



Single Start-Up Packs

We have many single people coming to foodbank with very little in the way of kitchen utensils, and for some months we have been collecting a variety of items that are being distributed as **Single Start-Up Packs**.

They contain a dinner plate, side plate, dish, mug, knife, fork, spoon, tea spoon, can opener and small saucepan. So far, word of mouth has brought in a huge response and many packs have already been distributed throughout our three centres.

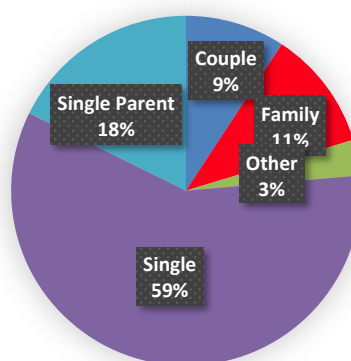
However, we do need more small saucepans and can openers to complete our packs (please, nothing else, we have more than enough of the other items). Can you help? Have a look in your kitchen, or at the kitchen where you work or worship. Ask family and friends also, to hunt out small saucepans and can openers that are no longer in use, or perhaps you could organise a collection amongst your group? If you can help, either.....contact Sue Trotman on astonsue@hotmail.com, call the office on 07384213621/ 0121 359 0801, or take the item/s to one of our distribution centres during opening times.

We don't just give out food

Numbers of single people coming to foodbank have increased over the years as more hostels have opened up, particularly in the Aston area. During the period April 2019 to February 2020 **singles accounted for 59% of recipients overall**.

Handing out start-up packs is just another way we are able to respond to the urgent needs of our communities in crisis, and your help is much appreciated!

Recipients April 2019 - February 2020





KAISER CHIEFS support foodbank

British Indie band, winner of 3 Brit awards and with a mountain of successful albums to their name, Yorkshire band Kaiser Chiefs are also supporters of Foodbanks. ANFB were delighted to accept an offer to hold a cash collection at their recent Birmingham Arena concert. Four volunteers, David, Sara, Clare and Kerry donned eye-catching outfits and greeted the fans as they entered the arena with buckets at the ready. A total of £357 was donated and complimentary tickets were handed to our four volunteers who were then able to enjoy the concert. Well done Kaiser Chiefs and thanks for inviting us. Perhaps more bands could be persuaded to do the same!



Since 1st April 2019
ANFB have helped
3,515 people

Mission verse

"For I was hungry and you gave me something to eat. I was thirsty and you gave me something to drink. I was a stranger and you invited me in. I needed clothes and you clothed me...."

Matthew 25: 35-36

To unsubscribe from this newsletter, send a message to info@astonnechells.foodbank.org.uk with the word "unsubscribe" in the subject, or text our mobile telephone number 07384213621 with "unsubscribe" and the first part of your email address. Thank you.

Thanks to all who participated in the January Tesco collection. The total weight of **292.04kg** was donated plus a cash amount of **£86.**



VOLUNTEERS.....WE LOVE YOU ALL!

Volunteer roles at ANFB are many and varied; we have three distribution centres, a warehouse, food and cash collections are held at Tesco plus a number of additional locations. We need folks to cover all of these activities plus the massive job of administration, finance and management.

A recent visitor to one of our distribution centres commented that they had no idea of the scale or complexity of the work carried out during a two and a half hour session! Warehouse volunteers battle with storage logistics, deliveries and the sheer physical effort that handling our stock entails. Admin is never ending and another vital cog to the foodbank wheel!

When we organise a food collection at Tesco or before Aston Villa matches, we require a constant flow of people holding buckets or distributing shopping lists, often in cold weather.

ANFB simply could not function without the commitment of so many willing hands and kind hearts. With our client numbers increasing once more it is vital to maintain our service to those in

food crisis, if you are interested in joining ANFB, you would be very welcome, talk to one of us or contact the office.



Our volunteers are highly valued and at this time of the year we hold our winter 'thank-you meal'. On the evening of January 24th, 55 volunteers and guests enjoyed a delicious meal together at The Heart of Aston Social Club. Just a small token of thanks and recognition for work that can at times be most challenging, but ultimately so rewarding.

WHERE ARE WE?

ANFB distribution centres are in Nechells, Ward End and Aston.

St Matthew's Church, Wardlow Road, Nechells, B7 4JH
every **Monday**
from 12.00 to 2.30pm

Unity Hub, St Margaret's Church, St Margaret's Road, Ward End, B8 2BA every **Wednesday**
from 1.00 to 3.00pm

The Salvation Army, Gladstone Street, Aston, B6 7NY
every **Friday**
from 12.30 to 2.30pm

ANFB Warehouse is now located at St Matthew's Church, 63 Wardlow Rd Nechells B7 4JH and is open for deliveries from **10am to 12noon every Tuesday**.

A client's story

K, a 40-year-old man lost his livelihood as a hairdresser after a minor accident caused damage to his hand. He was unable to do his job and had to give up a career he loved. He lost confidence and suffered a mental breakdown from which he is still recovering. He found himself in shared accommodation but has just been evicted because he brought his beloved pet cat with him and the landlord would not allow him to keep a pet. This is just the tip of the iceberg as there are other difficulties K has been trying to overcome; he sobbed as he told his story.

shopping list

- tinned meat
- long life milk
- cartons of juice
- tinned fruit
- tinned rice pudding

**items most
needed**

- tinned fish
- coffee
- packet soups (not tinned)
- tinned carrots
- rice
- squash
- cereals
- biscuits
- toilet rolls
- toiletries



Are you an online shopper who wishes to support foodbank? Why not order items from our shopping list online with any of the major food stores or from Amazon, and have it delivered directly to our warehouse at St Matthew's Church any Tuesday between 10 am and 12 noon. If this works for you, give it a go!!



contact us

Aston and Nechells Foodbank
Admin Office
St Matthew's Church
63 Wardlow Road
Nechells
Birmingham
B7 4JH

Phone: 0121 359 0801

info@astonnechells.foodbank.org.uk

www.astonnechells.foodbank.org.uk

join us

We love to welcome new volunteers to the Foodbank Team. If you want to know more about how you can be involved please contact Aston and Nechells Foodbank on

0121 359 0801 or 07384 213621

Leave your details and a member of our admin team will get back to you.

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