



NEWSLETTER

March 2016

introduction

Throughout 2015, we provided food parcels to 5,351 people, approximately 55.5 tonnes. We now have a network of over 200 referral agencies and over 40 collection points for the community to drop off food donations that range from schools, Churches, a hospital, businesses and work places. We are now also providing emergency food boxes for clients who need access to food out-of-hours at various locations in the community; QE Hospital, Highgate Fire Station and the Sparkbrook Community and Health Centre. A total of 58 tonnes of food was donated by the community during the year.

We have a new permanent collection point at Tesco Knowle and we collect small amounts of surplus bread, cakes and fruit and vegetables each week from Marks and Spencer, Greggs and a local bakery. We have also been preparing this year for a third satellite at Hall Green, due to open in the first half of 2016 and thereby making us more accessible to clients.

As more people come to us for support, we have also identified that significant numbers are also in need of emergency clothing. We were contacted by the QE Hospital Birmingham, because they are experiencing growing numbers of patients who are being discharged, but needed clothes to go home. After discussions, Narthex Sparkhill and the QE Hospital Birmingham are partnering together to pilot a new Clothing Bank, based in Sparkhill, that will provide local people and needy patients being discharged, with urgent supplies of clothes. We have established a steady flow of donations through the collection points at the hospital for food and clothing and we hope to open the clothing bank soon.

facts and figures

- ▶ We are distributing up to 1.5 tonnes of food each week
- ▶ We also include toiletries, pet food, household cleaning items and a few children's books
- ▶ We make appointments for clients with our one Money Advice, Carer Support and Domestic Abuse/trafficking workers for specialist support.



a word of thanks

“ Often the food parcel is a way of caring and meeting the needs of those who find themselves in incomprehensible situations, it helps restore dignity to many and by addressing their primary basic needs it allows us to focus on helping the in other areas...”

feedback from a referral agency

“ The willingness to talk with those in need, in taking time and the non-judgemental approach. The foodbank also provide a lot of additional items such as toiletries, etc.; all of which make a huge difference when trying to help people in need. Often it is the thoughtful attention to detail and consideration to other aspects apart from just providing a food parcel which really makes the Sparkhill team shine!”

more feedback from a different referral agency

“ Please pass on my thanks to all the staff and volunteers at both Foodbanks for their help, guidance, company and smiles. I found the teamwork and dedication very special.”

quote from a short-term Volunteer

case study

'Darren' arrived at the foodbank, upset and distressed that he was not able to feed his 9-year daughter. He had worked all his life, but his zero-hours contract had recently not been providing any work. His wife's job was able to pay for the rent and some utility bills, but they did not have sufficient funds to cover the cost of food and utilities. He had managed to borrow £10 from a neighbour to cook the food we provided in our parcel and he left feeling happier that he could make sure his daughter was fed and was warm.

Balsall Heath spotlight

“ Since the beginning of the year, we have given out 28 food parcels to individuals and families. Often clients travel some distance and find the space and engagement here, a welcome relief where they can offload and unwind even if only for a brief time. Thank you to the fantastic team of volunteers who enable this to happen. ”

Some of our excellent and hard-working volunteers here at Balsall Heath!



Sponsor a trolley!

Can you support us by sponsoring a trolley? For £45 we can put a personalised donation trolley in your school, church or place of work; a fun way of collecting food to help Sparkhill Foodbank!



A great big thank you to our departing volunteer, Paulene Hickman

Yardley Wood spotlight

“ After a busy Christmas, the start of 2016 has been relatively quiet; although we have seen fewer clients, there has been an increase in food donations, with local families and individuals delivering food to us on a Wednesday morning.

It is with sadness that we say 'goodbye' to Paulene Hickman, one of our volunteers; she will be greatly missed and we wish her well for her move to Coleshill. ”

Some of the Christmas Presents gratefully received by our Yardley Wood satellite team



Permanent Collection Points

In addition to permanent collection points at TESCO Hall Green, TESCO Extra Solihull, and WAITROSE Hall Green, we now have a point at TESCO Knowle. You can support Sparkhill foodbank while you shop by putting any donations here.

A huge thank you to both TESCO and WAITROSE for their support!



ways to help

- ▶ **Food donations** - If you would like to donate non-perishable, in-date food to the foodbank, please give us a ring on **0121 771 0464** (there's an answering machine if we are unavailable) or by email at **foodbank@narthex.org.uk**. We would love to hear from you!
- ▶ **Volunteering** – There is a range of volunteer roles from sorting out donated food, making up food parcels, supporting clients, reception work, administration, supermarket collections and cleaning. We have a volunteer recruitment process and give all relevant training. Regardless of how much time you have to offer we would be appreciate your help, from a one-off support for a supermarket collection to a more regular slot each week. Please contact Liisa or Gareth to find out more and discuss how you could volunteer with us. Being a volunteer is both personally rewarding and crucial to the ongoing work of the foodbank
- ▶ **Fundraising** – either through mobilising organisations such as schools/childrens centres/Churches etc... to collect food/money or through organising fundraising events for money to buy additional food items for the foodbank

how to donate

- ▶ You can also use your mobile to donate money that will be used to buy food that is in short supply: Text **nar11 £5** or **£10** to **70070**
- ▶ Post a cheque payable to 'Narthex Sparkhill' (and please supply your name and address if you as a UK taxpayer, would like to apply **Gift Aid** your donation)
- ▶ Go to **https://www.charitycheckout.co.uk/1234342/Donate** to donate directly to the Foodbank

Website: www.sparkhill.foodbank.org.uk Twitter: [@sparkhillfood](https://twitter.com/sparkhillfood) Facebook: www.facebook.com/sparkhillfoodbank

Sparkhill Foodbank, 6a Bard Street, Sparkhill,
Birmingham B11 4SA
tel: 0121 771 0464 email: foodbank@narthex.org.uk

Narthex Centre, St John's Church, St Johns Road,
Sparkhill, Birmingham B11 4RG
tel: 0121 753 1959 email: enquiries@narthex.org.uk