

## Welcome

As we enjoy the last bit of sunshine we would like to thank everyone who has supported us through the last few months. We have seen an increase in need compared to previous years and over the last 3 months have distribute 266 family boxes and 256 single. We have also been able to distribute fresh goodies twice a week from Abel and Cole and have had a great crop of raspberries, peas, beans and tomatoes from our own veggie garden thanks to our gardening team see the wonderful pictures by Bash!



*Our thanks to the Sheep Shed Gallery and Tea Room who raised £105 from their cream teas as part of their Hampshire Open Studio event*

## Summer holiday packs

Knowing that local children are likely to be affected by food insecurity, social isolation and loneliness through the long summer holiday we piloted a summer bag scheme with some of the goodies needed for kids to be able to enjoy a picnic, BBQ and have some treats to share so a friend could come round for tea or sleepover. Bags were designed by a group from Farleigh school and with the help and support of yourselves, and a fun Juniper June Jolly, we were able to distribute 144 bags in time for the holiday. One school reported that parents were almost in tears by this generosity, so we would like to pass on their thanks.

## Tin Can Cook

We were lucky to be a beneficiary of several copies of Jack Monroe's Tin Can Cook books which we have been distributing across our network. Designed with people cooking on a really tight budget or from foodbank supplies as Jack herself has done, this inspiring book gives tasty recipes taking into account not only the cost of the food but also of the cooking. We are delighted that we have been able to share this resource with some of our clients and agencies.

## Supermarket collections

Supermarket collections are a vital source of food for foodbanks and they also give us a chance to speak to you, answer any questions, pass on immediate needs or update with numbers. We sometimes have the pleasure of seeing people we have helped in the past, and it's great when they stop by and say hello. However, we are short of people to help, so if you were considering some volunteering please contact us ([office@andoverfoodbank.org.uk](mailto:office@andoverfoodbank.org.uk)). If you work for a company who gives time off to support charities, why not ask if you can use your time this way? We can have between 2-4 collectors at one time or 8-12 for a whole day making it a great team session and a lot of fun. As Christmas approaches, we'll start collecting for our festive hampers so we have dates to choose from including 21st-23rd November and 4th-5th December, more dates to be announced soon.



Team from Vitacress Salads Ltd

## IN OTHER NEWS

### Andover foodbank

## Lake Run

**22nd September 2019**



We are delighted that Kate Howey MBE, two time Olympic medal winner in Judo will be here to open the race.

*"I'm very honoured to be part of this day as there are more and more families in need at this time. I'm even more honoured because I am an Andover girl born and bred and it's nice to give something back to the local community"*

For details and to register visit

**[www.andoverlakerun.org.uk](http://www.andoverlakerun.org.uk)**

Online registration will close on September 19th but you can register on the day between 8:30 and 10am.

We look forward to seeing you there!



Since the closure of BT's MyDonate the foodbank has signed up to the Give as you Live online giving platform. This means not only can you support us through the usual one off, regular donations and fundraising pages (thank you!) but also through your shopping and internet searches.

You need to create an account [here](#) and then anytime you want to shop online at one of the 4300 registered retailers, just login to this account before selecting your desired store. We receive a small commission when you purchase. You can also earn for us when topping up gift cards or even switching energy or insurance suppliers. Shops include M&S, John Lewis, Amazon, Sainsbury's, Tesco's, ASOS, Debenhams and more.

Furthermore, by clicking on the 'ways to raise' tab, you can find the everyclick search option. Do your internet searches through this site and again we benefit. It's small but over time and with enough people it will add up and it's free for you to use so [sign up](#) as a supporter today!



**Andover foodbank**  
St John the Baptist RC Church  
Alexandra Road  
Andover, Hants, SP10 3AD

01264 362111  
[office@andoverfoodbank.org.uk](mailto:office@andoverfoodbank.org.uk)  
[www.andoverfoodbank.org.uk](http://www.andoverfoodbank.org.uk)  
T @andoverfoodbank  
F /foodbankandover

## Gift boxes

The first cards are in the shops already which means it is time to start thinking about gift boxes. A joyful way to ensure that all children in our area receive something at Christmas. Information about gift boxes will soon be on our website and the deadline for boxes to reach the foodbank is Friday 8th November. Last year you helped reach over 800 children!

### #12DaysToChristmas

We will also be running our festive hamper campaign starting on November 11th. Follow along on social media as you pack your bag in time to get to another family enabling them to celebrate this Christmas. To get up to date details sign up to our [projects and appeals](#) list and we'll send you the information needed closer to the date.

### Dates for your diary

- 13th & 14th September Tesco's collection
- 22nd September Andover Lake Run
- 21st-23rd November Tesco's collection 10-4pm
- 4th & 5th December Sainsburys Collection
- 13th December Christmas coffee and cake