

# Exmouth Food Bank May 2023 News

## Last month

The past few weeks have been busy with several local organisations hosting fundraising events and quizzes on behalf of Exmouth Food Bank. Thank you to all those involved. Your publicity and support raise awareness of the work that we do and encourage those that need help to reach out to us. Demand for our services in April has remained steady and on average we are continuing to distribute just over 60 parcels a week.

As excitement for the Coronation continues to build, we are adding a few extra treats to our parcels for clients to share with their families over the Bank Holiday weekend.



*A Friday delivery to Littleham Community Fridge*

## Supporting our local community

We are keen to support local community fridges and avoid food waste. After our Tuesday and Friday sessions, Littleham Community Fridge and Open Door regularly receive our excess stock and fresh items that are about to go out of date.

In addition, we are about to pilot providing fresh fruit, vegetables and eggs to Brixington Community Church. Each week the Church supplies a few basic food items to up to thirty local families who are just above the threshold of seeking support from the Food Bank. Many are struggling to access affordable food due to lack of transport and the cost of shopping locally.

## Training provided by Pete's Dragons

The focus of our work is providing emergency food to those in need. However, the fallout from the pandemic plus the cost-of-living crisis have affected the mental wellbeing of many of the clients who turn to us for help. Some mention that they can't see a way forward and are having suicidal thoughts. Not an easy conversation for anyone to have and one that we don't want to shy away from – so we sought help from a local charity called Pete's Dragons. Pete's Dragons excel in providing support to families bereaved by suicide and also offer preventative training.

On 26th April a team of Food Bank volunteers who work face to face with clients completed a three-hour suicide prevention awareness session. The training was tough but invaluable. We now have the tools to help those with suicidal thoughts stay safe and can assist individuals to access appropriate professional support. Thank you Pete's Dragons - the training was inspiring!

**PETE'S  
DRAGONS**

Comfort after suicide loss

A colorful poster for a 'VOLUNTEER RECRUITMENT FAIR'. The top part features a collage of words related to volunteering and giving. Below that, it states the location 'at OCEAN Queens Drive Exmouth EX8 2AY' and the date 'Thursday 18th May 10.00 - 13.00'. A section titled 'ACTIVITIES' lists several options: 'YOGA: 10.30 - 11.00 / 11.30 - 12.00 - provided by LED', 'INBODY MACHINE: 10.00 - 13.00 - provided by LED', 'WELLBEING WALK: 12.00 - 12.45 - led by Active Devon', 'VOLUNTEER EXPERIENCE CORNER: 10.00 - 13.00', and 'KORALA KOIR: 10.00 - 13.00 provided by Seachange'. At the bottom, it says 'refreshments available throughout' and provides contact information for Sarah Forde at Seachange: 01395 446896 / help@seachangedevon.org.

## Volunteer recruitment fair

A volunteer recruitment fair is going to take place between 10.00 and 13.00 on Thursday 18th May at the Ocean on Queen's Drive, Exmouth.

The event is being hosted by Seachange and 35 organisations will be there explaining the volunteering opportunities that they have available. There are also some free activities to enjoy - including yoga, keep fit, a wellbeing walk and singing. So do go along and take a look.

Although we are not currently seeking any more volunteers, we will be there offering our support and answering any questions about Exmouth Food Bank.