

Shifnal Help Food Bank (SHFB) Operations Report

Period: April 2021 to May 2022

Who are we?

Shifnal Help Food Bank is an Independent Charity. We secured Charitable status in May 2021.

Our objective is to provide a food bank resource funded by grants and public donations for the benefit of distressed families in Shifnal and district. We act as an emergency bridge to support families in need.

We rely on physical and financial donations and volunteer support.

Shifnal Help Food Bank has made tremendous progress in 2021 and into 2022. It continues to be a valuable and vital asset to the community, making connections of support and caring, and St Andrew's church where we are located is an essential hub for that support.

What do we do?

We have had a busy and productive year at the Food Bank, growing in all directions.

A food parcel contains longlife items, aiming to provide for a balanced and healthy diet, taking into consideration any stated allergies, or intolerances. We use the financial donations we receive to purchase fresh fruit, vegetables, bread and eggs for each parcel. As we do not have the provision to store fresh food, these items are shopped on demand, when a parcel is requested.

As Food Banks differ in the number of days support for which they provide in each parcel, the number of meals supplied has become an accepted standard amongst Food Banks to measure the amount of support provided.

SHFB provide a parcel aiming to support its recipients for 7 days.

In the year from April 2021 to April 2022 SHFB supported a total of 395 people providing the equivalent of 8295 meals.

Cumulative demand in 2022 is similar to this point last year. The expectation is that demand will rise given the hikes in the Cost of Living and particularly energy bills.

Requests via the Food Bank telephone line have increased as awareness of the Food Bank grows.

Who are we supporting?

We have a dedicated Food Bank telephone line held and managed by a single volunteer, who receives calls and arranges for parcels to be made up and collected.

We also have a FB page and website, where people can make contact and request support.

We have good links with Housing Associations, Social Prescribers, Social Workers, Domestic Abuse Service, local surgeries, and schools, all of whom refer people in need to us.

One of our strongest links has developed with Idsall School and their Pupil Premium Managers. We provide parcels for families in need identified by the school.

How do we operate?

We continue to receive a very steady stream of generous physical and financial donations to the foodbank, and are so grateful to all our supporters, including the Co-Op and Woods Drycleaners, who have collection points for people to drop their donations. We have a very dedicated team of volunteers who are also part of the Management committee for the foodbank, meeting fortnightly to discuss the progress and development of the foodbank operation.

We have a small but growing dedicated group of volunteers, who take responsibility for the careful management of stock, receiving food donations and making up parcels, and meeting people as they collect their parcels.

What support/links do we have?

Huge thanks go to Rev Chris and the PCC, for hosting and supporting the Food Bank in St Andrew's Church, Shifnal. Shifnal Town Council secured significant capital grants for Shifnal Help Food Bank and the support from local businesses, community groups and the public continues to be invaluable. Thank you.

We have links with the Shropshire Food Poverty Alliance. They provide very valuable support and sharing of information between other Shropshire Food Banks. Providing links for training, Citizens Advice, Mental Health support networks and training, Support with Money Worries etc. We attend a monthly meeting where we share experiences, best practice and the Shropshire Food Poverty Alliance Coordinator has key links with Shropshire Council and schemes.

We maintain strong links with Telford Crisis Support, who have provided invaluable guidance, best practice and on occasion overflow storage for donations.

We have recently begun to support a project, Let's Cook Messy Style, supporting struggling families. The adults cook together, learning nutritious, budget friendly recipes, collect the children from school, reconvene and share a meal together. SHFB provide the ingredients.

The Future?

The SHFB aims to continue to respond and support the needs of struggling families, whilst ensuring that any support falls within the scope of our charitable objects.

It is possible that we may need to develop, as other food banks, to provide signposts and support for those whose need for food support stems from problems arising from poor mental health, rising energy prices and costs of living increases. We are monitoring demand and getting advice from our support networks.

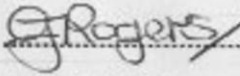
We are so grateful to all our volunteers and trustees for the tremendous support the SHFB receives every day. It is the generosity and caring of the community of Shifnal supporting its most needy families that enables us to function. We all long for the day when we are no longer required, when families are not reliant on Food Banks to feed their families.

Signed  CATHERINE ROGERS
Trustee and Secretary for Shifnal Help Food Bank

Date:

18/5/22.

SHIFNAL HELP FOOD BANK INCOME & EXPENDITURE SUMMARY

<u>2020-21</u>	<u>Year 6/4/2021 to 5/4/2022</u>		
	<u>INCOME</u>		
-	Balance brought forward		£9,212.91
3,590	Shifnal Town Council	-	
1,635	Shifnal freemasons	-	
1,000	Western Power	-	
500	Shropshire CC	-	
-	Spotlight Accounting	300.00	
-	NatWest compensation	400.00	
-	St Andrews Choir	<u>184.84</u>	884.84
<u>5,060</u>	Numerous private donations		<u>1,668.18</u>
11,785			11,765.93
	<u>EXPENDITURE</u>		
428	Racking		-
311	Screens		-
300	Website		-
40	Step ladder		-
60	Trolley		-
100	Carpet repair		-
500	Donation - MHA Communities		-
110	Telephone charges		60.00
-	Insurance		466.40
-	Christmas hampers		784.00
<u>723</u>	Food, toiletries etc purchases		<u>2,297.91</u>
£9,213	Balance carried forward		£8,157.62
	Prepared by the Treasurer and examined by the Secretary.		
		Date <u>18/5/22</u>	
	Mrs C J Rogers		