



NEWSLETTER

September 2016

introduction

Sparkhill foodbank and its satellites continue to be busy supporting local people in crisis, with a steady flow of parcels being distributed each week from numerous venues including from our satellites in Balsall Heath and Yardley Wood, as well as emergency parcels from Highgate Fire Station and the Queen Elizabeth Hospital. We have also been busy developing new initiatives to run alongside our project over the past few months, increasing the range of support to local people in crisis.

Our clothing bank is now up and running and we are due to open in the autumn a third satellite distribution point in Hall Green to increase our presence and availability to local people. We also have started running a series of free 6-week courses on planning and cooking healthy meals.

We are sadly saying goodbye to our wonderful Apprentice, Nafeesa and our foodbank Support Worker, Chione, is going on maternity leave but will return next year.



Queen's Award

NartheX Sparkhill charity, of which the Sparkhill foodbank is one project, was honoured with The Queen's Award for Voluntary Service in July. The award, considered the MBE of volunteering, recognises volunteers who provide excellent service and support.

Eat well, Spend Less

We have now successfully completed our first 6-week 'Eat Well, Spend Less' course that is free for people to learn how to cook and eat healthily on a budget. Thanks to our wonderful volunteers Donna and Gregg for running this and for the Trussell Trust for the course material and grant to buy equipment! More courses to follow...



Clothing Bank

Our clothing bank provides one set of good quality, second-hand clothing to local people in need of emergency clothing, offered alongside support and signposting for any underlying issues. In partnership with the Queen Elizabeth Hospital, we also run this service on site for patients being discharged without appropriate clothes.

facts and figures

- ▶ We are distributing around 1 tonne 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.

case study

'David' came to the foodbank after the recent death of his father. Living in a hostel and on ESA benefits he has found himself unable to eat due to spending his benefits over the past few weeks on the funeral costs of his father. We provided emergency food and offered further signposting help.

Balsall Heath spotlight

“ The satellite in Balsall Heath continues to be an important part of the local community and run week-to-week by a team of dedicated volunteers. Three new drivers have just come forward and the partner organisations, Balsall Heath Church Centre, Balsall Heath Forum and AshramMoseley Housing Association, are constantly looking at new ways to support and sustain the satellite. Thank you Narthex Sparkhill, and Liisa in particular, for enabling the satellite to be here and to continue. ”



Some of our excellent and hard-working volunteers here at Balsall Heath, celebrating the Queen's Award!

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!



Yardley Wood spotlight

“ We are now at the start of our fourth year here at Yardley Wood. 2015/16 saw a similar number of clients visiting our satellite as in the previous year. As always we are very grateful to our 8 partner churches for their support in volunteering and in donating the bulk of our food. ”

Andrew delivering food from Christ Church, Yardley Wood



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 **nart11 £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** Facebook: **www.facebook.com/sparkhillfoodbank**

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