

Thank You!!

We wanted to start the first Dover foodbank Newsletter with a huge Thank You!! The Dover foodbank has been able to open with the 3 tonnes of food it required.

Setting up a foodbank from scratch is a large project requiring involvement from the entire community. We have had overwhelming support from every area of the community and for this we are very grateful. We were able to open as expected and to start helping those in food crisis in Dover.

We continue to need your support to keep the foodbank running. We will keep the food thermometer updated on our website with the stock totals. We ideally, need to have 3 tonnes of food in stock.

The newsletter will come out periodically with articles which are more in depth than we can put on our website. We will make the newsletters downloadable so that anyone can access them at any time.

There has been a lot of hard work which has gone into getting the foodbank setup, but this is only the beginning. If you would like to help in any way, please email us. We have a wide variety of ways you can help. Thank you for your help and support in advance, the foodbank can only continue with it.

How to Keep up to Date?

We have a variety of ways to keep up to date with the foodbank. The first place to look should always be the Dover foodbank Website. In addition, we also work hard to keep the local newspapers and Dover forum up to date with the latest information.

If you are skilled in the area of social media and would like to volunteer some time for the foodbank, please email us at doverfoodbank@yahoo.co.uk. We'd love to hear from you.

Who Uses the Foodbank?

The Dover foodbank is for local people in crisis who do not have any food. In the Dover community some people are struggling to feed their families and themselves for a variety of reasons.

Those finding themselves in difficulty can get help as we have many good programs in Dover. The Dover Gateway is the best place to start when help is needed. With a voucher, the foodbank provides three days of emergency food which usually bridges the gap before other programs kick in.

Agencies with Vouchers

A Voucher is Required to use the foodbank.

The following agencies can provide a voucher:

Dover Gateway - 69-71 Castle Street,
Dover CT16 1PD

Citizens Advice Bureau -Dover Gateway

Sanctuary Supported Living - Dover
Gateway

Health Trainers (NHS) -Dover Gateway
& Discovery Centre

Age UK - Riverside Centre, Maison Dieu
Road, CT16 1RL

Distribution Centres

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The distribution centre opening times are supplied when a voucher is issued.

Footprints, The Beacon, 37 London Rd,
Dover, Kent CT16 1AL

Old Park Community Centre, Gordon Rd,
Dover, Kent CT16 2ET



What happens at a Distribution Centre?

Our distribution centres are where someone with a foodbank voucher actually collects their food. It is important to remember that it can be very stressful for someone to admit they need help with basic necessities like food. It can take a great deal of courage for someone to admit they need a voucher to the foodbank, however it takes more courage to actually go and receive it. There are a variety of reasons for this, but one of the reasons, is not knowing what will happen when they arrive.

When someone walks through the doors of a distribution centre they will receive a warm greeting and the offer of a nice hot brew with a biscuit. Sometimes it's been a long time since they have had anything to eat. The person will hand in their voucher. One of our trained volunteers will go and put together enough food for 3 days for each person listed on the voucher. While the food is being gathered the person will have the opportunity to chat to another trained volunteers. This is a very important part of the process, as the volunteer not only has time to listen but can help point them to other places for help.

The final step is to give the necessary groceries to the person in normal shopping bags. Shopping bags seem like a small thing, but it is important that the person can go out with dignity and that the groceries are bagged in a standard way.

How Much Food Does it Take?

On the front page of our web site you may see a thermometer which shows how much food we have in stock. This is important because if we don't have enough food donated by the community we cannot keep the food bank running.

We are often asked how much food it takes to make 3 tonnes, or to feed a single person. We are not used to thinking of our own weekly shop in terms of tonnes so it can be difficult to understand how much food the foodbank needs.

Listed below are answers to a couple of the questions we get asked most often.

How Much is 3 tonnes of Food?

3 tonnes of non-perishable food will roughly fill a large garage. According to Tesco's calculations, it would cost in the region of £5,070 and would feed approximately 120 large families, or 150 small families, or 300 couples/singles - each for 3 days.

How Much Food Does One Person Receive for 3 Days?

The items can vary but we always aim to give a balanced diet for the 3 days. This is a

- 1 Small Packet of Cereal
- 2 Tins/Packets of Soup
- 2 Small Tins of Beans or Spaghetti in Sauce
- 2 Small Tins of Tomatoes/Pasta Sauce
- 2 Small Tins of Vegetables
- 2 Small Tins of Meat or Vegetarian
- 1 Small Tin of Fish
- 2 Small Tins of Fruit
- 1 Standard Tin of Rice Pudding
- 1 Small Packet of Biscuits
- 500g of Sugar
- 500g of Pasta/Rice/Noodles
- 40 Tea Bags or Small Jar of Coffee
- 1 Carton of Juice
- 1 Carton or Packet of Milk (UHT or Powder)

We also collect baby food, toiletries, and pet food. Please see the website for the most current list of foods required.



Milk
(UHT or powdered)
Sugar (500g)
Fruit juice (carton)
Soup
Pasta sauces
Sponge pudding (tinned)
Tomatoes (tinned)
Cereals
Rice pudding (tinned)
Tea Bags/instant coffee
Instant mash potato
Rice/pasta
Tinned meat/Fish
Tinned vegetables
Tinned fruit
Jam
Biscuits or snack bars

How Can You Help?

Collecting Food

There are a variety of ways we can collect food. We have collections at the local supermarkets throughout the year. We will post on the website the supermarkets collections as they are scheduled.

We also supply food collection bins for businesses, schools, and churches. Can your organisation be a regular drop point or a collect for special occasions? Please contact us for more details.



What About Cash Donations?

Food collection boxes, shelving for storage, transport and printing costs are just some of the expenses involved in setting-up and organising a foodbank. It has been encouraging to see so many get involved in helping with the start-up phase of the Dover foodbank, but that is only the beginning. A regular donation to support the Dover foodbank can be made by completing a standing order form found on the Dover foodbank website (dover.foodbank.org.uk/get-involved) - send it in together with the completed Gift Aid Form, which will increase the amount of your donation by 25% at no extra cost to you (if you are a UK tax payer). One-off donations are also welcome - but again, please send in a Gift Aid Form with it. Cheques should be made to "Dover Food Bank". Every donation will help people in crisis, so your donations - no matter how small - will make a real difference.

Volunteering

There are a variety of ways that volunteers can support Dover Foodbank. Here are some of the main ones with descriptions of what the roles involve.

Helping with Supermarket Collections

Collections will be arranged in all the major supermarkets in the Dover area. We need at least 6-10 people in each team to cover the chosen day. Between them (generally 1 -2 hrs slots); to give 'shopping lists' to the public in the store; to be friendly and explain who we are; to collect the donated food when customers leave the store and to deliver the donations back to the warehouse. Training will be given.

Helping in the Warehouse

Team members will be involved in sorting, weighing and stacking, donated food. They will make up stock orders & may deliver boxes to the Foodbank centres. Some will upload data to the Trussell Trust online data system. Training will be given for all aspects of the work, but volunteers need to be physically fit.

Administration

This covers a variety of areas which includes Vouchers, Emails, Website, Facebook, and Twitter. These require computer skills and training. Please specify which of the areas in admin you are most interested in helping with.

One off Events

They may relate to specialist help like operating a sound desk or projection equipment or preparing and serving meals or refreshments.