

ST ALBAN'S FOODBANK



NEWSLETTER

March 2024

Providing **emergency food**
support to people
in poverty or crisis

Every Wednesday
11am - 1pm



FOODBANK LEAD MESSAGE



Mark Polglase



Rose Okomi

Thank you for taking the time to look at our newsletter. We hope to create these on a regular basis so please check back sometime and look for any updates.

Also, if there is anything you would like to see included in this newsletter, please email fbalbans25@gmail.com with your suggestion. Please also look at our [church website](#) for more information about us. And why not come to one of our services? We can guarantee you a warm welcome.

Mark & Rose



WHO WE ARE



St Alban's food bank is independent and self-supporting which means we get our food only from donations (either food or cash). Most of our donations come from our generous parishioners, but we are fortunate enough to be supported by other churches in the area (see the Thank you section below). We also get bags of food from people who live in the area and donations from special events such as our Christmas carol service. Sainsbury's kindly gave us a donation of £500.

Unfortunately, we have not been able to secure regular donations from other food charities. This is because they already had organisations they were committed to before our food bank started, and they are also themselves experiencing a drop in food donations.



VOLUNTEERS & GUESTS



A history of our food bank

St Alban's food bank opened in October 2021. We are a church that loves its community, and we saw that many people were struggling to afford to buy basic food items. We saw an opportunity to help, and to demonstrate the love that Christ has for us all.

Who are our volunteers?

Our food bank is staffed by a dedicated team of volunteers. We are lucky to have them, and they bring a wonderful commitment to the food bank and helping our community. Most volunteers come from St Alban's Church, but we also have volunteers from outside the church.

Who are our food bank guests?

Basically anyone who needs some food. We don't ask people why they are attending our food bank - we are giving what we have so generously been given.

We have a referral system as well where local organisations can refer people to us. In the past this has been used by other churches and schools to make referrals. If you want to refer someone, please email us at fbalbans25@gmail.com.



EMERGENCY FOOD



What do we provide for food bank guests?

Our aim is to provide an emergency food package to people so they can have a meal that day. The basic food bag consists of rice or pasta, a pre-made sauce or tinned tomatoes, tinned meat or fish, and tinned vegetables. We also provide an additional tinned item which may be some soup, baked beans, tinned spaghetti or tinned fruit.

If the food bank guest has a family we provide additional items such as cereals, UHT milk, and biscuits.

If we have the right items, we also provide items such as nappies and wipes for guests with babies.



ST ALBAN'S CHURCH

VISION & MISSION



Vision

Christ-centred, outward-focused
We seek to be Christ-centred
and outward-focused
in all we do.



Mission

Feed, grow, worship

- *To feed*
the hungry, physically and spiritually,
and bring Christ's love and mercy to all.
- *To grow*
our church in holiness, faith, and number.
- *To worship*
and adore the true and living God.
Echoing the words of Saint Alban.



EXTRA SUPPORT



How else do we support food bank guests?

As a Christian organisation we believe that we all benefit from experiencing God's love through attending church and we occasionally provide food bank guests with information about church services.

We have expanded our regular coffee morning into our Community Hub. This happens on Thursdays 11am-1pm in the church. You can come along for a tea or coffee and a chat, but you can also get free advice from Croydon Citizens Advice Bureau and Trussell Trust on things like welfare benefits or housing issues if you are a resident in Croydon borough. The advice is provided by.

On Saturdays, FoodCycle operate from our church hall providing a free hot meal at 12.30pm.



ST ALBAN'S COMMUNITY HUB



Free tea/coffee & company
with advice available from CAB

Thursdays 11am - 1pm

**Come along and get help and advice around
benefits, housing, finance, form filling in.**

We will provide a cuppa, friendly faces, expert advice
and signposting support. Or just enjoy time together.

No appointments needed just turn up.

Psalm 46:1 "God is our refuge and strength, a very present help in trouble."

Come in!
For tasty food
and good company



Free meals
Saturdays
12.30pm

Everyone is welcome

FoodCycle Thornton
Heath
St Alban's Church Hall
1 Whitehorse Lane
SE25 6RD



HELP & STATS



How can I help?

The [food bank page on our website](#) includes the types of items we need, and a link so you can make a cash donation. All the money donated to the food bank is spent on food as the church does not charge us for any running costs.



Did you know?

Since the food bank opened on October 2021

- we have given out **2,800 bags of food**. Around 50% of these go to families which means we have **provided around 7,000 people** with a meal
- we provide an average of **40 bags of food per week**
- **over £2,900 has been donated** by parishioners and people attending church services, and we have been able to claim £350 Gift Aid from HMRC on those donations



I worship and adore
the true and living God -
Saint Alban the Martyr



THANK YOU!



Our heartfelt thanks and prayers in thanksgiving to the following:



- Our congregation for the generous and continual support they give the food bank



- Our volunteers for their regular commitment and hard work



- Other churches in the area who kindly support us - recently St Philip's, Norbury, St Oswald's, Norbury, and Croydon Minster



- Our church's music director, Rebecca Hitchcock for organising St Alban's Fest in November to provide funds for our food bank

- Those people who anonymously support the food bank



Donations for the Foodbank

- Biscuits
- Tea bags (box of 40)
- Medium jar of coffee
- 500g bag of pasta
- Pasta sauce
- 1kg bag of rice
- Noodles
- 1 litre UHT milk
- Cereal
- Tins of fruit
- Tins of baked beans
- Tins of vegetables
- Tins of fish
- Tins of meat
- Tins/ packets of soup
- Tins of pudding
- Tins of spaghetti
- Tinned pies



Church open for donations every day

St Alban's Church, Grange Road
1 Whitehorse Lane SE25 6RD

VOLUNTEER + DONATE FOOD + DONATE MONEY

ST ALBAN'S
SOUTH NORWOOD



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fbalbans25@gmail.com



The Diocese of
Southwark