

Newsletter



Issue No 05 – 30/06/2023

HALF WAY THROUGH THE YEAR AND THE NEED IS GREATER THAN EVER



Already this year we have handed out food parcels supporting 2012 individuals (data taken 26th June 2023) including 810 children - a huge 17% increase compared to the same period of time last year.

The cost-of-living crisis is showing no signs of slowing down and with mortgage rates rising higher than anticipated and inflation not dropping as quickly as hoped it is feared that more people than ever will require our help.

Our incredible volunteers are working tirelessly to ensure that anyone who needs support is given it and we are delighted to be able to say that we now offer some fresh food (fruit, veg, bread, spread, eggs and cheese) at both our Hertford & Ware depots.

Donations are urgently needed to enable us to keep supporting all those facing crisis. So please when you next think of the Foodbank, if you are able, do donate an item to your local donation point (found in Tesco, Sainsburys, ASDA and many churches throughout Hertford & Ware). Please do not donate fresh items, we purchase these separately.

Thank you.



July Shopping Wish Lists – Items urgently Needed

Ware

- Tinned Tomatoes
- Tinned Fruit
- Pasta Sauces
- Long Life Fruit Juice
- Pasta
- Shampoo



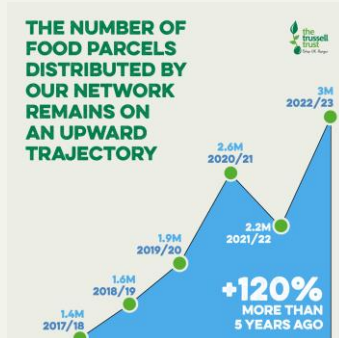
Hertford

- Long Life Fruit Juice
- Rice Pudding & Custard
- Tinned Fruit
- Tinned Spaghetti
- Toilet Roll

IMPORTANT INFO

Hunger in the UK

Record number of emergency food parcels provided to people facing hardship by Trussell Trust food banks in past 12 months.



Tesco Food Drive Day - Hertford

Some of our wonderful volunteers will be found in Tesco, Hertford on the **8th July from 10am - 4pm.**

Do pop in, say hi and donate an item or two! Shopping Lists will be available on the day.

Keep up to date

For regular updates in addition to this monthly newsletter please follow us on one of our social media outlets:



[HertfordFoodBank](#)



[Hertforddistrictfoodbank1](#)

Other News

HAPpy Camps are back this summer!

Hertfordshire County Council is once again launching its free summer activity camps for children and young people in Hertfordshire. Fully funded holiday activity camps return for the summer holidays, providing eligible children and young people with the chance to meet friends, learn new skills and enjoy nutritious food.

The HAPpy programme, funded by Hertfordshire County Council and the Department of Education (DfE) via the government's Holiday Activity and Food programme, and coordinated by Herts Sports Partnership and the Hertfordshire Community Foundation, is running approximately 180 activity camps with over 40,000 free places from 24 July – 31 August 2023 (not bank holiday).

At the sessions, which vary in duration from four to seven hours long, eligible children and young people can enjoy free food, free sports and free craft activities this summer. They will also receive advice on nutrition and cooking skills to enhance their health and wellbeing.

If your child is eligible and you have not received your code ask your school office for it.

Free places can be booked from 12 noon on Monday 26 June via the Herts Sports Partnership's website: <https://sportinherts.org.uk/booking>



Do you know someone in need of support?

There are so many people today who are finding themselves in crisis but may not know who to speak to or where to get help. We don't want anyone to suffer in silence.

Please encourage them to seek advice, we work with a huge number of agencies including; Citizens Advice, housing support officers, children's centres, health visitors, social services & local charities. If you are not sure who to speak to, please start with the citizen's advice or alternatively contact the Foodbank and we will talk through the situation and signpost to the relevant agency.

Citizen's Advice for East Herts: **Message Line (anytime) 01920 459 944**

We want to see a future where food banks aren't needed and we know that together, we can make that happen.

Hertford & District Foodbank

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