

**Queries?**  
Call our office  
on  
07384 0213621



our main shortages  
at the moment are  
toiletries.

## A DROP IN THE OCEAN!

A recent Guardian article featured volunteers at our Ward End centre and quoted Centre Supervisor Pat Woolridge. The Chancellor's announcement of an extra £500m for the household support fund to help struggling families was indeed "a tiny drop in the ocean", said Pat.



ANFB also appeared in the Mirror and on Channel 5 over recent weeks; in fact every day it seems a foodbank somewhere in the UK is highlighted in the media.

Not surprising when everyone is grappling with a cost of living crisis unprecedented in recent times.

The number of low-income households has tripled since the start of Covid-19 according to the Joseph Rowntree Foundation report. 4.5 million people have taken on extra debt to get through the crisis and a third of low-income households are behind with bills. The pressures will of course increase with recent soaring energy and food bills.

Indeed we are seeing greater numbers of clients every week, recent statistics reveal that at this time in 2019 we had helped 1011 people, already this year, that number has increased to 1,485!

*'Everyone should be able to afford the essentials in life and have the dignity of buying their own food but for many who aren't able to work or work longer hours – such as disabled people, people with caring responsibilities or people with mental health issues – there is very little protection ahead'. Trussell Trust*

- Shopping list**
- TOILETRIES
  - juice
  - UHT milk
  - tinned fish
  - tinned meat
  - tinned fruit
  - tinned vegetables
  - packet soup
  - rice
  - teabags
  - coffee
  - pasta sauce
  - cereals
  - biscuits
  - nappies

## Pre-match collection



Villa fans will be rooting for a win on April 30 at the home game with Norwich City. Foodbank volunteers will once again be hosting food and cash collections at Aston Parish Church and Birchfield Gospel Hall, both en route to the hallowed grounds of Villa Park!

Thanks to all at Villa for supporting ANFB, hopefully a win win for all concerned!

To avoid long waiting times at our centres, it is advisable for clients to obtain E-vouchers ahead of time if possible. Support workers, and numerous agencies including Birmingham Settlement (0121 250 0765) can advise.



Food On  
Our Doorstep

We have been signposting clients to Food Clubs set up by Family Action.

For a joining fee of £1 per year, Family Action FOOD (Food On Our Doorstep) Clubs in Birmingham are providing families with good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for your family to become a member.

Once you've joined, you can purchase a bag of tasty food items every week worth approximately £15 for just £3.50! To become a member you must live or work within 15 minutes of the club. Club locations:-

Erdington Ladywood Fox Hollies Falcon Lodge

Garretts Green Hall Green Lea Village Rubery

Call Marissa on 07816 408755 or Becci 07971 952311 for information about locations and opening times.

**Email:** [birminghamfoodclubs@family-action.org.uk](mailto:birminghamfoodclubs@family-action.org.uk)  
Facebook @birminghamfoodclubs

## WHERE ARE WE?

ANFB distribution centres are in Nechells, Ward End and Aston.

St Matthew's Community Hall,  
Wardlow Road, Nechells, B7 4JH  
every **Monday**  
from 12.00 to 2.30pm

The Elim Church, Church Walk,  
St Margaret's Road, Ward End,  
B8 2BA

every **Wednesday**  
from 1.00 to 3.00pm

The Salvation Army, Gladstone  
Street, Aston, B6 7NY

every **Friday**  
from 12.30 to 2.30pm

**ANFB Warehouse** is located at  
St Matthew's Church, 63 Wardlow Rd  
Nechells B7 4JH and is open for  
deliveries from **10am to 12noon**  
every **Tuesday**.



A generous  
gift of frozen  
meals from  
an  
anonymous  
donor and  
50 packs of

Laundry  
Detergent  
Eco-Sheets  
from Earth  
Breeze  
**THANK  
YOU!**





# VOLUNTEERS

**Would you like to use your skills/experience to serve the community?**

We are particularly looking for helpers at our three distribution centres. St Matthew's Community Hall Nechells, Elim Church Ward End, and the Salvation Army Aston.

You could help by welcoming clients, processing vouchers and recording information on our data base, or help with packing food parcels.

**Additionally, there are other roles that may be just right for you!**

At our warehouse volunteers receive donations, date, store and re-stock our three centres.

Food collection teams are needed at Tesco or elsewhere to help for a couple of hours at a time over 8-hour sessions.

**Training will be provided for all activities and one-to-one support is always available.**

**Interested?**

Please contact our Project Manager/Coordinator **Suzi Lea** who will answer all your questions and arrange for an interview.

Call 07384 213621 or email [info@astonnechells.foodbank.org.uk](mailto:info@astonnechells.foodbank.org.uk)

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Finally our distribution centres are reverting to pre-Covid conditions. At our Aston Centre clients are able to sit and wait in reception, not queue at the door. Voucher processing once again takes place in the hall with clients able to sit and chat to volunteers, as there is

## AS YOU WERE!

no longer the need to move clients quickly through the building.

The main difference is the weekly presence of our Birmingham Settlement Advisors, on hand to discuss money concerns and issue E-vouchers.

However, as space no longer permits, we have decided not to offer refreshments as before. Additionally, parcels are mostly pre-packed, which means by the time extras and various other items have been chosen, clients are ready to leave!

Our other centres at Nechells and Ward End are also gradually moving towards pre-Covid conditions.

Throughout these most difficult months, our exceptionally dedicated band of volunteers continue to work many long hours in order to collect donations, deliver supplies and ensure clients get the help they need at our distribution sessions.

Now, from March 2022 two years since the first lockdown.....it's BUSINESS AS USUAL!

### Our Mission

"For I was hungry and you gave me something to eat. I was thirsty and you gave me something to drink. I was a stranger and you invited me in. I needed clothes and you clothed me...."

Matthew 25: 35-36



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### contact us

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**[info@astonnechells.foodbank.org.uk](mailto:info@astonnechells.foodbank.org.uk)**

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### How you can help

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**Should you wish to support us financially please go to our website and follow the donate links to JustGiving.**

**Thank you.**

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

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