

Newsletter



Issue No 07 – 08/11/2023

We give thanks for the Harvest and prepare for winter.

Once again we have been humbled by the generosity of our community and their generous donations during the Harvest Festival. With over 3600kg donated this means we can continue to support those in crisis over the coming months.

As we prepare for winter the Hertford & District food bank is facing unprecedented pressure, as the number of people needing to access food banks is expected to surge.

Across the UK, food banks are expecting to provide more than one million emergency food parcels between December 2023 and February 2024 – the most parcels ever provided across this period. This equates to an average of one food parcel every eight seconds (11,500 a day) and 7,000 people seeking support.

The soaring cost of living has exposed and exacerbated existing issues, such as our inadequate social security system, and is driving record numbers of people on the lowest incomes to food banks.

In the last six months, donations of food to the Hertford & District Food bank have dropped. Meaning that the gap between what is coming into the food bank and what is being distributed is widening. The Food bank is having to buy more to supplement donations.

We continue to give thanks for all the donations and continued support we have received over this year whilst asking that you continue to support us over this coming winter and beyond.

It is our hope that one day Food banks will no longer be necessary but until that time comes our incredible team of volunteers will continue to serve the community and help those in need wherever they can.

FOODBANK STATISTICS

... a few interesting figures

10... the number of years the Hertford & District Foodbank has been supporting the local communities

16,982... the number of people (10,238 adults and 6744 children) who have been supported with food over the last 5 years.

3,714.... the number of people (2,198 adults and 1516 children) who have been supported this year so far

77... the number of agencies we work with across the district

40... volunteers who regularly help to keep the food bank running

1... shared dream to end the need for Food banks.



Image by Freepik

Christmas is just around the corner. For many this is a time to celebrate, spend time with family and to give and receive gifts. But for those struggling, this Christmas may simply be the choice between heating or food.

We want to ensure that no-one goes hungry this Christmas and so we are asking that if you are able to please do donate an item or two. Our top 5 most needed items currently are:

1. Tinned Meat
2. Tinned Meat
3. Tinned Soup
4. Tinned Rice Pudding & Custard
5. Christmas Treats (biscuits or chocolates)

Please also check the website for our downloadable Christmas appeal posters, reverse advent calendar ideas and up to date food requirements. Thank you.

IMPORTANT INFO



BANK THE FOOD APP

Unsure what to donate? Want to know what items we really need each week?

Download the BanktheFood app, follow the Hertford & District Foodbank and then you'll be able to see an up-to-date list of the items we need whenever you go shopping!

TESCO WINTER COLLECTION



KEEP UP TO DATE

For regular updates in addition to this monthly newsletter please follow us on one of our social media outlets:



IN OTHER NEWS

Free CookALong with NOURISHED

NOURISHED
Free money-saving, waste-preventing, cookery courses and tips

Save Money

Fight Food Waste

Eat Healthily

Learn to Cook

Make the most of your weekly shop through our interactive and engaging sessions that are designed for you to save money, food, and the planet. From online videos to live cook-alongs, we'll whip up delicious meals together whilst sharing our favourite kitchen tips.

Learn two low cost, nutritious, store cupboard friendly festive dishes ready for the holidays.

LIVE COOK-ALONGS:
Online | Friday 10th Nov 2023 | 12:00pm - 2:00pm

Online | Friday 8th Dec 2023 | 11:00am - 1:00pm

JOIN US NOW!
WWW.UKHARVEST.ORG.UK/NOURISHED

UKHARVEST Nourishing Our Harbours
TESCO Community Grants

01243 696940 | @UKHarvest | www.ukharvest.org.uk
Registered Charity Number 1171916

Join NOURISHED this coming Friday and create a wonderful Festive Rough Puff Peach Tart, perfect to make ahead of Christmas and save you time and money on the big day!

Visit: www.ukharvest.org.uk/nourished for the ingredients list and further information.

Phoenix Futures Residential Services

The risks of isolation over the festive period can be one of the most difficult times of the year for people facing addiction. Our services offer protection, a community of support and long-term solutions that will enable people to sustain their recovery this Christmas and for many more to come. Places also available for families with children to keep everyone together during treatment.

Get in touch today – rehab@phoenixfutures.org.uk

PHOENIX FUTURES RESIDENTIAL SERVICES
PROVIDING A
SAFE PLACE FOR RECOVERY THIS CHRISTMAS
AND FOR MANY MORE TO COME

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Residential treatment provides a safe therapeutic environment for people to address their substance use. It is ideal for supporting people to coordinate multiple health and social care needs that might otherwise be difficult in the community.

ACROSS OUR RANGE OF RESIDENTIAL SERVICES WE OFFER:

- A safe, homely, and comfortable environment
- Support from a highly skilled multi-disciplinary staff team (24hr - 7days a week)
- Flexible 3 and 6 month programmes
- Tailored aftercare programmes
- Access to our recovery housing pathway after treatment or support with move on accommodation.
- Support with physical health needs through our nurse and GP
- Education, training, and employment opportunities
- Full structured timetable including weekends and bank holidays
- Leisure activities supported by peers and staff
- Placements for pregnant women and families with children
- Specialist trauma responsive one-to-one service
- Access to on-site counselling

TOGETHER WE CAN SUPPORT PEOPLE TO BUILD HAPPY HEALTHY LIVES IN LONG TERM SUSTAINABLE RECOVERY

PHOENIX FUTURES GET IN TOUCH TODAY – REHAB@PHOENIXFUTURES.ORG.UK
FOR ADVICE, TO DISCUSS SUITABILITY OR FIND OUT MORE ABOUT HOW WE CAN HELP MEET NEEDS IN YOUR AREA

Do you know anyone in need of help?

If you know of anyone facing crisis this winter, please do encourage them to get in touch either with us or one of the agencies we work with.

Citizen's Advice for East Herts: Message Line (anytime) 01920 459 944

We want to see a future where food banks aren't needed and we know that together, we can make that happen.

Hertford & District Foodbank
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Registered in England & Wales

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