Arnold Foodbank
Together with Trussell

Part of The Trussell Trust Network

Registered Charity no. 1170229

NEWSLETTER – Autumn 2025

Welcome to our latest newsletter. Keeping you up to date with what has been happening at Arnold Foodbank.

Please Note: The newsletters will now be added to the Arnold Foodbank Website which you can access via this link: Arnold Food Bank (You will also be able to access previous editions.)

This is the last newsletter we will be sending to your email address. Thank you

MANAGER'S MESSAGE - HELEN LLOYD

I love Autumn. Although the weather is getting colder – which isn't good news – the amount of donations we receive does go up. This Harvest time has been wonderful. I don't think we've ever had so many apples, squashes, potatoes and even a couple of quinces. Then we have all the wonderful, more practical donations from Churches and schools (even if some are a little out of date – the record for the oldest item this year is 2014!). We are grateful for it all.

In the past these collections were always enough to stock us up until the Christmas donations came in, which in turn kept us going until Easter.

Unfortunately, it never seems quite so certain these days. Although our numbers are down on last year, reflecting the national picture of around 10% reduction in need, the level of support our service users are needing is still just as high. Many of them have no fixed address. Some are in "Hotels", some sofa surfing. Can you imagine trying to feed and manage teenagers in a single hotel room with just a kettle and limited budget? Some only have a couple of nights in each hotel – they can get moved around anywhere in the region, but are still expected to get their kids to school.

As we approach the end of another year (can you believe we are saying that already!!) it's always a good time to think about how things have gone. As I said before, our numbers are down from previous years – around 10%. One major factor in this is our Citizens Advice (CA) partnership (as reflected in another Foodbank in a recent BBC "One Show" segment). Helping people to

maximise their income, deal with debts and look at their budgeting can reduce people's need for Foodbanks, if not eliminate it completely. If you are stuck on benefits or a limited income, often with more than 2 children or struggling to find work (often because of your age or caring responsibilities) along with the rising costs we are all facing, then there's a limit to what even the wonderful CA advisors can do.

So, the need goes on.

CALVERTON FOODBANK NEWS

The Foodbank Hub in St Wilfrid's Church, Calverton is an extension of Arnold Foodbank.
Many of our clients live in Calverton so we decided to make life a bit easier and cheaper for them, with no bus fares to Daybrook to find.
The foodbank is open on **Tuesdays**, after the 'Tea and Chat' afternoon, between **15.00 and 16.00**, giving clients the opportunity to socialise with others.
People wanting to receive a food parcel need to be referred by Citizens Advice, Support Agencies, including Advice Centres, Social Services, Schools, Doctors, Social Housing providers etc. (see 'Helpful Numbers' below) Food donations can be made on Tuesdays during the afternoon, and when the church is open. Thank you.

HELPFUL NUMBERS AND LINKS

Citizens Advice – National "Help through Hardship" line – 0808 208 2138

Nottingham Citizens Advice - Local - 0300 330 5457

Step Change – Online Debt Support – 0800 138 1111

Turn to Us – Helpful advice on benefits and grants - Turn2us

Bank the Food App - BanktheFood

Link to Arnold Foodbank (Trussell Trust) - Arnold Food Bank

Easyfundraising - https://www.easyfundraising.org.uk/create-an-account/

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ALMOST TIME FOR THE SOS FASHION SHOW EVENT - 26TH OCTOBER!

SOS Charity Fashion Shows

Fundraising FASHION SHOW & SHOPPING EVENT

We will be holding a fashion show again, to raise funds for our foodbank. The date is **Sunday 26th October from 14.30**

Last year it was a huge success so we have decided to make it an annual event!

Please ask your family and friends to support this, **the tickets are £5** and **all** the proceeds go to the foodbank. There will be hot and cold drinks and cakes available! What's not to like?!

Contact me, annel@arnold.foodbank.org.uk for tickets.

If anyone would like to volunteer to be a model, please let me know!

YOUR FAVOURITE BRANDS AT UP TO 75% OFF

DOROTHY PERKINS WHITE STUFF RIVER ISLAND NEXT
EVANS NEW LOOK MISS SELFRIDGE TOPSHOP WALLIS
URBAN OUTFITTERS WAREHOUSE MONSOON & MORE!

PLUS *FRENCH + ITALIAN DESIGNER WEAR*

SIZES 6 TO 30

REVERSE ADVENT CALENDAR

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Reverse Advent Calendar

Please check our website for Christmas opening times, and to see what we may be running short of. Thank you!

1 Tinned soup	2 Shampoo/ Conditioner	3 Seasonal Puddings	4 Tinned tomatoes or pasta sauce	5 Rice/Noodles	6 Deodorant
7 Boxes of biscuits	8 Snacks eg Nuts or Crisps	9 Tinned fish	10 Coffee	11 Jam	12 Breakfast cereal
13 Tea bags	14 Chocolate	15 Long-life fruit juice/squash	16 Instant mash potatoes	17 Tinned vegetables - carrots/peas	18 Stuffing/Gravy or table sauces
19 Tinned potatoes	20 Tinned meat – eg Chicken or Ham	21 Toilet rolls	22 Rice pudding or Custard	23 UHT long-life milk	24 Tinned fruit

Every November we run the Reverse Advent Calendar challenge. (Doing this in November helps us greatly, as we can get things on the shelves or in to Christmas Packs before Christmas)

How it works:

This calendar is the opposite to the usual advent calendar because instead of taking something out, we ask that you put something in!

On each day there is a suggested item, something that would be most useful to the foodbank either for general use or for Christmas Dinner treats.

We suggest you have a box with the calendar attached for your school, office, neighbours or family to place the item into and you bring them to us as soon as possible after the 30th November.

(This is a link to a print friendly image of the calendar)

2025-Christmas-Reverse-Advent-Calendar-Word-Template-print-friendly.docx - Google Docs

OUR TOP 'MOST NEEDED' ITEMS

Due to the current 'cost of living crisis' we are not receiving the same amount of donation that we have been regularly receiving for many years. We recognise that people are struggling to afford food for themselves and so food donations to Arnold Foodbank have dropped by 20%. We regularly need to buy food to keep our shelves stocked (we bought more stock last year than in the previous 5 years combined) and so are very grateful to those who give us financial donations.

We are very grateful for anything donated for our clients, however small the donation is, every little helps.

These are our most needed items, in fact anything **except** pasta, baked beans, pulses and rice would be much appreciated!

Tinned Meat - corned beef, hotdogs, chilli etc	Noodles (Packets and Pot Noodles)
Pasta Sauces	Tinned Fish
Squash/Juice	Tinned Fruit and Rice Pudding/Custard
Tinned Veg - carrots,sweetcorn and peas	Toiletries (toothpaste, deodorant, shampoo and toilet rolls)

Soup	Coffee
Chocolate & Snacks	UHT Milk

We are also always in need of carrier bags, 'Bags for Life' and if anyone has any shopping trolleys, they no longer require, we would be very grateful for those too.

To check our regular 'most needed items', which can change from week to week, please check our website Arnold Food Bank

Or the 'Bank the Food' App BanktheFood which we keep updated with our main needs.

Please contact us if you have any questions about donating food.

(Please click the links for more information) Many thanks!

KEEPING OUR SHELVES STOCKED

LOCATION OF FOOD DONATION POINT	OPENING HOURS	COMMENTS
Arnold Foodbank Daybrook Baptist Church	13.00 - 15.00	Monday, Wednesday, Friday
Arnold Methodist Church (AMC)	When the church is open.	-
Asda, Arnold	Mon - Fri - 07.00 - 23.00 Saturday - 07.00 - 21.00 Sunday - 10.00 - 16.00	Every Day For In-store donations of Asda items, Asda gives us further support by donating 20% of the value of the donations given. This is why donations given there should be bought in-store only.
Asda Express & Petrol Station 705 Woodborough Road, Nottingham, England, NG3 5QG	06.00 - 22.00	Every Day There is also a cash donation tub at the checkout.
Baguleys Funeral Directors, Sherwood	When open.	-
Calverton Foodbank St Wilfrid's Church	15.00 - 16.00	Tuesday

Co-op, Burton Joyce	07.00 - 22.00 10.00 - 16.00	Monday - Saturday Sunday
Co-op, Calverton	06.00 - 22.00	Every Day
Co-op, Coppice Road	07.00 - 22.00	Every Day Basket to the left, as you enter the store.
Co-op, Lowdham	07.00 - 22.00	Every Day
Dice & Balls, The Old School Business Centre Church Dr, Nottingham NG5 6LD	When open.	-
Good Shepherd Catholic Church. 3 Thackerays Lane, Woodthorpe, NG5 4HT.	08.00 – 20.00	Open daily The red food collection boxes are in the Parish Centre
Lidl, Arnold	08.00 - 22.00	Basket behind tills
One Stop, 79 Howbeck Road, Arnold NG5 8AA	07.00 - 22.00	Every Day Box near the entrance
Sainsburys, Arnold	08.00 - 22.00	Box near Customer Services
Sainsburys Local, Gedling Road, Gedling	07.00 - 22.00	Every Day Box to the right of the tills
Sainsburys Local, Plains Road, Mapperley	07.00 - 23.00	Every Day Box to the right, in front of the window
Sainsburys Local, Mansfield Road, Sherwood	07.00 - 23.00	Every Day
St Anthony's Church, Calverton	When Church is open	-
St Wilfrid's Church, Calverton	When Church is open	-
PET FOOD DONATION POINT	**OPENING HOURS**	**COMMENTS**
Pets at Home, Mansfield Road, Daybrook	09.00 - 20.00 09.00 - 19.00 10.00 - 16.00	Monday - Friday Saturday Sunday Box near the wall, on the left, when entering the store
Pets & Friends, Plains Road, Mapperley	09.00 - 18.00 10.00 - 16.00	Monday - Saturday Sunday Basket to the right of the counter
Pet Supplies, Front Street, Arnold	09.00 - 17.00	Monday - Saturday Box outside or give to owners please.
CATDOG, Unit 4, The AMP, 7 Market Place, Arnold	9.00 - 17.00 9.00 - 16.00	Monday - Friday Saturday Give to the owner please and there is a cash donation tub on

		the counter.

DO YOU SHOP ON LINE? PLEASE CHECK OUT EASYFUNDRAISING!

If you would like to give more financially but don't feel able, then the "Easyfundraising" platform may be a good option for you if you do online shopping. If you go to www.easyfundraising.org.uk sign up with an account, nominate your favourite charity (ie Arnold Foodbank) then every time you do an online shop the organisation you shop with will donate a small %. at no cost to you.

For example, if I do an online Asda shop (other supermarkets are available!), as I start to shop a pop-up will appear from "easyfundraising". Clicking on it will feed the Asda website through "easyfundraising". When I complete an order my chosen charity will receive 1.5% of my bill. Other organisations give more – sometimes up to 5%.

Leading up to Christmas, when more people shop online, every little can soon build up.

JUST GIVING, QR CODE

To help make giving as easy as possible we have created this QR code. If you have a suitable app on a Smartphone, you can scan this and it will take you directly to our Just Giving page.

Thank you so much for your continuous support, from everyone at Arnold Foodbank!

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BAGS OF BLESSINGS

"Bags of Blessing" (https://www.bagsofblessingsnottingham.org) – From their beginning in 2018 this wonderful local charity, based in Arnold, has grown to provide almost 2,000 bags to vulnerable and needy children in and around Nottingham. Bags include, as age appropriate, items such as small toys and games, stationery, books, toiletries and treats. Although their main distribution time is around Christmas, they have grown to include Easter and Summer holiday bags – filled with activity books and toys such as kites and frisbees.

HYGIENE BANK

THE HYGIENE BANK

Nottinghamshire Hygiene bank is part of a nationwide charity that distributes toiletries and hygiene items to groups such as foodbanks and community groups. They grew out of the need shown in the film "I, Daniel Blake", which showed the humiliation and embarrassment of not being able to afford basic toiletries and hygiene items. My stand out example of this was the school who referred a family in need, because the children couldn't get to school because their uniform was dirty and Mum didn't have any wash powder.

They mainly source items from manufacturers (handy having Boots locally) but often use funds donated to build up their stock by bulk buying.

They can also often offer us unusual items such as, recently, luxury body scrubs – not exactly everyday requirements but being able to treat some of our recipients to something they would never have been able to afford to make them feel special, brought a smile and a bit of joy.

WILLS AND LASTING POWER OF ATTORNEY (ALSO GIFTS IN WILLS)

Have you or your loved ones written a Will? Is it still up to date? Have you considered organising your Lasting Powers of Attorney?

Do it now for peace of mind!

We are pleased to announce that Lisa Fillingham www.lfwills.co.uk is offering a cash gift donation to Arnold Foodbank, for any of our supporters who contact her to write their Will or Lasting Power of Attorney (LPA) or for any referrals for your friends and family. Lisa, who is based very locally in Woodthorpe is offering an initial no obligation telephone chat about your requirements and she makes it very straightforward, visiting you at home to take your instructions and guides you through signing and witnessing, in person.

We would be very grateful to anyone who takes her up on this generous offer. Please quote our charity number: Arnold Foodbank's Registered Charity Number is: 1170229 when getting in touch with Lisa.

Gifts in Wills

Lisa says that, when writing their Will, many people, especially those without children, are often unsure who to choose as their beneficiaries and 'default (backup) beneficiaries'. Often they would prefer the amount to go to a local charity rather than one of the big organisations, we would like to suggest Arnold Foodbank as a very deserving cause!

If you would like further details, please contact Lisa lisa@lfwills.co.uk or by telephone on 07582307750 for a discussion and no obligation quote. She would be very happy to help you and also help raise vital funds for Arnold Foodbank.

FREE CINEMA TRIPS FOR OUR CLIENTS WITH FAMILIES

A big thank you to Cllr. McCrossen, Cllr. Kyle Robinson-Payne and Cllr. Sandra Barnes for kindly donating some funds for us to purchase cinema tickets, from the Bonington Cinema in Arnold, to give to our clients. We prioritised giving these tickets to families with young children, enabling them to see a film at the Bonington Cinema during the school holidays!

Feedback from our clients is that they really enjoyed being able to do something as a family without the worry of the cost. It made a welcome break from playing at home or at the park.

KETTLE'S ON! (EVERY WEDNESDAY)

Come and join us for a cuppa and some breakfast, the kettle's on! Every **Wednesday**, Daybrook Baptist Church hosts a regular breakfast/coffee morning in the church **between 10.30 and 12.00.**

Join in the fun! Bett, from Asda (Community Champion), hosts 'Sticky Thirteens' at every session.

If you know anyone in need of encouragement to get out and about socialising or who seem lonely, then please let them know about this opportunity. They can access a free breakfast, meet friends, do some knitting or some art – all free (although donations are very welcome)

PETS AT HOME - BLUE CROSS EVENT

Our local (Daybrook) Pets at Home Store (& Blue Cross Animal Charity) recently invited us to attend and help them raise donations for the pets of Arnold Food Bank's clients. We are pleased, and very grateful to all their customers who donated in store or online (which would have included Gift Aid) and happy to let you know that £141.89 was raised!

Pets at Home and their customers, as well as Blue Cross Charity, have been regular donors of pet related items to Arnold Food Bank's clients for many years, for which we are very grateful.

N.B. We would also like to mention some other Pet Shops, and their generous customers who regularly support Arnold Food Bank's Clients with their pet related donations and have also supported the foodbank for many years.

These are:

Pets and Friends - Plains Road, Mapperley (Donation box is past the tills)

Pet Supplies - Front Street, Arnold (Donation box is outside the shop)

CatDog - AMP Front Street, Arnold (Cash donation tub is on the counter)

VOLUNTEERS NEEDED

Got some free time on your hands? Been thinking about doing some volunteering? Why not offer your time to Arnold Foodbank?

We are looking for volunteers to help us provide support to our clients, who are in need of food and maybe the opportunity to just have a chat…. are you that person?

You would only need to commit to one session on a Monday, Wednesday or a Friday between 12 noon to 15.30.

The roles we have available are as follows:

Meet & Greet

Processing donations - checking best before dates, allocating them to a shelf, stock rotation

Fulfilling clients "shopping" needs.

Sitting and chatting to our clients

General tidying/cleaning

….or as most of our volunteers prefer to do, a little bit of everything!

We are also looking for someone who is able to collect donations from the big local supermarkets in the area, Sainsburys, Asda and Lidl on a twice weekly basis - usually monday and fridays. You would need your own transport for this role as well as being fit enough to empty trollies/boxes and carry crates or bags on your own.

Full training will be given for all positions.

If you are interested, please contact me annel@arnold.foodbank.org.uk for an application form.

MEET ONE OF OUR VOLUNTEERS - HALINA CRANSTON

My name is Halina and I have been volunteering at the foodbank since April 2023. I was invited to join by AnnE (Deputy Manager). Before volunteering at the food bank I was caring for my mum and previously I have worked in different administration jobs.

I love helping at the food bank - the volunteers are all very supportive and kind. It feels like being part of a family.

The best part about volunteering at the food bank for me is chatting and listening to the many different people who come to the foodbank and doing our best to get the food items they would like. Unfortunately, it is sometimes difficult when our food shelves are reduced, but the amount of regular donations we get from our local community is inspiring and it feels wonderful when we have more food choices to offer.