

FOOD FOR THOUGHT

FOOD BANK
CANTERBURY & DISTRICT



THE REGULAR NEWSLETTER FOR CANTERBURY FOOD BANK VOLUNTEERS & SUPPORTERS

July 2017

DANCE THE NIGHT AWAY WITH FOOD BANK

Supporter Andrew Hall organises a weekly swing and rock'n'roll food bank dance night.

Dancing every Tuesday from 8.30 till 10 pm at Canterbury Baptist Church St George's Place, Canterbury CT1 1UT. Entry is just four items of non-perishable food, and a list of CFBs most needed items can be found on the website.

The dance starts just after the regular class and is open to anyone, whether they have come to the class or not.

Andrew says, "Food banks are a cause close to my heart. I've really wanted to do something very regularly to support the Canterbury Food Bank. We have been given the use of the hall free for this period by the very generous people at the church". The venue has no bar so please bring your own refreshments.



OPPORTUNITIES AT CFB

CFB VAN DRIVERS AND VAN DRIVER ASSISTANTS

We are looking for volunteers who can drive the CFB van and also volunteers who can assist the driver with manoeuvres (no driving required, this is visual assistance). Volunteering shifts are generally Tuesday, Wednesday and Fridays. It wouldn't necessarily be every week as we have a rota system.

ALL SAINTS DISTRIBUTION CAFÉ TEAM LEADER

We are looking for a volunteer who would take on the team leader role at the All Saints distribution café, Military Road, which runs on a Tuesday between 9.30 and 11am.

Please see the volunteering pages on our website for more information on all of our volunteering vacancies.

TALKS RAISE AWARENESS

Phil and Vanessa, two of our volunteers regularly deliver talks to groups, societies and schools to raise awareness of Canterbury Food Bank highlighting what food and commodities are collected and distributed. They also outline the criteria of how families in crisis qualify for help - how the voucher system works alongside the role of the distribution cafes and how we work with other agencies. If you would like to organise a talk to your group please get in touch.



WOOD TURNERS CLUB OFFER SUPPORT

We appreciated the support from the Garden of England Wood turners Club who collected food and money to support the work of CFB. Bob a member of the group said 'I am certain that the efforts of you and

your team make a significant difference to people. We are grateful for the work you do on behalf of your community'. Picture shows Kath Haines, Warehouse Supervisor collecting the donations.



LOCAL MP VISITS CANTERBURY FOODBANK

MP Rosie Duffield met with staff and volunteers at the Canterbury Food Bank warehouse and heard about how it operates.

She spent time helping the volunteers sort the food donations and pack some parcels. The Canterbury and Whitstable Labour MP said 'It was great to see all the hard work that goes into the operation'.



CO-OP LOCAL COMMUNITY FUND

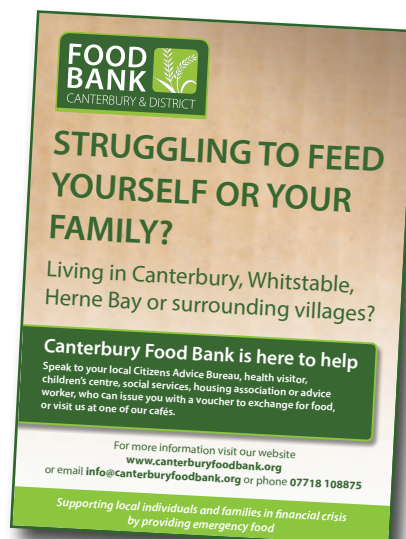
Thank you to the co-op local community fund and the co-op customers in Whitstable for the generous donation of £2730 through

the Co-op local community fund. We now have a yellow food bank donation bin at the Oxford Street, Whitstable store.

CANTERBURY FOODBANK CAN HELP IN A CRISIS

Canterbury Food Bank can help in a financial crisis by providing food

A sudden change in circumstances, such as family break-up, illness, unexpected bill, redundancy or even reduced working hours can result in people unable to feed themselves and their families. Our website has more information on how to get a food parcel.



CFB WELCOMES NUTRITIONIST INPUT

CFB welcomes Bethany Smith for the summer months.

Bethany is studying for a Masters in Nutrition at Bournemouth University and will be observing how the food bank works and what they aim to achieve. Bethany says 'I will be volunteering with Canterbury Food Bank for a few months as part of my University placement. Over the next few months I hope to look into the nutritional aspects of the food bank and make suggestions on what could be changed or improved.'



'My experience so far has not only been rewarding, but educational and enjoyable. It is lovely to be working alongside a friendly team of volunteers.'

5 STAR AWARD

Canterbury Food Bank has just been awarded 5 stars for food hygiene at our Warehouse. Well done Kath and all the volunteers.

