

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 soon.)

MANAGER'S MESSAGE - HELEN LLOYD



Happy Spring!!

It's here at last. In an uncertain world at least we know the world is still turning – Spring will come around and life will keep on, keeping on.

In a world where someone is willing to pay 12 million pounds for a Pokemon card – but others can't afford to top up their electric meters we know we live in crazy times. But it was ever thus.

We know there are no simple solutions to redress balance – whether you believe it's about individual responsibilities or community actions – whether your politics are left, right or centre – no-one has the full answer to our country's problems.

But I do know there are good people on all sides. It would be good if they would put their differences to one side and focus on some basic core values. That everyone deserves to be treated with dignity and humanity, no matter

what their issues.

The Winter has been long and hard for many. Often it's now – post Christmas – that issues around debt will appear. Maybe the boiler has chugged on through Winter – and now it has had enough and decides to stop.

This was the case for one recent service user. They presented to us on a cold day, with cold hands – no gloves, an older person whose boiler had broken down. They had been managing fine – just making ends meet but with nothing in reserve. When the boiler broke – it needed to be replaced – costing thousands that they just didn't have. Fortunately, our Citizens Advice advisor was free to see them the same afternoon. He helped them access a Boiler Scheme which would replace it. They left us with a new pair of gloves, a bag of shopping, a warm pad to keep their shoulders warm, a blanket, a thermos flask and a bit of Hope and Comfort that soon, all may be well.

This is what your support helps us do.

Thank you.

Digital Inclusion is also becoming more and more of an issue. Another service user, one among many, came in to ask for help with a voucher they had received through the Household Support Fund. This would be a shopping voucher that would mean they wouldn't need to use the Foodbank. Unfortunately their phone is a basic, simple variety. They received the text but couldn't open it. Without opening it they couldn't access the funds. Can you imagine the frustration of knowing you have enough money on a voucher to buy food for at least a week – but you can't access it? We had to forward it on to a separate email, download the file and print it off for them. There is no way they would have been able to use it without support. They are far from unique.

This is why we are encouraging our clients to attend “Kettle's On!” – Daybrook Baptist's Warm Space on a Wednesday -where they can access digital support. This was enabled by a digital inclusion grant provided by Gedling Borough Council.

I'm writing this on St David's Day – whose last words to his followers were said to be –

“Be joyful, keep the faith and do the little things that you have heard and seen me do”

Let's not tire of doing “The little things” – they can make all the difference.

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.



STATISTICS - ALAN MAXWELL

Signs of Hope

Every year, as a foodbank, we look for signs that the need for emergency food support is reducing, that people in our community are less vulnerable and exposed to daily economic stress. Over the last five years we have provided almost 32,000 meals to local people in need and we are therefore a good barometer of changing crisis levels in the area. It is encouraging to report that last year we supplied food to 15% fewer people than the year before - that is a welcome sign of hope.

People come to us for a wide range of reasons. About one-third have insufficient income to cover the rising costs of everyday essentials. One-fifth are struggling with long-term health conditions. Both of those issues are significant causes of persistent debt. This is a growing issue for 25% of our foodbank users.

We know that reducing the need for food support requires giving people help with the underlying issues they are facing – to raise their income and manage their debts. Three years ago, we started to provide a tailored advice service at every food bank session, delivered by Citizens Advice Nottingham. Last year about a quarter of our foodbank users took advantage of the service and, due to the in-depth support they received with their finances, over 30% are expected to no longer need to use the foodbank. Persevering work that helps to deliver ‘signs of hope.’

Although demand for food stock fell last year, food donations also fell by 12% as so many of us have needed to adjust our giving due to our rising household bills. Cash donations have held up and allowed us to fill the gap and buy about 20% of the food we need to provide to our food bank users. Thank you for continuing to support our work in whatever way you can.

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/>

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!

A LETTER FROM ONE OF OUR SERVICE USERS (Thank you Joan!)

23/6/25

a big thank you to the Daybrook
food bank.

I was asked if I could write a few
words about the food bank

I am very happy to do so.

The staff and volunteers are always
very helpful and friendly.

I am never judged because of my
circumstances.

My husband and I are very grateful
for ~~to~~ the food we are given and
it is so useful, and helpful to us.

The staff can offer help with problems.
They put us in contact with the
Citizens advice bureau. who solved
a serious problem for us.

5 stars and a round of applause
to all concerned.

many thanks.

Joan from Sherwood.

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!

UHT Milk	Squash/Juice
Jam	Noodles
Tinned Meat - corned beef, hotdogs, chilli etc	Tinned Fish
Tinned Veg - carrots, sweetcorn and peas	Tinned Fruit and Rice Pudding/Custard
Soup	Coffee
Chocolate & Snacks	Toiletries (toothpaste, deodorant, shampoo and toilet rolls)



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

<u>LOCATION OF FOOD DONATION POINT</u>	<u>OPENING HOURS</u>	<u>COMMENTS</u>
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,	07.00 - 22.00	Every Day

Arnold NG5 8AA		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	-
<u>PET FOOD DONATION POINT</u>	<u>OPENING HOURS</u>	<u>COMMENTS</u>
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 (i.e. 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%.

COUNSELLORS VISIT ARNOLD FOODBANK

As we approach Easter, we would like to thank Gedling Borough Councillors John Clarke and Liz Clunie, and Nottinghamshire Country Councillors Jody Stoll, John Semens and Wendy Lukacs for generously giving their time to visit us at Arnold Foodbank and for their very kind donations towards food and essentials. As always, these donations make a huge difference, and go directly towards helping people in crisis, within our local community. Thank you to everyone who supports us.



THANK YOU TO THE CUSTOMERS OF THE RAM PUBLIC HOUSE

Many thanks again to the staff and customers of The Ram Public House in Redhill. They generously donated, and beautifully wrapped, loads of presents for our families at Christmas. There were enough to carry on giving out post-Christmas, which brought huge smiles to many small faces.



PLEASE NOMINATE ARNOLD FOODBANK

Please nominate Arnold Foodbank for a £1000 grant. It can be done in under 2 minutes. Thank you so much. Help us be the difference. Click here to nominate us:

<https://movementforgood.com/draws/1000?hl=en-GB#charitySearchForm>



 Benefact Group
Movement for Good

Enter Now

Give your favourite charities
the chance to win £1,000!


BENEFACT
GROUP

movementforgood.com

Nominate a charity - Movement for Good

Arnold Foodbank's Registered Charity Number is: **1170229** which will come up when you type in Arnold Foodbank. Thank You!

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.

KETTLE'S ON! (EVERY WEDNESDAY)

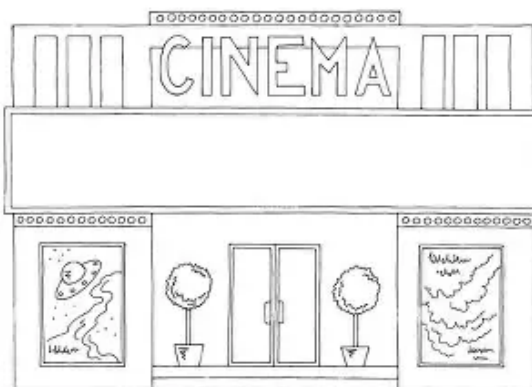
Come and join us for a cuppa and some breakfast, the kettle's on! Every **Wednesday**, Daybrook Baptist Church hosts a regular breakfast/coffee morning in the church **between 10.30 and 12.00**.

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)

FREE CINEMA TRIPS FOR OUR CLIENTS WITH FAMILIES



A big thank you to some of our local Councillors who have kindly donated funds for us to purchase cinema tickets 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 in Arnold, during the school holidays!

Families are always excited to find out that we have some free tickets. Last half-term there was a whole day of science and technology events, some of which were free, but we were able to support families to attend the parts that had a small charge too.

MEET SOME OF OUR WONDERFUL VOLUNTEERS - MARCH 2026 TRAINING SESSION



Many of our volunteers attended a training session last week (unfortunately some people had left before I remembered to ask them to pose for a photo! Sorry guys!)

It was also a great opportunity to meet up with the volunteers who work different days.

There was an overview/reminder of policies and procedures, how and when the foodbank started and an opportunity for volunteers to get involved in different

aspects of the foodbank.

Everyone seemed to enjoy the session and we plan to have more of these training sessions on a regular basis.

The session was finished off with lunch, consisting of a tasty bowl of Helen's homemade soup! delicious!

Karen - Monday Volunteer

I joined Arnold Food Bank about 7 months ago and I really enjoy working with the Monday team.

Before this, I retired from my full time job in 2015 and started working as a volunteer leader with the local Scout group, I started as a Cub leader and eventually started organising camps and taking children of all ages away for weekends, getting them involved in outdoor activities, it was really rewarding. I continued this, playing various

Jenny - Friday Volunteer

I have taught primary aged children for 33 years before retiring 6 years ago.

Having always worked with adults and children I wanted to volunteer, so when I retired I considered the Foodbank in Arnold but I was informed by a friend that they didn't need any more help at that time, so I volunteered at Foodprint instead, with AnnE, who was also the deputy manager at the Foodbank, and she encouraged me to reapply to the Foodbank.

I have been at the Foodbank for a year and really enjoy working with the friendly Friday group. Any one week is never the same and we all work together, picking clients food

roles within Scouting for over 10 years and loved it.

Once I started to retire from this demanding role, about a year ago, I then applied and joined the Food Bank and I am getting better at this role each week.

parcels, organising the shelves, unpacking and processing donations.

The training session on Tuesday was very informative. I learnt where and why the foodbank was started and how it has grown, plus a few extra health and safety tips. Helen was a very good speaker and made the morning enjoyable, especially the lovely soup she made for lunch!!

Rachel - Friday Volunteer

I have been a volunteer at Arnold foodbank since August 2024. My experience here has been completely positive.

The Friday afternoon team, with whom I volunteer alongside, are fantastic. We all work well together and are passionate about providing the best support we can, to the clients who use the service.

My reasons for volunteering were that I wanted to utilise my spare time for a genuine purpose, to make a difference to someone who I don't know and It is a very humbling and worthwhile experience. It reminds you not to take your own fortunate circumstances for granted.

Colin - Wednesday Volunteer

I am one of the newer volunteers at the Foodbank and am really enjoying my time working with the Wednesday team.

In 2013 I was diagnosed with Prostate Cancer and needed the highest amount of Radiotherapy treatment that it is possible to give. Unfortunately my wife was also ill and we were both unable to work, so in 2018 we needed to use the foodbank to help us out.

During this time I heard about the 'Kettles On' breakfast club at the church and started to attend. When things improved for my wife and me, I was able, as a member of the Carlton Rotary Club, to get some funding for 'Kettles On'. It was there that I heard about becoming a volunteer at the Foodbank and applied.