



Dear Friends of the Exmouth Food Bank,

We really value all of you who support us as a Food Bank, be it as an individual, a church, group or an organization. We believe that together we look after those who are experiencing hardships for whatever reason and welcome all who seek our help. We demonstrate integrity in all that we do and treat others as we would want to be treated ourselves. We also recognise that by working in partnership with local agencies and organizations we are better able to support those in food crisis. We work very closely with Citizens Advice, Open Door, The Children's Centre and EDDC. Signposting individuals to other agencies also ensures they get the help to address their underlying problems and enables them to move forward in their lives.

As we all know life doesn't always go to plan and over the last month we have seen an increased number of single people coming through our doors. Some have been homeless and sleeping on the beach and when asked why they didn't sleep somewhere safer, they said that they had been forced to move on. Others are living with disabilities, mental health issues, addictions or unable to pay bills through losing their jobs and some people are experiencing overwhelming feelings of not being able to cope. Sadly we see so many people coming to us through broken relationships with partners or the breakdown of the family unit. All of these situations mean that people need not only food but emotional support. We offer every individual empathy and compassion and we do our best to give people hope that things can change.

We really value your continued generosity and we would be very grateful if you are able to donate this month, as we are seeking to restock our stores with our core foods. These are: Long-life milk, tinned potatoes or instant packet mash, tinned meats, tinned soup or packets of soup, small jars of instant coffee, bottles of squash, toilet rolls, toiletries e.g. shampoo, shower gel conditioner and deodorant. We are also still short of bags for life which are used to package up the food parcels.

We would be delighted if you wanted to 'Host a Food Bank Collection,' a special event or fundraiser to support our good cause. Please contact us first by emailing info@exmouthfoodbank.org.uk or by phoning 07787758511. We can then discuss the supplies we are currently short of and outline any help we may be able to provide.

God bless

Elizabeth Reed

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www.exmouthfoodbank.org