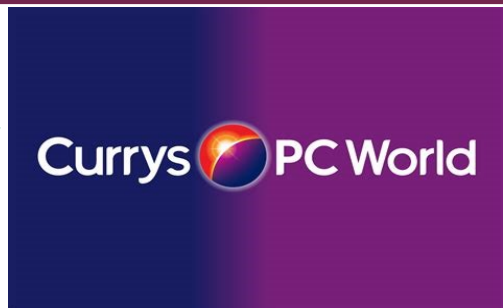


# Newsletter Gateshead foodbank

## Thank You to Everyone at Currys Team Valley

Staff from the Team Valley branch of Currys PC World came along to help at our Tesco supermarket collection in December last year. They worked hard and made a real difference in handing out shopping lists to Tesco customers and sorting food donations. They then followed this up earlier this year with a staff raffle.



Then on Saturday 3rd June Currys had an event for Gateshead Foodbank for both the public and staff at the Team Valley store. They had a tombola, a cake sale and also a raffle from which they raised a fantastic £350. On top of that the staff made a substantial food donation as well.

The Business Centre Manager, Tony Richards will be running the Great North Run to raise funds for Gateshead Foodbank on 10th September. Good luck to Tony, and a **massive thank you to everyone at Currys Team Valley for your continuing support.**

## Statistics

In the first two months of the current financial year (1 April to 31 May), Gateshead Foodbank received virtually 17,900 KG of food into our warehouse on the Team Valley, and gave out just over 18,900 KG of food, representing a deficit of 1,000 KG. Of the food received, we bought in almost 5,500 KG of food, representing just over 30% of all stock in. It follows that the food we give out continues to exceed the food we receive, and we're continuing to buy in food to match demand.

## Supermarket Collections on 15th July and 19th August

Our next supermarket collection will be at Tesco, Trinity Square on Saturday 15th July between 10:00 AM and 4:00 PM.

Our next collection after that will be at Asda, Metrocentre on Saturday, 19th August, again between 10:00 AM and 4:00 PM

If you are free to come along and help out with either of these



collections by handing out shopping lists or helping to sort through food donations then please email us at [info@gatesheadfoodbank.org](mailto:info@gatesheadfoodbank.org). Alternatively you can just come along to meet some of our volunteers, hear more about the Foodbank and even make a donation of food or money (or both!)

### Gateshead Foodbank Needs You!

We have vacancies for volunteers at our warehouse in the Team Valley and at our distribution centres in Central Gateshead and in Blaydon. We really need more help, and volunteering with Gateshead Foodbank is not only very rewarding but also very sociable. So, if you can spare a few hours once a week, then please search for "Gateshead Foodbank vacancies" on your search engine to read about the roles and to apply. If you want to know more or to come along for a taster session then email us on [info@gateshead.foodbank.org.uk](mailto:info@gateshead.foodbank.org.uk)



**Vicci Mulholland** is a 43 year old Mum of two boys. She took up running after her second child and joined the Red Kite Runners a few years ago. She was lucky enough to get the club's London Marathon place for 2023.

In her former work as a Nurse Practitioner in Newcastle's Urgent Treatment Centres, Vicci saw how individuals and families have to prioritise food or going to work over seeking medical attention or buying basic medicines. She arranged a street collection for Gateshead Foodbank and when she dropped it off at our warehouse the reality hit home even more. Vicci is fortunate enough to have a good job and money coming in, although she too is feeling the anxiety of covering all the bills. She thought about those who are not in her position and knew that the Foodbank was the right cause for which to raise money from the London Marathon.

It was the hardest race Vicci has run. Unfortunately, she injured her hip at three miles but kept going through the pain over the next 23 miles, knowing that she was raising money towards such a worthy cause. She could hardly walk as she crossed the finish line!

This photo shows Vicci with her medal after finishing the Marathon. She raised an incredible £792 for Gateshead Foodbank. **Thank you, Vicci!**



### A Variation on the Lord's Prayer

We'd like to share with you the following prayer which was written by John Kempton, who is part of the Trussell Trust Church Engagement panel of people with lived experience. It's an adaptation of the Lord's Prayer that puts into context how together we can display compassion:

*Our Father in heaven, be close to us in our life day by day hearing our prayers and answering with kindness.*

*Hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Help us to make earth more like heaven by being kind to one another, helping each other out and showing compassion whenever we can.*

*Give us today our daily bread. Please make sure we all have enough to eat today and when we have more than enough help us to share with those around us. Forgive us our sins. We all do things wrong; please forgive us when we make mistakes.*

*As we forgive those who sin against us help us to keep caring for people around us even when they are difficult because we know you love us even when we are difficult. Lead us not into temptation but deliver us from evil.*

*For the kingdom, the power and the glory are yours, now and forever.*

*Amen.*

### King's Coronation Big Lunch at the Metrocentre

On Sunday, 7th May the Metrocentre hosted the King's Coronation Big Lunch in Exhibition Square, to celebrate the coronation of HRH King Charles the day before. They invited shoppers to join in some fun activities, and to bring a packed lunch to enjoy in the main square, while the Metrocentre hosted entertainment such as the Metrognomes (pictured here) and face painting.

The Metrocentre raised over £200 in ticket sales and donations on the day of the event for Gateshead Foodbank. Many shoppers who didn't have cash on the day donated directly to the Foodbank via our Just Giving page.

Our thanks go to Assistant Marketing Manager, Lisa Orme and her colleagues as well as Metrocentre shoppers for this brilliant donation.



### HMP Low Newton Homeless Kits

HMP Low Newton is an all-female maximum security prison near Durham. The inmates have been producing kits for homeless people in the prison workshops. The kits are made up of hats, mittens, wallets and a carry sac all from repurposed uniforms, together with a grey t-shirt. The inmates have also been making tote bags out of cargo pants. This is being done in partnership with the retailer, Ocado which pays all costs. Some Foodbank users are homeless and Low Newton have kindly been donating many homeless kits for them to keep, together with the tote bags which we use for packing people's shopping.



### Thank you Cats Protection

We don't give out only food to local people in need at Gateshead Foodbank. We also provide free from food, including halal, and things like tin openers, toiletries, sanitary products, toilet rolls and nappies. Often foodbank users have a pet so we welcome donations of dog and cat food as well.

One of our regular donors is the charity, Cats Protection who deliver donations of cat food to our Team Valley warehouse. It's great to see the relief on someone's face when they were worried about having the money to be able to feed their pet and finding that we could provide them with some pet food, as well as everything else.

### Poem for Volunteers' Week 2023

Volunteers' Week took place between 1st and 7th June. It's an annual celebration of the contribution millions of people make across the UK through volunteering in their communities. This year the work of our volunteers at Gateshead Foodbank has been more important than ever with food price rises and more people hitting crisis point. Within the Trussell Trust foodbank network, over 36,000 people gave over 800,000 hours of their time for free in the last year.

We were touched by a poem which was posted by a volunteer at the Leek and District Foodbank, Leanne Smart as we feel that it captures the work and the experiences of our own volunteers brilliantly, so much so that we decided to republish it ourselves. It's called Poem for Volunteers' Week 2023:

We hear some stories,	A genuine smile,
We see some pain,	To show we understand
We hear of sadness	Is sometimes all it takes,
And in eyes see life's strain.	To give our clients a helping hand.

We get a lowdown of what's been,	They were not judged
And the fear of what's to come.	And though the visit may be brief,
With the ever-changing crisis,	they met somebody who wanted to help,
It's just too much for some.	so leave with sighs of relief.

They come with embarrassment,  
They sadly come with shame.  
The clients that avoid eye contact  
And just mumble out their name.

They come with apprehension,  
Some try to be unseen.  
But we can show them kindness  
In a world that's sometimes mean.

Magicians we're not,  
We can't make troubles disappear.  
But we can be temporary friends,  
And give a friendly, listening ear.

### Radio Newcastle

Remember all the publicity around the visit by NUFC's Callum Wilson back in April? Well, on the back of that our Distribution Manager, Lesleyann Watson was invited onto Radio Newcastle to talk about our work and appeared live on the breakfast show with presenter, Matt Bailey. Here's a picture of Lesleyann looking completely at home behind the microphone.

