

SUPPORT US TODAY

We rely on voluntary income to keep our food bank operating. Every donation we receive helps us continue to be there for people who need our support. Please return this form to the address on the back of this leaflet. Thank you!

Name:

Address:

Postcode:

Email:

I enclose a gift of

£

(Please make cheques payable to The Forest Foodbank)

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BOOST YOUR DONATION BY 25P OF GIFT AID FOR EVERY £1 YOU DONATE.

☐ I want to Gift Aid my donation and any donations I make in the future or have made in the past four years.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Date:

You can also donate online at:

theforest.foodbank.org.uk/give-help/donate-money

Wed love to tell you about the amazing difference you make. How would you like to hear from us?

☐ by email

☐ by post

The Forest Foodbank is committed to protecting your privacy and will process your personal data in accordance with the General Data Protection Act 2018. The Forest Foodbank collects information to keep in touch with you and supply you with information relating to our work. This includes informing you of fundraising that might be of interest to you. The Forest Foodbank will never sell or pass your details to anyone who isn't directly working on our behalf.

CONTACT US

The Forest Foodbank

Eastern United Business Park Ruspidge Road
Gloucestershire GL14 3AW

General enquiries

info@theforest.foodbank.org.uk

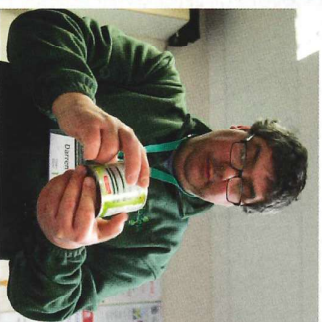


@FoodbankForest



[theforestfoodbank1](https://www.facebook.com/theforestfoodbank1)

Registered Charity in England & Wales (1183196)



We're part of a network of over 1,300 food banks supported by the Trussell Trust.

We provide practical, community-led support for people facing hardship, while working together towards a future without the need for food banks.

Learn more: www.trusselltrust.org



EMERGENCY FOOD AND
SUPPORT FOR LOCAL
PEOPLE FACING HARDSHIP

WHY DO WE NEED A FOOD BANK IN THE FOREST?

Over the last five years, the number of emergency food parcels provided to people in crisis by food banks in the Trussell Trust's network has increased by 73% and last year The Forest Foodbank distributed 1,271 food parcels to our local community.

Every day, too many people are waking up without enough money to afford the basics – to feed their families, pay their bills, or keep warm. This simply isn't right.

14 million people live below the poverty line in the UK. People in The Forest are going hungry today.



Source: The Joseph Rowntree Foundation

The Forest Foodbank is here to help anyone who is facing hunger get the support they need. We want everyone to be able to afford their own food, but until a hunger free future is possible, we'll be here for as long as we're needed to make sure no one in our community goes hungry.

We're part of the Trussell Trust's UK-wide network of food banks. We provide emergency food parcels and practical support to help people in crisis, including offering advice and signposting people to other services, like debt advice support, that can help them break free from poverty.

Find out more about our food bank, visit:

theforest.foodbank.org.uk



In 2019/20, food banks in the Trussell Trust network gave out a record 1.9 million food parcels to people in crisis and numbers are continuing to rise.

HOW DOES THE FOREST FOODBANK WORK?

STEP 1 > FOOD IS DONATED

Non-perishable food is donated by schools, churches, businesses, and individuals to the food bank.



STEP 2 > FOOD IS SORTED AND STORED

Food bank volunteers sort the food, checking it's in date, and store it ready to be organised into emergency food parcels.



STEP 3 > PROFESSIONALS IDENTIFY PEOPLE IN CRISIS

Food banks partner with a wide range of care professionals like doctors and social workers to identify people who might need support from their local food bank. They can issue people with a food bank voucher if needed.



STEP 4 > PEOPLE RECEIVE FOOD AND FURTHER SUPPORT

Someone who has received a food bank voucher can then bring it to a food bank, where they will be provided with emergency food supplies. Volunteers can also signpost people to agencies that might be able to help them address longer-term issues.



CAROLINE'S STORY

"I didn't want to go to a food bank. I was very embarrassed."

Caroline struggled with mental health issues from her early twenties, as well as raising a severely disabled daughter. After a brief stay in hospital and realising her Employment and Support Allowance wasn't enough to afford the essentials for her and her daughter, Caroline was forced to use a food bank.

"I didn't want to go to a food bank. I was very embarrassed. I think there's that feeling of failure in a way, where I'm thinking, why am I having to go and get free food?" The support she received from the food bank enabled her to get back on her feet.

WE NEED YOUR HELP

SHOPPING LIST

Tinned meat
Tinned fish
Tinned veg
Tinned fruit
Cooking sauces
Coffee
Milk (UHT or powdered)
Cereal
Fruit juice (long life)
Tinned pudding
Lam
Instant mashed potato

DONATE FOOD

Visit our website to check what we need most before donating.

VOLUNTEER

Your skills could make a real difference at our food bank.

DONATE MONEY

However much you can afford to give, your support helps our food bank run.

theforest.foodbank.org.uk/give-help

How to get help from The Forest Foodbank

You will require an e-referral from one of the following agencies:

St James Church, Bream – Claire Phillips 01594 562985, open Monday, Tuesday, Wednesday and Thursday 9am to 1pm. Friday 9am to 3pm.

Katrina Cracknell, Forest & Wye Community Church, Cinderford. Mobile number – 07944591112

CCP (Green Square) Gloucestershire Community Based Support – Cinderford, Coleford and Lydney Debt, Housing, Budgeting 0300 365 2002

FODCAB – North and West Gloucestershire Citizens Advice Low Income 0300 330 9006

Salvation Army Low Income, Social Care, Debt 01594 839106

FoD Families Children's Assessment Teams Social Care 01452 426565

Age UK Community & Social Care, Legal, Housing, Financial & Social Isolation 01452 422660

Help through hardship – Low income support – 0808 208 2138

Change, grow, live – Drug & Alcohol Dependency Support – 01452 223014
(www.changegrowlive.org)

GDASS – Supporting victims of domestic abuse Designed to reduce the level of domestic abuse and improve the safety of victims and their families. 01452 726570
Email: support@gdass.org.uk

Our Distribution Centres are open

LYDNEY

Tuesday 1 pm - 3 pm

VENUE

Lydney Town Football Club, Swan Rd, Lydney GL15 5RU

COLEFORD

Wednesday 10 am - 12 noon

VENUE

The Salvation Army, Broadwell

CINDERFORD

Thursday 1 pm - 3 pm

VENUE

The Forest & Wye Community Church, Parragate Road, Cinderford

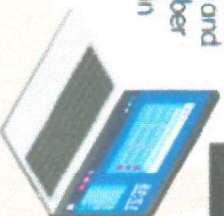
WHAT TO EXPECT

when you visit The Forest foodbank

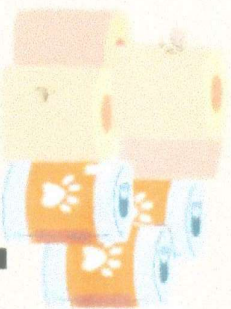
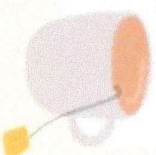


When you arrive, the volunteers have **green tops** and will greet you and show you what to do

You will be asked for your name and voucher number by our admin



While your food parcel is being prepared, we will offer you a drink and a chat about any further support you may need



The volunteers will guide you to a table with toiletries, household products, extra food and pet food. These are in addition to your food parcel.

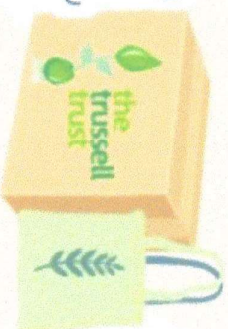


We have staff from Caring for Communities and People available for you to speak to.



Certain items such as tea/coffee/cereal etc can be swapped out to suit your tastes

Our food parcels come in boxes. We can transfer into bags if needed. Please bring any bags you have with you



When you are ready, food bank staff will help you out with your boxes or bags.



If you would like more information, or to discuss your visit please call: 07775 265 263