demonstrating what happens when a client visits a distribution centre. This was a fantastic way to gain deeper understanding of what is involved for both the client and the volunteers at these centres. A testimony from a former client was also heard. Now back in work, it was touching to listen as he spoke of how much the Foodbank had meant to him at his time of need and he had nothing but praise and gratitude for the volunteers and donors who had helped him and his daughters when they needed it most.

Songs of praise were sung whole heartedly by the congregation, who were also led in prayers thanking God for His provision so far in the work of the Foodbank and trusting Him for its future ahead.

Refreshments were served after the service, giving people the opportunity to talk about what they had heard and to share their own Foodbank experiences with each other, whether as a client, volunteer or donor.



Some of the congregation

Many people throughout Dover need the help of the Foodbank, for a variety of reasons. Benefit changes and delays form some of the main reasons why people end up needing a food voucher and receiving help.

The figures in this table show how many people Dover Foodbank has helped over recent months. As of May 1st 2015, of the total people fed, around 846 of them have been children.

Month	Total people fed in the month	Total people fed to date
Dec 2014	215	2250
Jan 2015	186	2436
Feb 2015	156	2592
Mar 2015	177	2767
Apr 2015	92	2861

What's involved...

If you've ever donated to the Dover Foodbank, you may wonder what happens next, so here's an insight in to the process.

1. Food arrives at the warehouse and is sorted ready to be stored.



2. Food is stored carefully by best before date to ensure all donations are used well.



5. Food arrives at the distribution centre, where it is sorted and stored, ready to be given to those who need it.



Some distribution centre volunteers

A massive **THANK YOU** to all our volunteers who work tirelessly at each part of this process. We could not do this without you!

4. Food is loaded in to cars to be delivered to the distribution centres across Dover.



3. Distribution centre stock lists are checked so that each centre receives the food it needs.



During February, Dover Foodbank received a generous donation of Lindt Chocolate.

The Foodbank was able to give these delicious treats not only to our clients, but also as a small thank you to our hard-working volunteers.

Chocolates were given out by Foodbank volunteers at Dover's Walk of Witness on Good Friday too, which were enjoyed by all and helped keep everyone going in the heavy rain!



Blessed is the one who considers the poor! In the day of trouble the Lord delivers him.

Psalm 41:3



Please note: a voucher is required before visiting Dover Foodbank. These can be obtained from Dover Gateway in Castle Street, or any of the agencies listed on our website: www.dover.foodbank.org.co.uk

Fundraising Round Up



Some of the generous food donations

On 21st March, a quiz night was held at Alkham Village Hall in aid of local Foodbanks. Arranged by volunteers from both Dover Foodbank and Deal Area Emergency Foodbank, all donations of food and money from the evening were shared.

Our sincerest thanks to those who put in all of the hard work needed in organising such an event, as well as to those who helped raise funds, awareness and food by attending. A great evening was had by all.

Jackie Feasey, a member of the Living Well Church in Whitfield, spent the entire month of March living on a very basic diet in order to raise awareness and money for Dover Foodbank. Jackie managed to raise £180 for the Foodbank during this time—Thank you Jackie! Here is what she had to say about her experience:

“I really genuinely thought that saying I would give up all food luxuries for charity would be easy!! I wouldn't miss chocolate, bread, crisps, sweets, takeaways, fizzy drinks and meat at all!! I don't eat much in the way of cakes and biscuits as I eat wheat free foods and prefer savoury to sweet!! I've been vegetarian in the past so I knew that I wouldn't really miss meat that much either!! Easy see!! ...Oh how I was wrong!!

It wasn't that I missed those foods..... If I am really honest, I didn't. I missed being able to open the cupboard and grab something when I felt peckish. I missed the ease that that brought. If I wanted something to curb the hunger pangs I really had to think about it rather than picking up a bag of crisps and eating on the run. I felt isolated when I went to my friend's on her husband's birthday and they all ate takeaway pizza. When I needed something sweet I needed to think it through.

This is what hit me the most about what I had given up temporarily and what some families and individuals have no choice but to sacrifice with no end date in sight. What I had chosen to leave out of my life for a month is something that they have no option but to do. We are so lucky that we can have a choice about what we want to eat at every meal...shouldn't we all have that choice? When we go food shopping, most of us don't have to think about what we are putting in our trolley or how we are going to pay for it. How many times a day do we make a cup of tea or coffee without thinking about it? How would it feel if we had to work out precisely how many cups we could have in a day because we can't afford the tea bags or the coffee, milk, sugar or heating the water? It just all feels so unfair to me. Food and drink is something that each and every one of us needs to survive. I know my friends and family wouldn't let me go without food if they knew times were tough, so why are we letting others? As a community it is so important that we rally round and do what we can to help those of us that need it. This suddenly made giving up all the foods that I gave up for one month a lot easier to swallow.”



Jackie who raised £180 for the Foodbank.



The Parkinson support group at Whitfield Village Hall

Two of the Dover Foodbank team, Nicola Gisby and Lynn Harris, visited the local Parkinson support group at Whitfield Village Hall on 18th March where they gave a talk to around 20 people, including both carers and those affected by Parkinson's.

A heartfelt thank you to the support group who generously donated both food and money in place of their usual raffle.

Future fundraising: Lilian, one of our warehouse volunteers, will be bravely participating in a parachute jump in July 2015, with funds raised in aid of Dover Foodbank. If you would like to donate to this cause, or have your own fundraising activities for the Foodbank planned, please get in touch!

When clients collect their food from our distribution centres, we try to give as much help as possible regarding how the food provided can best be used. A variety of menu suggestions are given along with clear cooking guidelines. Here are just some of the options...



Dates for your diary

30th May 2015

Volunteer Training Day

2nd - 4th July 2015

Tesco Collection Days

25th July 2015

Dover Regatta - we'll be there!

Dover Foodbank is currently short of the items below. If you are able to help, please drop off any items at one of our collection boxes (see website for further details).



Please give in date, non-perishable food. Thank you for your generosity.

Get involved...

There are a variety of ways you can become involved in Dover Foodbank, including fundraising, volunteering or donating. Our volunteers are invaluable and we are always looking to include more people in the work of the Foodbank, so please contact us through the options outlined below for more information.

Contact Us

Address:

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CT16 1RF

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Website: www.dover.foodbank.org.uk

Facebook: search 'Dover Food Bank'