



# Essential Food Care & Support A Listening Ear

**Opportunities for Volunteering, Donating, Supporting**

Food for thought is a project that is supported by all the Wythenshawe Church of England and our Methodist partners. It is based at St Luke's Church Hall on Brownley Road.

## Food For Thought – the approach

Food For Thought provides an opportunity to meet the immediate need for **food** and give some **thought** to how we can help people identify any additional support they might need to improve their circumstances. We do this by offering a café-style drop-in to people collecting emergency food parcels. They will be offered a hot drink and a chance to chat to someone whilst waiting for their food parcel. This will be a befriender approach, offering a listening ear. If people say they would like further support we will refer them to an appropriate agency. We are there to listen, not provide specialist support

## Food for thought – the future

We are hoping to provide additional opportunities for people to get a hot meal at various points in the year, subject to funding and volunteers being available. We are exploring opportunities for people to develop new skills, for example by getting involved in other activities that our churches offer. We can offer opportunities for gardening and painting. We are developing a new bee keeping project and we are exploring some budget cooking classes too. We are looking to operate a voucher scheme that will give people access to our good as new shops for essential clothing and household items.

## Fundraising/sponsoring

Are you looking for a fundraising cause at your workplace? You could have a **collection point** for tins at work or hold a dress down Friday or a cake sale or raffle.

You could **donate** little and often and regularly by setting up a Direct Debit or standing order. £1 a week can make a big difference to what we can provide.

You could **sponsor** a meal. We are trying to hold more community meals in addition to the food bank support. You could contribute towards the cost of hosting these events.

We hear some heartbreaking and heartwarming stories as we go about our work. If you would like us to come and talk about the work we are doing and the difference you can make, **please get in touch** and we will arrange a bespoke talk or presentation to suit.

# How can you get involved?

## *Volunteering*

We have lots of jobs that need doing including:

- Making up bags
- Checking dates on stock
- Making tea and coffee
- Setting up and clearing away the café
- Be-friending people/taking details

We try and work in pairs and rotate jobs so that you get to do a variety of things

## *Donating*

Our stocks get low very quickly. We have no regular income to buy food.

The items we need include:

- Pasta
- Rice
- UHT milk
- Sugar
- Soups
- Pasta sauces
- Tinned tomatoes/beans/spaghetti
- Tinned veg (potatoes, carrots, peas etc)
- Tinned fruit
- Tinned puddings (rice, sponge)
- Tinned custard
- Tinned meats (ham, spam, chicken)
- Tinned meals (Irish stew, chilli, minced beef, steak)
- Gravy/cheese sauce/white sauce granules
- Sandwich fillings (meat pastes, tuna, sardines etc)
- Beans and pulses

Also:

- Save us your unwanted carrier bags!
- Donate clothing/household items to our good as new shops.



## History and context



For many years clergy in the Wythenshawe Church of England Team and the Methodist Church have provided a doorstep ministry to local people who have come to them in need of food; food often provided through Harvest Festival collections. With demand increasing and harvest collections unable to fulfil the need, a decision was made to develop a more structured service with set opening times. St Luke's has space in the Hall so a new service has been established there operating three times a week. A small grant from Manchester City Council has help pay for essential food items. A core team of volunteers staff the service, shop, make up the parcels and build links with local. By December 2014 we were giving out an average of 40 parcels a week. This number continues to grow.

In 2014 The Wythenshawe Church of England employed a community development worker who facilitated conversations and ensured the Churches were represented locally at the right networks. We learned that there were several food banks in the area and that we all needed to work together to meet the increasing need. As benefit changes and austerity measures began to affect people, requests for food increased. We reached out to schools and other churches who also shared their Harvest contributions with us. We formed a relationship with Manchester Airport who collected food for us to give out to families over the Christmas period. We joined with 4 other community projects to run a Christmas Campaign, encouraging local businesses and residents to donate to local food projects. We received a £1000 grant from Tree of Life which has kept us going from December to March. In addition, one of the Churches organised a Christmas lunch for people who would have been on their own on Christmas Day. We applied for some funding and this was topped up with generous donations.

Upon evaluating our work we recognised that we were in danger if creating dependency upon our services as we saw familiar faces returning week after week. This gave us Food For Thought.

Food for thought can be found at St Luke's Church Hall on Brownley Rd. We are open Tuesdays and Fridays 4.30-5.30pm and Saturdays 10.00 till 11.30

For more information contact Tracey Rawlins on 07476305947 or email:

[wyth\\_anglicandevlopment@yahoo.com](mailto:wyth_anglicandevlopment@yahoo.com)



[www.wythenshawe-anglican.org/foodforthought](http://www.wythenshawe-anglican.org/foodforthought)