



Registered charity: SCIO 44446

# KIRKCALDY FOODBANK

## NEWSLETTER

### October 2014

[www.kirkcaldyfoodbank.org.uk](http://www.kirkcaldyfoodbank.org.uk)

**The Foodbank** continues to collect, process and pack food parcels to feed people in Kirkcaldy who are experiencing the extreme financial difficulty that makes it impossible for them to feed themselves and their families.

Since we started up in December 2013 our volunteers have packed 1,929 parcels supplying food for 3,460 people. Over 60 crates go out from Dysart every week.

**The volunteer** evening on Tuesday 30th September gave Foodbank members a useful opportunity to find out more about how the Foodbank works and to see how each individual fits into the overall picture. Experiences were exchanged and a range of topics discussed informally in small groups. Everyone had a chance to get to know other members over a cup of tea or coffee and a cake. Volunteer numbers have increased and more are always welcome. Please contact the volunteer organiser, Brigitte Sweeney in the first instance via the Foodbank website at [www.kirkcaldyfoodbank.org.uk](http://www.kirkcaldyfoodbank.org.uk). Each week 40 packers operate on a rota system at the Dysart hub and 4 accept new stock, sort and date-label it.

**Community Payback** is now involved in transporting the packed crates to the distribution points. This has been enormously beneficial to the running of the Foodbank and it is thanks to the Senior Project Officer for Fife, Archie Melville, that the team is now helping out.

**Awareness raising** is an important part of encouraging local support and so the Foodbank took a stall at Templehall Gala at the end of August. The heavy

showers failed to dampen the enthusiasm of the volunteers who manned the stall and sold strawberries and cream (donated) to raise funds. The Asda Community Life Champion was also on hand to distribute fruit, chat to the many visitors and show community solidarity.

**Other sources of funding** such as grants are constantly being explored by members of the committee and applications are made regularly. Trouble is so many charitable organisations are also in need.

**School pupils in the town** are more than willing to give their time and talents to help the Foodbank. We have recently had visits and donations from tiny supporters in the Daisy Chain Nursery and also from pupils of Dunnikier Primary School. Angela Gourlay writes: "The children from Dunnikier Primary School got involved with collecting food for the Food Bank through their RME lesson at school. The children came to Dysart Kirk where they were given a tour and explanation of what happens once the food has been donated. They then helped make up some parcels. The children were a credit to their school and didn't want to leave.

The children from Daisy Chain Nursery had been collecting food over a few months and asked if they could bring some children to Dysart Kirk to donate the food. They again, were a credit to the Nursery."

The pictures show children from Daisy Chain Nursery and Dunnikier Primary.





In August of this year, St Andrew's High School presented the Foodbank with a cheque for £304 with which we were able to buy much-needed supplies.

Pupils of Viewforth School have volunteered to organise a bag-packing event in aid of Foodbank funds. This will take place in the Asda Kirkcaldy store on Saturday, 4th and Sunday 5th October from 10 am to 4 pm each day.

The latest effort by young people was on **Sunday 5th October**, when pupils from four Kirkcaldy schools converged on the town's Asda store to pack customers' bags at the checkouts in exchange for a donation to Kirkcaldy Foodbank. A total of 54 young people from Viewforth, St Andrew's, Kirkcaldy and Balwearie High Schools worked throughout the morning and afternoon in one or two hour shifts to highlight the work of the Foodbank and bring in much-needed donations.

The pupils' efforts were supported by the presence of Foodbank volunteers who distributed information leaflets, answered questions and collected donations of food in Asda's foyer on Saturday and Sunday.

The weekend's fundraising effort resulted in substantial donations of food and just over £1000 in cash.



**Local churches and faith groups** have consistently given their support to the Foodbank and many of them have collection points in their buildings. This results in a steady flow of tinned and dried goods from as far afield as Auchtertool. St Marie's Catholic Church is one of several churches which also regularly give financial help. Lest we begin to imagine that the Foodbank is always well stocked, a visit to the Dysart hub and a glance at the nearly-empty shelves would soon change our view. The Foodbank is relying on the generosity generated by church harvest festival celebrations to re-stock the shelves. Please continue to encourage people in your organisation to give as generously as they are able; donations of food and donations of money are equally welcome.

**Asda, Tesco and Sainsbury's supermarkets** have in-store collection points for donations to the Foodbank and we hope that Morrison's will shortly come on board as well. Steering committee treasurer Lynn Jenks works hard to encourage local support.

**The Salvation Army and the Carmelite Convent in Dysart** have been distributing food parcels for many years and are now linked into the Foodbank system. This helps to provide an overview of the situation in Kirkcaldy.

**Several churches** have asked that someone from the Foodbank might speak to their congregation about the work of the Foodbank. Cllr. Judy Hamilton, John Cullen and Ian Campbell have already spoken to congregations in the town.

**Local fund-raising** can be very imaginative – and fun! Spaghetti Tattoo Parlour raised £506 by charging £2 to tattoo a word of support on the arms of clients in the run-up to the referendum.

**It may seem** as though we are always asking for donations but we do need all the help we can get to see people through what we hope is a temporary crisis in our society and we look forward to the day when we are no longer needed. Meanwhile... please continue to give. Thank you for feeding local families.

You can contact the Foodbank via [kirkcaldyfoodbank@gmail.com](mailto:kirkcaldyfoodbank@gmail.com)