

# Newsletter



**Say Hi...** We now have a full time Project Manager based at our main distribution centre in Gateshead. Lesleyann Watson joined us in October 2021. She has been getting to know the volunteers, referral partners and in house systems, building positive relationships. She will be working closely with partners to look at ways to support Foodbank users and ensure they are receiving the right advice, support and guidance. It's great to have someone with Lesleyann's experience and energy and we're delighted to welcome her to the team.

## Our Volunteers at Gateshead Foodbank.

Thank you to all of our fantastic volunteers, whose dedication & commitment makes such a difference across Gateshead.

## Prayer Points.

As so many more people are facing acute poverty, we ask you to pray for people in Gateshead to have

- the courage to reach out for support where it is needed;
- access to the right social security benefits and for new employment opportunities for those in a position to work; and
- hope, and for opportunities to develop or maintain supportive relationships in safe ways.

## Stats for March:

Donations In:

8825.36 kg

Donations Out:

8462.90 kg

People fed total: 513

Adults = 352

Children = 161



## Thank you to all our donors

We are fortunate to have many donors, ranging from individuals to schools, churches, supermarkets and other businesses. Here's a few examples, with more to follow in future newsletters.

We've received a donation of £460 from the Team Valley branch of the leading UK workwear suppliers, **Johnsons Workwear**. They raised this in a Christmas raffle and from individual donations made by staff instead of buying Christmas cards.

## Thank you to all our donors...continued:

A local business, **Sporting Icons** launched in September 2020 and creates quality, limited edition bobble hats, inspired by icons from the world of sport. They donate an incredible 25% of their profits from each bobble hat sold to support Gateshead Foodbank and so far, have donated over £2,500. <https://sportingicons.co.uk/>

Two sisters, **Mina** and **Jenna** raised over £70 in March selling their own, handmade jewellery at Barley Mow Village Hall. Mina is in year 7 at Lord Lawson of Beamish Academy and Mina attends Ravensworth Primary School. The girls used the money raised to shop for a food bank donation at Morrisons in Birtley. With the help of a surprise discount from **Morrisons**, they delivered over 125 kilogrammes of food to the Gateshead Foodbank warehouse.

**Gateshead FC** have been working with Gateshead Foodbank on a regular basis, there will be a collection at the Gateshead International Stadium on the last home game of the month. We'll have a stand at the home match against Southport FC on Saturday, 30 April, receiving donations between 1pm – 3pm.



## Cutting Plastic Waste and Costs

Supermarkets are required to charge for plastic carrier bags, so we have to buy them in bulk for Foodbank users to carry their shopping. This costs £200 a month. Next time you make a food donation, please consider adding any of those unwanted bags for life which may be cluttering up the boot of your car, knowing that they'll be put to good use.

We need strong, durable, medium to large size carrier bags. Thank you!

## Gateshead foodbank Shopping List

Milk (UHT or powdered)  
 Sugar (500g)  
 Long life fruit juice  
 Tins of Soup  
 Pasta sauces  
 Sponge pudding (tin)  
 Tinned Tomatoes  
 Tinned Vegetables  
 Breakfast cereals  
 Tinned Rice pudding  
 Tea Bags  
 Jar of instant coffee  
 Instant wash  
 500gms Rice  
 500gms Pasta  
 Tinned meat/fish  
 Tinned fruit  
 Jar of Jam  
 Packets of Biscuits  
 Snacks

Please help feed local people in crisis by buying items from our list and donating them to Gateshead foodbank.

Thank you!



## Shopping List

Our umbrella organisation, The Trussell Trust has worked with nutritionists to ensure Foodbank users' shopping contains healthy, balanced meals. Our foodbank provides seven days of nutritionally balanced, non-perishable food.

The shopping list on the left shows the items we collect. We also welcome donations of toiletries. As well as items listed, we give out fresh fruit/vegetables, bread, and eggs when we have them (we do not require any fresh items donated). You can leave donations at any of the donation points listed on our website. You can also speak to our Warehouse Team on 07496 840 722 or email: [warehouse@gatesheadfoodbank.org](mailto:warehouse@gatesheadfoodbank.org) to arrange a donation direct to the warehouse.